

# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Outings</b></p> <p>Tuesdays are 1:1 Comfort Tours &amp; Appointments</p> <p>Wednesday 1:30 PM Destination Outings</p> <p>Some outings require that we leave at 10:30, if that is the case residents will be noti-</p>	<p><b>Dining</b></p> <p>Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 5:00 P.M. Evening Refreshments 7:00 P.M.</p>	<p><b>Women's History Month</b></p>	<p><b>1</b></p> <p>10:00 Stretch and Shape 11:00 Remember When 1:30 Tootle-Lou &amp; Reminisce 2:00 Snowball Toss 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>2 Read Across America Day</b></p> <p>10:00 Dance to Fitness 11:00 <i>Read and Post</i> 11:00 Classic Tales 1:30 iN2L Admin 1:30 <i>Audiobook Favorites</i> 2:00 Staff Readings 3:00 Activity Tables 3:45 Scattergories 6:00 Movement with Shay</p>	<p><b>3 World Wildlife Day</b></p> <p>10:00 Lower Body 10:30 <i>Spiritual Reflections</i> 11:00 Women in Film 1:30 <i>Sunrises</i> 1:30 Ask and Answer 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>4</b></p> <p>10:00 Morning Exercise 11:00 Truth or a Lie 1:30 Sports Court &amp; Activity Tables 1:30 <i>Commercial Review</i> 3:00 Volleyball 3:30 Crafting Corners 6:00 Balance Exercise</p>
<p><b>5</b></p> <p>10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Java Music 6:00 Classic Cinema</p>	<p><b>6 Purim</b></p> <p>10:00 Using Weights 11:00 Costume Pictionary 1:30 Basketball 3:00 Plate Masks 3:30 Music to Dance To 4:15 Fast Facts: Purim 6:00 <i>Travelogues: Israel</i></p>	<p><b>7</b></p> <p>10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Brain Games 1:30 Afternoon Exercise 2:00 Skeeball 3:00 Bingo 4:00 Sing Along 6:00 Stretch with Shay</p>	<p><b>8 Holi</b></p> <p>10:00 Stretch and Shape 11:00 Holidays Worldwide 1:30 Tootle-Lou &amp; Reminisce 2:00 Color Fest 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Holi Worldwide</p>	<p><b>9 Popcorn Lover's Day</b></p> <p>10:00 Join the Journey 10:00 Dance to Fitness 11:00 It's Trivial 1:30 Pop Up! 1:30 <i>Inventing Women</i> 2:00 Popcorn &amp; Memories 3:00 Activity Tables 3:45 Scattergories 6:00 Movement with Shay</p>	<p><b>10</b></p> <p>10:00 Lower Body 10:30 <i>Spiritual Reflections</i> 11:00 Animal Fun Facts 1:30 <i>Travel Through Time</i> 1:30 Cooking With Anne 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>11</b></p> <p>10:00 Morning Exercise 11:00 Did You Know? <b>1:30 ZUMBA</b> 2:00 Sports Court &amp; Activity Tables 3:00 Swat It! 3:30 Puzzles &amp; Painting 6:00 Cardio Exercise</p>
<p><b>12 Daylight Savings Time</b></p> <p>10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Java Music 6:00 Time Trivia</p>	<p><b>13 K-9 Veterans Day</b></p> <p>10:00 Using Weights 11:00 Dog Days Trivia 1:30 Basketball 3:00 Watercolors 3:30 How Much? 4:15 <i>Fast Facts: K9 Veterans</i> 6:00 <i>Travelogues: Ireland</i></p>	<p><b>14 National Pi Day</b></p> <p>10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Brain Games 1:30 Pie Face 2:00 Plates Up 3:00 Bingo 4:00 Sing Along 6:00 Keep it Up with Shay</p>	<p><b>15</b></p> <p>10:00 Stretch and Shape 11:00 LUCKY Words 1:30 Tootle-Lou &amp; Reminisce 2:00 Table Toppers 