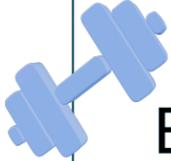


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Common grounds <b>1</b></p> <p>10:30 Morning stretch</p> <p>11:00 Ring toss</p> <p>1:30- Fountain of Life Church-<b>1&amp;2</b></p> <p>3:00 Refreshments</p>	<p>10:00 Comfort brew <b>2</b></p> <p>10:30 Move and groove</p> <p>11:00 This or that</p> <p>2:00 Name that person</p> <p>2:00 <i>CC Tiny tots Tell Seuss Tales-MD</i></p> <p>3:00 Refreshments</p>	<p>10:00 Social delight</p> <p>10:30 Lower body workout <b>3</b></p> <p>11:00 Purim craft -<b>AU</b></p> <p>2:00 Bible Study with Pastor Dee -<b>MD</b></p> <p>4:00 1:1 Happy Cart</p> <p>6:00 Rummy with Lisa -<b>U2</b></p>	<p>10:00 Mugs and pastries <b>4</b></p> <p>10:30 Zumba!</p> <p>11:00 Last Letter</p> <p><b>2:00 Employee appreciation activity -AU</b></p> <p>3:30 15 min nutrition trivia</p>	<p>10:00 Rise &amp; shine cafe</p> <p>10:30 Ballon war <b>5</b></p> <p>11:00 Shamrock craft and worksheets-<b>AU</b></p> <p>2:00 Glam nails</p> <p>3:15 Cheese doodle social</p> <p>6:00 Game of choice-<b>U2</b></p>	<p>10:00 Friday coffe shop <b>6</b></p> <p>10:30 Weight fitness</p> <p>11:00 March timeline</p> <p>2:00 <b>BINGO</b></p> <p>3:30 TGIF happy hr</p>	<p>10:00 Sip happens <b>7</b></p> <p>10:30 Exercise fun</p> <p>11:00 <i>Rosary with Sophia-U2</i></p> <p>11:00 Sing along tunes</p> <p>2:00 Lucky quarter pokeno-<b>MD</b></p> <p>3:15 Refreshments</p>
<p>10:00 Cupful of Grace <b>8</b></p> <p>10:30 Chair exercises</p> <p>11:00 Bible trivia</p> <p>2:00 Agape church-<b>U2</b></p> <p>3:30 Sunday movie</p>	<p>10:00 Monday cafe <b>9</b></p> <p>10:30 Lightweight lift</p> <p>11:00 First ladies facts</p> <p>2:00 Uno- <b>U1+U2</b></p> <p>3:30 Ice coffee social</p>	<p>10:30 Gentle stretch <b>10</b></p> <p>11:00 "Nose knows" scent test</p> <p>2:00 Bible Study with Pastor Dee -<b>MD</b></p> <p>4:00 1:1 Happy Cart</p> <p>6:00 Scrabble-<b>U2</b></p>	<p><b>Nutrutuion &amp; Wellness</b></p> <p>10:30 Java jive wednesday <b>11</b></p> <p>11:00 Left,Right,Center</p> <p><b>2:00 Food Committee meeting -MD</b></p> <p><b>2:30 Blendid bliss smoothie hr &amp; nutrional education-MD</b></p> <p>4:00 1:1 Happy cart</p>	<p>10:00 Brewed awakening <b>12</b></p> <p>11:00 Manicures <b>Au</b></p> <p><b>2:00 CC Legacy Garden</b></p> <p>2:00 Dominoes club-<b>U1</b></p> <p>6:00 Cards with Lisa-<b>U2</b></p>	<p>10:00 Comfort in a cup <b>13</b></p> <p>10:30 13 moves!</p> <p>11:00 Women's history</p> <p>11:30 Meet &amp; Greet with the Dietian -<b>U2</b></p> <p><b>2:00 Resident rights bingo</b></p> <p>3:15 Fruit cocktail Social</p>	<p>10:00 Common ground <b>14</b></p> <p>10:30 Zumba in a chair</p> <p>11:00 Table games</p> <p>2:00 Lucky quarter pokeno-<b>MD</b></p> <p>4:00 Afternoon Stretch</p>
