

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Assisted Living

*Activities may vary

March 2025



<p><u>Read Across America Week</u> 2</p> <p>9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Poker- AR 5:30 Movie Night-LR (See Posting) 7:00 The 97th. Academy Awards-LR</p>	<p><u>Norman Rockwell Day</u> <u>World Wildlife Day</u> 3</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Mid-Valley Library 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p><u>A Cinderella Day</u> 4</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:00 Walgreen's 2:30 Exercise w/ music - LR 3:30 Poker- AR</p>	<p><u>Ash Wednesday</u> <u>The Oscars</u> 5</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Root Beer Day w/ Theresa!- LR 3:30 Jewelry Making- AR</p>	<p>6</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p><u>Mardi Gras</u> 7</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:30 Target 2:30 Happy Hour! - AR 3:30 Poker- AR</p>	<p><u>Happy Birthday Captain America</u> 1</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advance Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>Happy Birthday Barbie</u> 9</p> <p>9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Poker- AR 4:00 Movie Night- LR</p> <p>Daylight Saving Time Begins</p>	<p><u>Mismatch Day</u> 10</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Painting w/ Oscar- AR</p>	<p><u>Seniors Are Cool Day</u> 11</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 CVS 2:30 Unity In Motion- LR 3:30 Poker-AR</p>	<p><u>International Women's Day</u> <u>Girl Scout Day</u> 12</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Int'l Women's Gabfest!- LR 3:30 Rummikub- AR</p>	<p><u>Purim Begins</u> 13</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Celebration of Jewish Life w/ Rabbi Jim!- AR 11:15 Sit & Fit- LR 1:00 The Japanese Garden 1:30 Bingo- AR 3:30 Advanced Volleyball-LR</p>	<p><u>Pi Day</u> 14</p> <p>9:15 Morning Walk 10:30 Trader Joe's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:15 Walmart 2:30 Arts & Crafts- AR 3:30 Poker- AR</p>	<p>15</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>Egyptian Pharaohs Week</u> 16</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR</p>	<p><u>St. Patrick's Day/ Green Day</u> 17</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Dollar Tree 11:15 Stretch & Flex- LR 12:00 St. Patrick's Celebration- DR 1:30 Post Office 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p><u>March Madness Tournament Begins</u> 18</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Green Apple 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Exercise w/ music for your mind, heart & soul - LR 3:30 Poker- AR</p>	<p><u>International Day of Happiness</u> 19</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:30 Arts & Crafts w/ Theresa- LR 3:00 Garden's Spa! - AR</p>	<p><u>Spring Begins</u> 20</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 1:30 Walgreen's 3:00 Advanced Volleyball- LR</p>	<p><u>World Poetry Day</u> 21</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:30 Ross/ DD's 2:15 Poetry 101- AR 3:30 Poker- AR</p>	<p><u>Anniversary of Tuskegee Airmen</u> 22</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>Classic Film Day</u> 23</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)</p>	<p><u>Color Therapy Day</u> 24</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 BofA, Wells Fargo, Chase Banks 1:30 Bingo- AR 3:30 Painting w/ Oscar- AR</p>	<p><u>National Medal of Honor Day</u> 25</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker- AR</p>	<p><u>Epilepsy Awareness</u> 26</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:00 Resident Council Meeting- LR 1:30 Town Hall Meeting- LR 3:30 Happy Hour!- LR</p>	<p><u>Starbucks Day</u> <u>Baseball's Official Opening Day</u> 27</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Mid-Valley Library 1:30 Bingo- AR 3:00 Advanced Volleyball- LR</p>	<p>28</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:30 Marshall's 2:30 Suzanne's Travels- LR 3:30 Poker- AR</p>	<p><u>Coca Cola Day</u> 29</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p>30</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR</p>	<p><u>World Theatre Day</u> 31</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Dollar Tree 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p> "Blossom by blossom the spring begins."</p>				<p></p>

