StoryPoint Knoxville West

B – Beauty Salon

JR – Jefferson Room

March 2023

Assisted Living			Monthly Calendar		Ac	ctivities are subject to change
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March is here an we co have a blast with you t	ouldn't be more thrilled this month!	! We are so excited to	*A 1:30- Amped Up! Exercise *A 3:00- Bingo *A 6:00- Mrs. Cornelia's Bible	2 9:30- Shopping: Kroger's *FL 1:30- Learn & get Crafty with UT Gardens *A 3:15- Super Strength Exercise *A 5:30- Chit Chats with Ms. Pam *P	3 10:30- Story Time with Zoe *P 1:00- Mrs. Sally's Yoga Class *A 2:00- Talent Show Brainstorm *A 3:00- Happy Hour *A	4 11:00- Weekend Warriors *A 1:00- Pet Therapy with Winston *RR 1:30- Bingo *A 2:30- Netflix Club *A
5 11:00- Fitness Fun Exercise *A 1:00- Puzzles & Cards *JR 3:15- Temple Baptist Church *A 5:30- Poker Night *A	6 10:00- "Coloring Craze" *A 10:30- Fab, Fit & Fun Exercise *A 1:30- Music & Wellness with Ericka *P 3:00- Bingo *A	7 9:30- Mass with Deacon Mike *L 10:00- School of Dance Performance *A 11:15- Lunch Bunch at Cheddar's *FL 3:00- Tik Tok Tuesday *RR	Susie *A 1:30- Amped Up! Exercise *A	9 9:30- Shopping at Walmart *FL 10:30- Power Up! With Lisa Slagle *A 2:00- Ageless Talent Show *A 5:30- Chats w/ Ms. Pam *P	10:00- Dynasty Nail Salon *FL 10:30- Mrs. Sally's Yoga Class *A 2:00- Live Music with Cliff Jestice *A 3:00- Happy Hour *A (Drink of the Week: Sea Breeze)	
Daylight Savings 12 Begins 11:00- Fitness Fun Exercise *A 1:00- Puzzles & Cards *JR 3:15- Temple Baptist Church *A 5:30- Poker Night *A	13 10:00- "Coloring Craze" *A 10:30- Fab, Fit & Fun Exercise *A 2:30- It's Sparky Time! Pet Therapy *RR 3:00- Bingo *A	14 9:30- Mass with Deacon Mike *L 10:30- Power Up! With Lisa Slagle *A 2:00- Karm's Store *FL 5:30- Card Games & Puzzles *IR	15 10:30- Devotions with David *A 1:30- Amped Up! Exercise *A 3:00- The Price is Right Live & in Person *A 6:00- Mrs. Cornelia's Bible Study	 16 9:30- Shopping: Food City FL 1:30- Super Strength Exercise *A 3:00- Live Music with Marc Beecher *A 5:30- Chit Chats with Ms. Pam *P 	St. Patrick's Day1710:00- Pot of Gold Mimosas*RR10:30- Mrs. Sally's Yoga Class*A2:00- Shamrock Shake Bar *A5:30- "Feelin Lucky"Poker Night *A	2:30- Netflix Club *A
19 11:00- Fitness Fun Exercise *A * 1:00- Puzzles & Cards *JR 3:15- Temple Baptist Church *A 5:30- Poker Night *A	20 10:00- "Coloring Craze" *A 10:30- Fab, Fit & Fun Exercise *A 2:00- Birthday Bash! *A 3:00- Bingo *A 27	10:30- Power Up! With Lisa Slagle *A 11:15- Lunch Bunch at Wasabi *FL 2:30- Tik Tok Tuesday *A	22 10:30- Devotions with David *A 1:30- Amped Up! Exercise *A 3:00- Happy Hour & Live Music with Ed Bowlin *A 6:00- Mrs. Cornelia's Bible Study	2:00- "Pamper me Pretty" B 3:30- "Ageless Talent" Viewing Party*A 4:30-	10:30- Mrs. Sally's Yoga Class *A 1:30- Trivia *A 3;00- Happy Hour & Jeopardy	25 11:00- Weekend Warriors *A 1:30- Bingo *A 2:30- Netflix Club *A 5:30- Board Games & Cards *A
26 11:00- Fitness Fun Exercise *A 1:00- Puzzles & Cards *JR 3:15- Temple Baptist Church *A 5:30- Poker Night *A Calender Key: A – Activity Room	10:00- "Coloring Craze" *A 10:30- Fab, Fit & Fun Exercise *A 2:00- Bingo *A 3:00- Joshua & Sarita's Wedding Slideshow *A P – Pavilion FL – Front Lobby	28 9:30- Mass with Deacon Mike *L 10:30- Exercise Lisa Slagle *A 1:30- Crumble Cookie (Outing) *FL 3:00- Crumble Cookie Taste Test & Rating *A CY - Courtyard L - Library	29 10:30- Devotions with David *A 1:30- Amped Up! Exercise *A 2:30- It's Sparky Time! Pet Therapy *RR 6:00- Mrs. Cornelia's Bible Study	1:30- Super Strength Exercise *A 3:00- Town Hall *A 5:30- Chit Chats with Ms.	31 10:00- Good Morning Devotions *A 10:30- Mrs. Sally's Yoga Class *A 3:00- Mrs. Carmen's Margarita Madness Happy Hour *A	S tory P 0int
D – Dining Room	RR – Room to Room					Senior Living

Activities are subject to change