<p>10:00 Gospel beans <b>15</b></p> <p>10:30 Upper body strength</p> <p>11:00 Bible trivia</p> <p>2:00 Christ Baptist Church-<b>U2</b></p> <p>3:00 Color by the number</p> <p>4:00 Sunday movie</p>	<p>10:00 Coffee Convo <b>16</b></p> <p>10:30 Senior boxing</p> <p>11:00 Travel club</p> <p><b>2:00 Marching into a birthday celebration-MD</b></p> <p>3:30 Fruit cocktail social</p>	<p><b>St Patrick's Day</b></p> <p>10:00 Irish Coffee shop</p> <p>10:30 Arhtritus workout</p> <p><b>11:00 Irish facts &amp; traditions</b></p> <p>2:00 Bible Study with Pastor Dee -<b>MD</b></p> <p>6:00 Rummy with Lisa -<b>U2</b></p>	<p>10:00 Chit chat cafe <b>18</b></p> <p>10:30 Ballon war ROM</p> <p>11:00 CC Music Bingo</p> <p>2:00 Resident council-<b>MD</b></p> <p>3:30 Popcorn social </p>	<p>10:00 Brew Ha Ha <b>19</b></p> <p>10:30 Parachute stretch</p> <p>11:00 Music &amp; Manicures</p> <p>2:00 The laughing therapy</p> <p>3:00 Dean martin Celeberty Roast</p> <p>6:00 Dominoes</p>	<p><b>First day of Spring</b></p> <p>10:00 Ice coffe and tunes</p> <p>10:30 Scarf exercise</p> <p>11:00 Tulips &amp; roses wreath</p> <p>2:00 <b>BINGO</b></p> <p>3:00 ice-cream Friday!</p> 	<p>10:00 Rise and Shine <b>21</b></p> <p>10:30 Zumba in a chair</p> <p>11:00 The Carol bennet show</p> <p>2:00 Lucky quarter pokeno-<b>MD</b></p> <p>4:00 Afternoon Stretch</p>
<p>10:00 Hymns &amp; brew <b>22</b></p> <p>10:30 Youtube workout</p> <p><b>200 Honoring women with Veronica -U3</b> </p> <p>3:30 Hand massages</p>	<p>10:00 Current events Cafe <b>23</b></p> <p>10:30 Balloon war exercise</p> <p>11:00 March madness B-ball</p> <p>2:00 Easter Egg dye </p> <p>3:30 Infused water hr</p>	<p>10:00 Steamy Mugs <b>24</b></p> <p>10:30 Zen with friends</p> <p>11:00 Think fast</p> <p>2:00 Bible Study with Pastor Dee -<b>MD</b></p> <p>6:00 Evening bingo-<b>U2</b></p>	<p>10:00 Social bean with friends <b>25</b></p> <p>10:30 Tik tok challenge</p> <p>11:00 Taboo!</p> <p>2:00 Book club -<b>MD</b></p> <p>2:00 Mindfulness &amp; Ring toss</p> <p>3:30 Easy Listening</p>	<p><b>Purple Day</b> <b>26</b></p> <p>10:00 Rise &amp; Shine Cafe</p> <p>10:30 Hand exercises</p> <p>11:00 Nail pop salon</p> <p><b>2:00 CC LAVA EXPERIMENT</b></p> <p>3:30 Pie Social</p>	<p><b>Bagel Sale</b> <b>27</b></p> <p>10:00 Friday Cafe</p> <p>10:30 Bootcamp workout</p> <p>11:00 Dice trivia</p> <p>2:00 <b>BINGO</b></p> <p>3:15 Cash out bingo</p>	<p>10:00 Morning mingle <b>28</b></p> <p>10:30 Zumba in a chair</p> <p>11:00 Youtube trivia</p> <p>2:00 Lucky quarter pokeno-<b>MD</b></p> <p>4:00 Afternoon Stretch</p>
<p><b>Palm Sunday</b> <b>29</b></p> <p>10:00 Sunday perk up palace</p> <p>11:00 Spiritual hr</p> <p>2:00 Bible jingo</p> <p>3:30 Ice -cream Sunday</p>	<p><b>National Doctor's Day</b> <b>30</b></p> <p>10:00 Spill the tea</p> <p>10:30 Healthy heart moves</p> <p>11:00 Name that Doctor!</p> <p>2:00 Lucky quarter pokeno</p> <p>4:00 Patio fun</p>	<p>10:00 Comform in a mug <b>31</b></p> <p>10:30 Senior fit club</p> <p>11:00 Game of choice -<b>U1</b></p> <p>11:00 Air Hockey-<b>U2</b></p> <p>2:00 Bible Study with Pastor Dee -<b>MD</b></p> <p>6:00 Rummy with Lisa -<b>U2</b></p>	<p> <b>March 8 International Women's Day</b> </p>	<p>The Social Worker Danielle S. is the grievance Officer</p>	<p><b>Resident Right</b></p> <p>To participate in meals, recreation and social activities without being subjected to discrimination based on your age, race, religion, sex or nationality.</p> 	