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>16</b></p> <p>10:00 Dance to Fitness 11:00 Match Up 1:30 <i>Irish Favorites</i> <b>1:30 Zumba</b> 2:00 Horseracing 3:00 Activity Tables 3:45 Scattergories <b>5:00 Support Group</b> 6:00 Movement with Shay</p>	<p><b>17 St. Patrick's Day</b></p> <p>10:00 Lower Body 10:30 <i>Spiritual Reflections</i> 11:00 Women in the Arts 1:30 <i>Wearing of the Green</i> <b>1:30 Green Games</b> 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>18</b></p> <p>10:00 Morning Exercise 11:00 Truth or a Lie 1:30 Sports Court &amp; Activity Tables 1:30 <i>Peoples Choice</i> 3:00 Volleyball 3:30 Crafting Corners 6:00 Balance Exercise</p>
<p><b>19</b></p> <p>10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Java Music 6:00 Classic Cinema</p>	<p><b>20 Storytelling Day</b></p> <p>10:00 Using Weights 11:00 Word Ladder 1:30 Basketball 3:00 Storyboards 3:30 Tall Tales 4:15 Fast Facts: Familiar Fables 6:00 <i>Travelogues: Scotland</i></p>	<p><b>21 World Poetry Day</b></p> <p>10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Finish the Prose 1:30 Fact or Fiction 2:00 Time Slips 3:00 Bingo 4:00 Sing Along 6:00 Cool Down with Shay</p>	<p><b>22</b></p> <p>10:00 Stretch and Shape 11:00 What is Ramadan? <b>1:30 Larry Batter</b> 3:00 Small Groups 3:45 Range of Motion 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>23 National Puppy Day</b></p> <p>10:00 Dance to Fitness 11:00 Women Worldwide 1:30 <i>101 Dogs</i> 1:30 Dog Biscuits 2:00 "No Bones About It" 3:00 Activity Tables 3:45 Scattergories 6:00 Movement with Shay</p>	<p><b>24 National Cocktail Day</b></p> <p>10:00 Lower Body 10:30 <i>Spiritual Reflections</i> 11:00 Fill the Cup 1:30 <i>Roaring 20's</i> 1:30 Crafting with Anne 3:00 Musical Review &amp; Happy Hour 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>25</b></p> <p>10:00 Morning Exercise 11:00 Who Thought of That? <b>1:30 ZUMBA</b> 2:00 Sports Court &amp; Activity Tables 3:00 Swat It! 3:30 Puzzles &amp; Painting 6:00 Cardio Exercise</p>
<p><b>26 Wear a Hat Day</b></p> <p>10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Java Music 6:00 Hat's Off To You</p>	<p><b>27</b></p> <p>10:00 Using Weights 11:00 20 Questions 1:30 Basketball 3:00 Stained Glass 3:30 Jeopardy 4:15 Fast Facts: Ads &amp; Slogans 6:00 <i>Travelogues: India</i></p>	<p><b>28</b></p> <p>10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Brain Games <b>1:30 Piano Favorites</b> 2:00 Skeeball 3:00 Bingo 4:00 Sing Along 6:00 Dance with Shay</p>	<p><b>29</b></p> <p>10:00 Stretch and Shape 11:00 The Price is Right 1:30 Tootle-Lou &amp; Reminisce 2:00 Nail Care &amp; DooWop 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>30</b></p> <p>10:00 Dance to Fitness 11:00 Finish the Phrase <b>1:30 The Plant Guy</b> 2:00 <i>Men's Corner</i> 3:00 Activity Tables 3:45 Scattergories <b>6:00 Family Game Night</b></p>	<p><b>31</b></p> <p>10:00 Lower Body 10:30 <i>Spiritual Reflections</i> 11:00 Portraits of a Lady 1:30 <i>Make Me Laugh</i> 1:30 Have You Ever? 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>Program Locations:</b> If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen <i>Italics is an IN2L program</i></p>