

Glen Abbey Assisted Living and Memory Care

March 2026

Assisted Living

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Church 11:00 Chair Excercises 2:00 Bingo	2 11:00 Exercise (Weights) 2:00 Dr.Suess Reading 4:00 Crafting 6:00 Relaxation Music	3 11:00 Resistance Bands 2:00 Jameson Mobile Cart 4:00 Bingo 6:00 Meditation Music	4 11:00 Cardio Drumming 2:00 Bingo 4:00 TV Show 6:00 Relaxation Music	5 11:00 Resistance Bands 2:00 Jeopardy Game 4:00 Soul Train Dance Party 6:00 Coloring and Chat	6 11:00 Exercise Weights 2:00 Milk&Cookie Cart 3:30 Bingo 6:00 Essential Oils	7 11:00 Chair Stretches 2:00 Min to Win Game 3:30 Movie 6:00 Relaxation Music
Joan Ransom 8 10:00 Church Service 1:00 Chair Exercises 2:00 Daylight Saving Cart 4:00 Min to Win Game 6:00 Meditation Music	9 11:00 Resistance Bands 2:00 Card Games 3:30 Barbie Movie 6:00 Relaxation Music	10 11:00 Chair Exercises 2:00 Cup Pong 4:00 Painting Craft 6:00 Coloring and Chat	11 11:00 Exercise (Weights) 2:00 Wagner Duo 4:00 Card Game 6:00 "Wine" Down	12 11:00 Resistance Bands 2:00 St. Patty Bracelet Craft 4:00 TV Show & Popcorn 6:00 Meditation Music	13 11:00 Chair Exercises 2:00 Snacks With Sarah 4:00 Bingo 6:00 Resident Lead Games	14 11:00 Zumba 12:30 Josh Men's Group 2:00 Pie Mobile Cart 4:00 Min to Win Game 6:00 Meditation
15 10:00 Church Service (L) 1:00 Chair Zumba 3:00 Hand Massages 6:00 Coloring and Chat	16 11:00 Exercise (Weights) 2:00 Floor Hockey 4:00 StoryTime with Reva 6:00 Relaxation Music	17 Wear Green Day! 11:00 Chair Exercise 2:00 Green Mobile Cart 5:00 St. Patty Party (MD)	18 11:00 Exercise (Pilates) 2:00 Bingo 3:00 Bag Toss and Snacks 6:00 Meditation Music	19 11:00 Cardio Drumming 2:00 Drinks w/ Netta/Alicia 4:00 Comedy Show 6:00 "Wine" Down	20 11:00 Casper the Therapy 11:00 Exercise (Weights) 2:00 Bingo 3:30 Movie and Popcorn 6:00 Classical Music	21 11:00 Pastor Glass Church 2:00 Card Game 4:00 Ice Cream and Chat 6:00 Essential Oils Relaxation
22 10:00 Church Service 1:00 Chair Exercise 3:00 Belfast Movie (CR)	Nancy Kiessel 23 11:00 Resistance Bands 2:00 Hand Massages 4:00 Table Hockey 6:00 Evening Reflection	24 11:00 Chair Exercises 2:00 Cocktail Cart 4:00 Bowling 6:00 Evening Tea	25 11:00 Exercise (Pilates) 2:00 Culinary Showcase 4:00 TV Show 6:00 Relaxation Music	26 11:00 Resistance Bands 1:00 Tiger's Season Opener 4:00 Ladder Ball 6:00 Meditation Music	Basim A 27 11:00 Exercise (Weights) 2:00 Bingo 3:30 Movie 6:00 Coloring and Chat	Larry Tachar 28 11:00 Chair Stretches 2:00 Marsha Mumm 4:00 Balloon Volley 6:00 Relaxation Music
29 10:00 Church Service 1:00 Chair Exercise 3:00 Plant Flowers 6:00 Coloring and Wine	30 11:00 Resistance Bands 2:00 Story Time with Reva 4:00 Outdoor Craft 6:00 Meditation Music	Lucy Doyle 31 11:00 Resistance Bands 2:00 Resident Council 4:00 Bingo 6:00 Evening Reflection				

Calender Key:

- MD – Main Dining
- MC – Memory Care
- PD – Private Dining

- CD – Cooking Room
- L – Lobby
- P - Patio
- O - Outside

- B- Beauty Salon
- H- Hall
- CR-Community Room

Breakfast:
8:00am

Lunch:
12:00pm

Dinner:
5:00pm

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