

MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional
- Purposeful

Meeting Places

- Assisted Living
- Center for Memory and Rediscovery
- The Lodge

01	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 09:45 Welcome to March ... Lions & Pigs!!! 10:30 March in Like a Lion ... 11:00 7 Up & 7 Down 12:00 One on one	02	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Terrace Bible Study w/Connie 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	03	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 CMR Bingo w/Karen 10:00 Grand Terrace Bingo 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	04	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	05	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Mind jogger exexcise, chair exercise 11:00 CMR Exercise 11:00 Exercise 11:00 Exercise	06	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Manicures 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	07	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits
08	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Catholic Mass TV (Chanel 5) 03:00 Worship Service	09	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Terrace Bible Study w/Connie 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	10	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 CMR Bingo w/Karen 10:00 Grand Terrace Bingo 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	11	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	12	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Mind jogger exexcise, chair exercise 11:00 CMR Exercise 11:00 Exercise 11:00 Exercise	13	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Manicures 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	14	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits
15	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 03:00 Worship Service	16	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Terrace Bible Study w/Connie 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	17	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 CMR Bingo w/Karen 10:00 Grand Terrace Bingo 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	18	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	19	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Mind jogger exexcise, chair exercise 11:00 CMR Exercise 11:00 Exercise 11:00 Exercise	20	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Manicures 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	21	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits
22	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Catholic Mass TV (Chanel 5) 03:00 Worship Service	23	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Terrace Bible Study w/Connie 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	24	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 CMR Bingo w/Karen 10:00 Grand Terrace Bingo 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	25	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	26	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Mind jogger exexcise, chair exercise 11:00 CMR Exercise 11:00 Exercise 11:00 Exercise	27	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Manicures 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex 11:00 Lodge Exercise	28	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits
29	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 03:00 Worship Service	30	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 Terrace Bible Study w/Connie 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex	31	All Day CMR 1:1 Personal Visits All Day Lodge. 1:1 Personal Visits All Day Terrace 1:1 Personal Visits 10:00 CMR Bingo w/Karen 10:00 Grand Terrace Bingo 11:00 CMR Exercise 11:00 Grand Terrace Stretch & Flex								