

March 2024 - Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Pig Day Morning 10:00 Life Skills: Cupboard Organizing 11:30 Craft: St. Patrick's Day Décor	Old Stuff Day Morning 10:00 Life Skills: Watering Plants 11:30 Craft: Upcycling Random Pieces
					Afternoon 1:30 Bingo 3:00 Animal Therapy: Pig Play 4:30 New Year, Better Me Exercise Class	Afternoon 1:30 Sweating to the Oldies 2:30 Current Events with Friends
					Evening 6:00 Small Wind Down Group - 3 Choices: Tomorrow To Do List Therapy Oils Bed Yoga	Evening 6:00 Small Wind Down Group - 3 Choices: Week Wrap Up Meditation Hymns

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
<p>Morning</p> <p>10:00 Life Skills: Sweeping</p> <p>11:00 Church Service and Songs</p>	<p>Morning</p> <p>10:00 Life Skills: Laundry</p> <p>11:15 Senior Safety Seminar</p>	<p>Morning</p> <p>10:00 Catholic Service and Rosary</p> <p>11:00 Catch That Gold Exercise</p>	<p>Al's Birthday Mary M.'s Birthday Black and White Day</p> <p>Morning</p> <p>10:00 Life Skills: Kitchen Clean Up</p>	<p>National Cereal Day</p> <p>Morning</p> <p>10:00 Cereal Taste Test</p> <p>11:00 Life Skills: Cupboard Organizing</p>	<p>Women's Day Morning</p> <p>10:30 Women's Group: International Women's Day Mini Expo and Spa</p>	<p>Barbie Day Dress in Pink</p> <p>Morning</p> <p>10:30 Barbie Movie and Popcorn</p>
<p>Afternoon</p> <p>1:30 New Friend Welcome Party and Social Time</p> <p>2:45 Laughter Yoga</p>	<p>Afternoon</p> <p>1:30 Bingo</p> <p>2:00 Games</p> <p>3:15 Exercise</p> <p>4:00 Craft: St. Patrick's Day Door Decoration</p>	<p>Afternoon</p> <p>12:30 Life Skills: Family Style Lunch</p> <p>2:00 Manicures</p> <p>3:00 Briggs Library</p>	<p>Afternoon</p> <p>1:30 Move Those Joints</p> <p>2:30 Mobile Cart: Oreo's</p> <p>3:15 Music with Wendy</p> <p>5:00 Bingo Store</p>	<p>Afternoon</p> <p>2:00 Games</p> <p>3:15 Exercise</p> <p>6:00 Happy Hour: Cinnamon Toast Crunch Cocktail</p>	<p>Afternoon</p> <p>12:00 Life Skills: Clean Up After Expo</p> <p>1:30 Bingo</p> <p>4:15 Music with Marty</p>	<p>Afternoon</p> <p>1:30 Life Skills: Mopping</p> <p>2:30 Balloon Badmitten</p> <p>4:00 Essential Oils and Relaxation</p>
<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Weekly Affirmations</p> <p>Hand Messages</p> <p>Music</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Book on CD</p> <p>Breathing Exercise</p> <p>Eye Masks</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Journaling</p> <p>White Noise</p> <p>Stretching</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Deep Breathing</p> <p>Foot Baths</p> <p>Relaxation Sounds</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Prep for Bed</p> <p>Head Messages</p> <p>Puzzles</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Tomorrow To Do List</p> <p>Therapy Oils</p> <p>Bed Yoga</p>	<p>Evening 6:00 Small Wind Down Group - 3 Choices:</p> <p>Week Wrap Up</p> <p>Meditation</p> <p>Warm Hands</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
