

Springvale

Assisted Living

March 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Independent Activity Supplies Available 1 11:00 - Balloon Bop 2:00 - Walking Club 6:00 - Puzzles	10:00 - Word Search 2 11:00 - Chair Zumba 2:30 - Make Banana Cream Pie 3:00 - Learn About Dr. Seuss 4:00 - Trivia	10:00 - Church Service 3 11:00 - Exercise 2:30 - Bingo 3:00 - National Anthem & Facts 4:00 - Puzzles 6:00 - Card Games	10:00 - On This Day 4 11:00 - Balloon Bop 2:30 - Women's History - Patsy Mink 3:00 - Carol Burnett Crack Up's 4:00 - Chair Zumba Class	9:00 - Coffee Chat w/ Steph 5 11:00 - Entertainment 2:30 - Exercise 3:00 - Nail Painting 4:00 - Uno 6:00 - Puzzles	10:00 - Word Scrabble 6 11:00 - Exercise w/ Powerback 2:30 - Movie Making 3:00 - Oreo Cookie Social 4:00 - Fun Facts	Independent Activity Supplies Available 7 11:00 - Carol Burnett Show! 2:00 - Card Games 6:00 - Resident Led Activity
Independent Activity Supplies Available 8 11:00 - Balloon Bop 2:00 - Afternoon Walk 6:00 - Puzzles	10:00 - Word Search 9 11:00 - Chair Zumba 2:30 - Mint Ice Cream Cart 3:00 - Boozy Bingo 4:00 - Chair Kickball 6:00 - Giant Connect 4	10:00 - Color Therapy 10 11:00 - Entertainment 2:30 - Women's History - Taylor Swift 3:30 - Movie Making 4:00 - Uno	10:00 - On This Day 11 11:00 - Balloon Bop 2:30 - Movie & Popcorn 4:00 - Left, Right, Center	9:00 - Coffee Chat w/ Steph 12 11:00 - Exercise 2:30 - Walking Club 3:00 - Calm Coloring 4:00 - Mad Libs 6:00 - Puzzles	10:00 - Mad Libs 13 11:00 - Exercise w/ Powerback 2:30 - Watercolor Painting 3:00 - Movie Making 4:00 - Joggin Your Noggin	Independent Activity Supplies Available 14 11:00 - Balloon Bop 2:00 - Resident Led Activity 6:00 - Scrabble
Independent Activity Supplies Available 15 11:00 - Uno 2:00 - Walking Club 6:00 - Puzzles	10:00 - Word Search 16 11:00 - Chair Zumba 2:30 - Shamrock Shake Cart 3:00 - Movie Making 4:00 - Trivia	10:00 - Church Service 17 11:00 - Exercise 2:30 - St. Patty's Celebration 3:00 - Pennie Pincher 4:00 - Trivia 6:00 - Sorry! Board Game	10:00 - On This Day 18 11:00 - Balloon Bop 2:30 - Walking Club 3:00 - Joggin Your Noggin 4:00 - Chair Zumba Class	9:00 - Coffee Chat w/ Steph 19 11:00 - Exercise 2:30 - Flower Arrangements 3:00 - Movie Making 4:00 - Uno 6:00 - Fun Facts	10:00 - Word Scrabble 20 11:00 - Exercise w/ Powerback 2:30 - Movie Making 3:30 - Women's History - Ruth Bader Ginsburg 4:30 - Puzzles	Independent Activity Supplies Available 21 11:00 - Chair Zumba 2:00 - Walking Club 6:00 - Resident Led Activity
Independent Activity Supplies Available 22 11:00 - Balloon Bop 2:00 - Resident Led Activity 6:00 - Card Games	10:00 - Word Search 23 11:00 - Chair Zumba 2:30 - Movie Making 3:00 - Mimosa Happy Hour 4:00 - Learn to Chunky Knit 6:00 - Trivia	10:00 - Color Therapy 24 11:00 - Exercise 2:30 - Bingo 3:00 - Women's History - Susan B. Anthony 4:00 - Giant Connect 4	10:00 - On This Day 25 11:00 - Balloon Bop 2:30 - Culinary Showcase 3:00 - Making Birthday Cake w/ Steph 4:00 - Trivia	Living Like Royalty 26 9:00 - Coffee Chat w/ Steph 11:00 - Exercise 2-5 - Biannual Event!!	10:00 - Word Scrabble 27 11:00 - Exercise w/ Powerback 2:30 - Trivia 3:00 - Movie & Popcorn 6:00 - Puzzles	Independent Activity Supplies Available 28 11:00 - Walking Club 2:00 - Painting 6:00 - Trivia
Independent Activity Supplies Available 29 11:00 - Walking Club 2:00 - Balloon Bop 6:00 - Uno	10:00 - Word Search 30 11:00 - Chair Zumba 2:30 - Ice Cream Social 3:00 - Bingo 4:00 - Tic Tac Toe Wars	10:00 - Color Therapy 31 11:00 - Exercise 2:30 - Walking Club 3:00 - Nail Painting 4:00 - Puzzles 6:00 - Card Games		Resident Birthday's! Barb M. - March 4 th Marlene E. March 27 th Judy R. March 31 st		