

March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	31 10:00 Using Weights 11:00 Spring Trivia 1:30 Basketball 2:00 Java Music 3:00 Simple Saying 3:30 Fast Facts: USA 6:00 Movement with Jen		Dining Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 4:30 P.M. Evening Refreshments 7:00 P.M.	Program Locations: If unmarked, Town Square 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>		1 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
2 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	3 Caregiving Day 10:00 Using Weights 11:00 CARE Words 1:30 Basketball 2:00 Java Music 3:00 Making Cards B 3:30 Fast Facts: Mardi Gras 6:00 Movement with Jen	4 10:00 Cardio 10:30 Balance 11:00 Mardi Gras Traditions 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay	5 Ash Wednesday 10:00 Stretch & Shape 11:00 Women in Sports Day 1:30 Who Am I? 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook * Ashes will be brought to the community by St. Dunstons	6 10:00 Dance to Fitness 11:00 All About Desserts 1:30 ZUMBA 2:00 Name that Tune 3:00 Activity Tables 6:00 Movement with Shay	7 10:00 Lower Body Focus 11:00 Itt's Trivial 1:30 Mickey Wylllys 3:00 Seated Soccer 6:00 An Evening with Jen	8 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
9 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	10 10:00 Using Weights 11:00 Famous Pairs 1:30 Basketball 2:00 Java Music 3:00 Card Tables 3:30 Fast Facts: Diners 6:00 Movement with Jen	11 10:00 Cardio 10:30 Balance 11:00 Sock Hop Music 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay	12 10:00 Stretch & Shape 11:00 Girl Scout Badges 1:30 Keep It Up 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	13 10:00 Dance to Fitness 11:00 Opposites 1:30 ZUMBA 2:00 Scattergories 3:00 Activity Tables 6:00 Movement with Shay C/B	14 10:00 Lower Body Focus 11:00 Finish My Line 1:30 Butterfly Art & Hanging 3:00 Seated Soccer 6:00 An Evening with Jen	15 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
16 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	17 St. Patrick's Day 10:00 Using Weights 11:00 Limericks & Toasts 1:30 Basketball 2:00 Java Music 3:00 Dice Racing 3:30 Fast Facts: St. Pat's 6:00 Movement with Jen	18 10:00 Cardio 10:30 Balance 11:00 Target Toss 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay	19 10:00 Stretch & Shape 11:00 Pictionary 1:30 Larry Batter 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	20 Earth Day 10:00 Dance to Fitness 11:00 Charades 1:30 Planting Begins 2:00 Plant or Animal? 3:00 Activity Tables 6:00 Movement with Shay 5:00 Support Group	21 10:00 Lower Body Focus 11:00 Common Phrases 1:30 Sing Along 2:00 Word Ladder 3:00 Seated Soccer 6:00 An Evening with Jen	22 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
23 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	24 10:00 Using Weights 11:00 Name Five 1:30 Basketball 2:00 Java Music 3:00 Sorting 3:30 Fast Facts: Connecticut 6:00 Movement with Jen	25 10:00 Cardio 10:30 Balance 11:00 Who Here? 1:30 Cornhole 3:00 Bingo 6:00 Cool Down with Shay	26 10:00 Stretch & Shape 11:00 It's Trivial 1:30 Mary Morse 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	27 10:00 Dance to Fitness 11:00 Jeopardy 1:30 ZUMBA 2:00 Jokes & Riddles 3:00 Activity Tables 6:00 Movement with Shay	28 10:00 Lower Body Focus 11:00 Famous Faces 1:30 Seated Soccer 3:00 Movie Moments 3:30 Name that Tune 6:00 An Evening with Jen	29 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise

All programming is subject to change to suit the needs of the community and our residents.