<p>Morning</p> <p>10:00 Life Skills: Dusting</p> <p>11:00 Church Service and Songs</p>	<p>Morning</p> <p>10:00 Life Skills: Kitchen Clean Up</p> <p>11:30 Rescheduled Swany's Outing with Missy</p>	<p>Girl Scout Day</p> <p>Morning</p> <p>10:00 Catholic Service and Rosary</p> <p>10:30 Life Skills: Sweeping</p> <p>11:00 Manicures</p> <p>Afternoon</p> <p>3:00 Zumba with Margie</p> <p>4:30 Girl Scout Cookies Taste Test</p>	<p>Jewel Day</p> <p>Morning</p> <p>10:00 Cup of Joe</p> <p>10:30 W.H. Walking It Out</p> <p>Afternoon</p> <p>1:00 Life Skills: Delivering Dishes</p> <p>1:30 Craft: Body and Face Jewels</p> <p>6:00 Exercise From the 50's, 60's, and 70's</p>	<p>Potato Chip Day</p> <p>Morning</p> <p>10:00 Potato Chip Bingo Buck Auction</p> <p>11:00 Butterfly Facts</p> <p>Afternoon</p> <p>12:30 Life Skills: Passing Out Lunch</p> <p>2:00 Games</p> <p>3:15 Exercise</p>	<p>Buzzard Day</p> <p>Morning</p> <p>10:30 2nd Annual Sober St. Patrick's Day Party</p> <p>Afternoon</p> <p>12:00 Life Skills: Clean Up Party</p> <p>1:30 Bingo</p> <p>3:15 Dress Up and Game of Going on a Buzzard Hunt</p>	<p>Giant Panda Day Quilting Day</p> <p>Morning</p> <p>10:30 Panda Parade</p> <p>Afternoon</p> <p>1:00 Life Skills: Baby Center Clean Up</p> <p>1:30 Craft: Small Lap Quilts</p> <p>3:30 Farkle Game</p>
<p>Afternoon</p> <p>1:30 Men's Group: St. Patrick's Chat</p> <p>2:30 Meditation Exercise and Calming Music and Sounds</p>	<p>Afternoon</p> <p>1:30 Bingo</p> <p>2:00 Games</p> <p>3:15 Exercise</p> <p>4:00 Happy Hour: Rum and Coke</p>					
<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Weekly Affirmations</p> <p>Hand Messages</p> <p>Music</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Book on CD</p> <p>Breathing Exercise</p> <p>Eye Masks</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Journaling</p> <p>White Noise</p> <p>Stretching</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Deep Breathing</p> <p>Foot Baths</p> <p>Relaxation Sounds</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Prep for Bed</p> <p>Head Messages</p> <p>Puzzles</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Tomorrow To Do List</p> <p>Therapy Oils</p> <p>Mediation</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Week Wrap Up</p> <p>Bed Yoga</p> <p>Warm Hands</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
St. Patrick's Day	Morning	Joe's Birthday	Morning	Morning	Morning	Morning
Morning	10:30 Happy Hour: Mimosa's and Conversation	Morning	10:00 Manicures	10:30 Craft: Easter Decoration Door Hang	10:00 Chair Synchronized Swimming Exercise	10:30 Don't Burst My Bubble Game
10:00 Life Skills: Dishes		10:00 Catholic Service and Rosary	11:30 Music with Tess	11:30 Culinary Showcase with Paul	11:00 Life Skills: Cupboard Organizing	11:45 Life Skills: Kitchen Clean Up
11:00 Church Service and Songs		11:00 Celebration of Life Ceremony with Jen and Frankie Therapy				
Afternoon	Afternoon		Afternoon	Afternoon	Afternoon	Afternoon
12:30 St. Patrick's WOW Meal: Corned Beef and Cabbage	1:30 Bingo	Afternoon	1:30 Craft: Easter	12:30 Life Skills: Family Style Lunch	1:30 Bingo	12:30 1 on 1 Talks/ MC
2:30 Cornhole	2:00 Games	1:30 Muscle Exercise	2:30 Life Skills: Laundry	2:00 Games	6:00 Teams Comedy Show (Rated R for adult content)	3:30 Men's Group: Easter Conversation
3:30 Crosswords	3:15 Exercise	2:00 Life Skills: Watering Plants	3:30 Exercise From the 50's, 60's, and 70's	3:15 Exercise		
	4:00 Life Skills: Preparing Our Raised Garden Beds	3:00 Let's Laugh Day				
Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:	Evening 6:00 Small Wind Down Group - 3 Choices:
Weekly Affirmations	Book on CD	Journaling	Deep Breathing	Prep for Bed	Tomorrow To Do List	Week Wrap Up
Hand Messages	Breathing Exercise	White Noise	Foot Baths	Head Messages	Therapy Oils	Meditation
Music	Eye Masks	Stretching	Relaxation Sounds	Puzzles	Bed Yoga	Warm Hands

March 2024 - Memory Care's Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p>Morning</p> <p>10:00 Life Skills: Vacuuming</p> <p>11:00 Church Service and Songs</p>	<p>International Waffle Day</p> <p>Morning</p> <p>8:00 Mobile Cart: Waffle Toppings</p>	<p>Morning</p> <p>10:00 Catholic Service and Rosary</p> <p>10:30 Ruby Therapy Dog pt.2</p>	<p>National "Joe" Day</p> <p>Morning</p> <p>10:00 Manicures</p> <p>11:00 Life Skills: Dusting</p>	<p>Morning</p> <p>10:00 Hatching Chicks, Pet Therapy Play, and Hatch Cycle</p> <p>11:00 Food Committee with Paul</p>	<p>Jack's Birthday</p> <p>Morning</p> <p>10:30 Resistance Band Workout</p> <p>11:00 Passing Out Snacks to Visiting Doctors</p>	<p>Morning</p> <p>10:45 Life Skills: Kitchen Clean Up</p> <p>11:30 Coffee Bar and Conversation</p>
<p>Afternoon</p> <p>1:30 Sit and Be Fit Exercise</p> <p>3:00 Resident Lead Card Games and Hydration Drinks</p>	<p>Afternoon</p> <p>1:00 Life Skills: Sweeping</p> <p>1:30 Bingo</p> <p>2:00 Games</p> <p>3:15 Exercise</p>	<p>Afternoon</p> <p>1:30 Life Skills: Mopping</p> <p>3:00 Zumba with Margie</p> <p>6:00 St. John's Lutheran Church Choir</p>	<p>Afternoon</p> <p>12:30 Resident Birthday Celebration</p> <p>2:30 Resident Forum</p> <p>3:15 Walking Club</p> <p>5:30 Dinner: Sloppy Joe's</p>	<p>Afternoon</p> <p>1:00 Life Skills: Watering Plants</p> <p>2:00 Games</p> <p>3:15 Exercise</p>	<p>Afternoon</p> <p>1:00 Life Skills: Cupboard Organizing</p> <p>1:30 Bingo</p> <p>5:00 Happy Hour: Mystery Drink Challenge</p>	<p>Afternoon</p> <p>12:30 One By One's</p> <p>1:30 Craft: Easter Decoration</p> <p>2:30 Marching Exercise</p>
<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Weekly Affirmations</p> <p>Hand Messages</p> <p>Music</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Book on CD</p> <p>Breathing Exercise</p> <p>Eye Masks</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Journaling</p> <p>White Noise</p> <p>Stretching</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Deep Breathing</p> <p>Meditation</p> <p>Relaxation Sounds</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Tomorrow To Do List</p> <p>Therapy Oils</p> <p>Bed Yoga</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Tomorrow To Do List</p> <p>Therapy Oils</p> <p>Bed Yoga</p>	<p>Evening</p> <p>6:00 Small Wind Down Group - 3 Choices:</p> <p>Week Wrap Up</p> <p>Meditation</p> <p>Warm Hands</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31						
Happy Easter!! Missy's Birthday						
Morning						
10:00 Life Skills: Vacuuming						
11:00 Church Service and Songs						
Afternoon						
12:30 Easter Lunch						
2:30 Catch the Easter Bunny Exercise Hunt						
3:30 At Your Request Music and Song						
Evening 6:00 Small Wind Down Group - 3 Choices:						
Weekly Affirmations						
Hand Messages						
Music						