

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:00 Streaming Mass (TL) 11:30 Sit and Be Fit (DR) 1:00 Family Feud (TL) 2:00 Color Art (FS) 3:30 Sorting Club (DR) 6:00 Guided Relaxation (TL)	3 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men’s Club (FS) 3:00 Watercolor Magic (FS) 6:00 Sensory Station (DR)	Mardi Gras! 4 10:00 Ball Exercises (DR) 1:00 Tender Hearts (FS) 2:30 Outing-Coffee Time! 3:30 Mardi Gras Party (DR) 6:00 Hand massages & music	5 10:00 Move Those Joints (TL) 11:00 Art Project (FS) 1:00 Dog Visit-Gemma 1:00 Women’s Spa Day (FS) 3:00 Expressions Game (TL) 6:00 Classic Movie	6 10:00 Chair Yoga (DR) 11:00 Card Games (TL) 1:00 Sensory Station (FS) 2:00 Live! Ron Mukha (DR) 6:00 Relaxation Retreat(DR)	7 10:00 Chair Exercise (DR) 11:00 Horseshoes (TL) 1:00 Sorting Club (FS) 3:00 Happy Hour (DR) 6:00 Guided Relaxation	8 10:00 Morning Stretch (TL) 11:15 Chair Volleyball (DR) 1:00 Armchair Travel (TL) 3:00 Move to the Music(FS) 6:00 Relaxation Retreat (TL)
Day Light Savings 9 10:00 Streaming Mass (TL) 11:30 Sit and Be Fit (DR) 1:00 Short Stories (TL) 3:30 Sorting Club (DR) 6:00 Guided Relaxation (TL)	10 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men’s Club (FS) 2:00 Resident Council (DR) 6:00 Sensory Station (DR)	11 10:00 Ball Exercises (DR) 11:00 Balloon Volleyball (DR) 1:00 Tender Hearts (FS) 2:30 Outing-Donuts & Drives 4:00 Ring Toss (FS) 6:00 Hand massages & music	12 10:00 Move Those Joints (TL) 11:00 Walking Club 1:00 Dog Visit-Abby 1:00 Women’s Spa Day (FS) 3:00 Art Club (FS) 6:00 Classic Movie	13 10:00 Chair Yoga (DR) 11:00 Card Games (TL) 1:00 Guess That Scent (FS) 2:00 Ice Cream Social (DR) 6:00 Relaxation Retreat(DR)	14 10:00 Chair Exercise (DR) 11:00 Trivia (TL) 1:00 Purim Gathering (AL) 2:00 Live Music: M. Kravitz 3:00 Vinyl Vibes Happy Hour (DR) 6:00 Short Story Circle (TL)	15 10:00 Morning Stretch (TL) 11:15 Family Feud (TL) 1:00 Table Tennis (FS) 3:00 Sensory Activity (DR) 6:00 Classic Movie
16 10:00 Streaming Mass (TL) 11:30 Sit & Be Fit (DR) 1:30 Chair Volleyball (DR) 3:30 Afternoon Stretching (TL) 6:00 Hand Massages & Music	St. Patrick’s Day 17 10:00 Moving Monday (DR) 11:00 Armchair Travel-Ireland! (TL) 1:00 Leprechaun Hunt (FS) 3:00 St Patty Sing Along (DR) 6:00 Sensory Station	18 10:00 Move to the Music (DR) 11:00 Trivia (TL) 1:00 Tender Hearts (FS) 2:30 Outing: Einstein Bagels 4:00 Expressions Game (DR) 6:00 Guided Relaxation	19 10:00 Sit and Be Fit (DR) 10:45 Live Hymns with Rachel (DR) 1:00 Dog Visit-Gemma 1:00 Women Spa Day (FS) 2:00 Tea Social & Chat (DR) 6:00 Classical Movie	Spring Begins! 20 10:00 Chair Yoga (DR) 11:00 Spring Craft (FS) 1:00 Garden Planning (FS) 3:00 Magic Color Art (FS) 6:00 Relaxation Retreat	21 10:00 Chair Exercise (DR) 11:00 Art Club (FS) 2:00 Chair Volleyball (DR) 3:00 Spring Fling Happy Hour (DR) 6:00 Classic Movie!	22 10:00 Morning Stretch (TL) 11:15 Tell Me More (DR) 1:00 Armchair Travel (TL) 3:00 Walking Club 6:00 Sensory Station (TL)
23 10:00 Streaming Mass (TL) 11:30 Sit and Be Fit (DR) 1:00 Color Art (FS) 3:30 My Favorite Chat (DR) 6:00 Guided Relaxation	24 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men’s Club (FS) 3:00 Color Art (FS) 6:00 Sensory Stations	25 10:00 Ball Exercises (DR) 11:00 Convo. Cards (TL) 1:00 Tender Hearts (FS) 2:30 Outing: Birm. Library 4:00 Chair Volleyball (DR) 6:00 Hand massages & music	26 10:00 Move Those Joints (TL) 11:00 Art Club (FS) 1:00 Dog Visit-Abby 1:00 Women’s Spa Day (FS) 2:00 Culinary Showcase (DR) 6:00 Breathing Meditation	27 10:00 Chair Yoga (DR) 11:00 Dominos (DR) 1:00 Card Games (FS) 2:00 Ice Cream Social (DR) 3:00 Move to the Music (TL) 6:00 Relaxation Retreat	Gatsby Day! 28 10:00 Glen Miller Exer. (DR) 11:00 Word Games (FS) 1:00 Move to the Music (TL) 2:00 Photo Booth Fun! (DR) 3:00 Speak Easy Happy Hour (DR) 6:00 Live 1920s Music! (AL)	29 10:00 Morning Stretch (TL) 11:15 Family Fued (TL) 1:00 Sorting Club (FS) 2:30 Walking Club 3:00 Ring Toss (FS) 6:00 Guided Deep Breathing
30 10:00 Streaming Mass (TL) 11:15 Sit and Be Fit (DR) 1:00 Armchair Travel (FS) 2:30 Live Piano w/ Cheryl B. 3:30 Afternoon Stretching (DR) 6:00 Hand Massages & Music	31 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men’s Club (FS) 3:00 Chair Volleyball (DR) 6:00 Sensory Station				For Gatsby Day Dress your best! Think dresses, suits, and hats!	March Birthdays Lucia 3/22

Calendar Key

DR-Dining Room

FS-Four Seasons Room

TL- TV Lounge

CY-Courtyard