All activity times and locations are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00- Coffee Social 10:30- Ez Exercise 11:00- Variety Card Game 11:30- Satin Hands 12:00- Lunch Time</p> <p><b>AFTERNOON</b></p> <p>1:30- Aromatherapy Reset 2:30- Musical Adult Coloring 3:30- Hand Massage 5:00 Dinner Time</p> <p><b>EVENING</b></p> <p>5:00-Dinner Time 6:00 Sunday night film</p> 	<p><b>MORNING</b></p> <p>10:00- Comfort brew 10:30- Move and groove 11:00- Building Tower 12:00 Lunch Time</p> <p><b>AFTERNOON</b></p> <p>2:00-Match my card 3:00 -15min stretch 4:00 Youtube name that person</p> <p><b>EVENING</b></p> <p>5:00 Dinner Time 6:00 Evening bingo with Lucia</p>	<p><b>MORNING</b></p> <p>10:00-Social delight 10:30-Senior fitness 11:00-Purim craft 12:00-Lunch Time</p> <p><b>AFTERNOON</b></p> <p>2:00-Sing along 3:30-Afternoon refreshments</p> <p><b>EVENING</b></p> <p>5:00 Dinner 6:00 Retro and Reminsce</p> 	<p><b>MORNING</b></p> <p>10:00-Cup of Joe 10:30-Chair Zumba! 11:00-Parachute play 12:00-Lunch Time</p> <p><b>AFTERNOON</b></p> <p>2:00-Pamper me 3:15-Cheese puffs social 4:00-Rest &amp; Relax</p> <p><b>EVENING</b></p> <p>5:00 Dinner 6:00 Easy Listening &amp; puzzles</p> 	<p><b>MORNING</b></p> <p>10:00 Coffee with peers 10:30 Upper Body Movements 11:00 Name that tune 12:00 Lunch Time</p> <p><b>AFTERNOON</b></p> <p>2:00 Jingo 3:15 Name game 4:00 Afternoon with Doris Day</p> <p><b>EVENING</b></p> <p>5:00 Dinner 6:00 Match my card</p>	<p><b>MORNING</b></p> <p>10:00-Comfort cafe 10:30- Balloon Toss 11:00-General Trivia 12:00-Lunch</p> <p><b>AFTERNOON</b></p> <p>2:00 All about the Baby sensory and folding 3:30 Snacks and trivia</p> <p><b>EVENING</b></p> <p>5:00 Dinner 6:00 Art Corner</p> 	<p><b>MORNING</b></p> <p>10:00- Coffee Social 10:30- Sit &amp; Stretch 11:30- Pondering Thoughts 12:00-Handwashing</p> <p><b>AFTERNOON</b></p> <p>2:00 <b>BINGO</b> 3:30 Afternoon movie and chips</p> <p><b>EVENING</b></p> <p>5:00 Dinner 6:00 Evening tunes</p>

- 3/3** -2:00 Bible Study with Pastor Dee -**MD**
- 3/8**-2:00 Agape church-**U2**
- 3/10** -2:00 Bible Study with Pastor Dee -**MD**
- 3/11** -2:00 Food Comittee meeting-**U2**-
- 3/16** -2:00 March birthday party
- 3/22** -2:00 Honoeoring Woman with Veronica -**U3**
- 3/25** -2:00 Christ Baptist church-**MD**
- 3/25** -2:00 CC Woman's club **MD**
- 3/31**-2:00 Bible Study with Pastor Dee -**MD**

**Tactiles and sensory lab**

- Week 1** Build & Match
- Week 2** Folding/Sorting
- Week 3** Crafty corner
- Week 4** Aromatherapy



**Active games**

- Week 1** Paracute play
- Week 2** Bowling
- Week 3** Bean bag toss
- Week 4** Corn hole

The State Survey Book is located in the Front Lobby  
The Social Worker  
Danielle S. is  
The Grievance Office.

**Weekly Melodies**

- Week 1** Big Band sound
- Week 2** Classic rock
- Week 3** **Country and swing**
- Week 4** Rythem and Blues