Key Note: Living Room= LR Dining Room= DR Activity Room= AR

Memory Care

*Activities may vary

March 2025

Memory Care								9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-Along 11:30 Balloon Volleyball 12:45 Home Trivia 2:00 Garden Ice Cream Social 3:00 Outdoor Reading 101	1
<u>Read Across America Week</u> 2	<u>World Wild Life Day</u> 3	<u>A Cinderella Day</u> 4	<u>The Oscars</u> 5	9:15 Walk & Chat 9:30 Delightful Diners- Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 12:45 Let's Chat! 1:45 Math 101 3:30 History Lesson	<u>Mardi Gras</u> 7	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Balloon Racquetball 12:45 Arts & Crafts 2:30 Yoga w/ Jenny 3:15 Friday Happy Hour!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Sing-Along 2:00 History Lesson 2:30 Volleyball	8	
9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 2:30 Sing-along 3:30 Racquetball	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Impact 1:45 English 101 2:30 Bingo! 3:30 Math w/ Emma	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Balloon Volleyball 1:00 Trivia 1:45 Kickball 2:30 Bingo! 3:30 Exercise w/ music for your mind, heart & soul.	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Garden Chat 12:45 Bingo 1:30 Root Beer Floats! 2:30 Sing-along 3:00 Racquetball	9:15 Walk & Chat 9:30 Delightful Diners- Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 12:45 Let's Chat! 1:45 Math 101 3:30 History Lesson	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Balloon Racquetball 12:45 Arts & Crafts 2:30 Yoga w/ Jenny 3:15 Friday Happy Hour!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Sing-Along 2:00 History Lesson 2:30 Volleyball	8		
<u>Happy Birthday Barbie</u> 9	<u>Mismatch Day</u> 10	<u>Seniors Are Cool Day</u> 11	<u>International Women's Day</u> 12	<u>Purim Begins</u> 13	<u>Pi Day</u> 14	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 12:45 Sing-along 2:00 History Lesson 3:00 Kickball	15		
9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 1:45 Card Match 2:30 Sing-along 3:30 Racquetball	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Fun! 1:45 Bingo! 3:30 Manicure Monday	9:15 Stretch & Flex 9:45 Let's Dance! 10:30 Sing-along 12:45 Trivia 101 1:45 Outdoor Photos! 2:30 History 101 3:30 Unity In Motion	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Arts & Crafts 1:00 International Women's Day Ice Cream Social 2:30 Show & Tell 3:00 Bingo!	9:15 Walk & Chat 9:45 Sit & Fit 10:30 Math 101 11:00 Celebration of Jewish Life w/ Rabbi Jim- ALAR 12:45 Garden Chat 1:45 Balloon Volleyball 2:30 Pretty Nails 3:30 Bingo!	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Travel 12:45 Show & Tell 1:45 Garden Chat 2:30 Yoga w/ Jenny! 3:30 Sing Along	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 12:45 Sing-along 2:00 History Lesson 3:00 Kickball	15		
Daylight Saving Time Begins									
<u>Egyptian Pharaohs Week</u> 16	<u>St. Patrick's Day</u> 17	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 12:45 Sing-along 1:45 Puzzle Pieces 2:30 Art with Impact 3:30 Exercise w/ music for your mind, heart & soul.	<u>Int'l Day of Happiness</u> 19	<u>Spring Begins</u> 20	<u>World Poetry Day</u> 21	<u>Anniversary of Tuskegee Airmen</u> 22	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 12:45 History Lesson 2:00 Let's Bake Cookies 3:00 Show & Tell		
9:15 Sit & Fit 9:45 Walk & Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:15 St. Patrick's Celebration 2:30 Let's Chat! 3:30 History w/ Emma	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 12:45 Sing-along 1:45 Puzzle Pieces 2:30 Art with Impact 3:30 Exercise w/ music for your mind, heart & soul.	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Sing-along 12:45 Show & Tell 1:30 Bingo! 2:30 Sing & Dance! 3:30 Racquetball	9:00 Walk & Chat 9:30 Delightful Diners- Outing 9:30 Sit & Fit 10:00 Math 101 12:45 Sing-along 1:30 Travel w/ Armando 3:00 Card Match	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Poetry 101 w/ Emma! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Lots of Dots	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 12:45 History Lesson 2:00 Let's Bake Cookies 3:00 Show & Tell			
<u>Classic Film Day</u> 23	<u>Color Therapy Day</u> 24	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 12:45 Trivia Tuesday 1:30 Bingo! 3:30 Unity In Motion	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Card Match 1:00 Sing-along 1:00 Resident Council Meeting 1:30 Town Hall Meeting 2:30 Unity In Motion 3:00 Movie Matinee	<u>Baseball's Official Opening Day</u> 27	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Let's Travel 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 12:45 Sing-along 2:00 History Lesson 3:00 Kickball			
9:15 Sit & Fit 10:30 Walk & Chat 12:45 Bullseye 1:45 Let's Decorate Cupcakes 2:30 Sing-along 3:30 Racquetball 4:00 Movie- Night	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Impact 2:30 Bingo! 3:30 Manicure Monday	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 12:45 Trivia Tuesday 1:30 Bingo! 3:30 Unity In Motion	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Card Match 1:00 Sing-along 1:00 Resident Council Meeting 1:30 Town Hall Meeting 2:30 Unity In Motion 3:00 Movie Matinee	9:15 Walk & Chat 9:45 Sit & Fit 10:30 Puzzle Pieces 12:45 Sing-along 1:30 Getting To Know You 1:45 Lots of Dots Art 3:30 Aroma Therapy	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Let's Travel 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 12:45 Sing-along 2:00 History Lesson 3:00 Kickball			
9:15 Sit & Fit 9:45 Walk & Chat 1:45 Karaoke Fun 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Bingo! 2:30 Let's Bake Cookies! 3:30 History w/ Emma	Key Note: Assisted Living Activity Room= ALAR							
30	31	<h2>"Sweet spring, full of sweet days and roses."</h2>							