

MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

01	02	03	04	05	06	07
09:30 Music & Hand Messages 10:00 St Thomas Mass 10:00 St. Thomas mass 10:30 St. Thomas- Communion 11:00 One on ones 01:30 Hymns Sing-A-Long 01:30 Hymns Sing-A-Long 02:30 Music 03:00 Music 03:30 Hymns Sing-A-Long	All Day Beauty Shop Appointments 09:30 Sips & Talk 10:00 One on One 10:00 One on One Discussions 10:30 Card Making 11:00 Game Shows with Snacks! 11:30 Sittercise 11:30 Sittercises 12:00 Ball Toss 12:00 Trivia	All Day Beauty Shop Appointments 09:30 Sips & Talk 10:00 Tune Tuesday 10:00 One on One 10:00 One on One Discussions 10:30 Walk, Roll Or Stroll 11:00 Game Shows with Snacks! 11:30 Flex & Stretch 11:30 Sittercises 12:00 Sittercises	09:30 Sips & Talk 09:30 Sips & Talk 10:00 Sips & Short Stories 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Walk stroll and roll 10:30 Walk,Roll Or Stroll 11:00 Game Shows with Snacks! 11:30 Let's Talk	09:30 Sips & Talk 09:30 Sips & Talk 10:00 Sips & Talk On The Deck 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Walk stroll and roll 10:30 Walk, Roll Or Stroll 11:00 Game Shows with Snacks! 11:30 Flex & Stretch	09:30 Sips & Talk 09:30 Sips & Talk 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Uno Game! 10:30 Walk stroll and roll 11:00 Game Shows with Snacks! 11:30 Fitness Flashcards 11:30 Sittercises	10:00 One-On-One Discussions 10:30 Game Shows w/ Snacks 11:30 Noddle Ball 11:30 Sittercises 12:00 Fun Facts 12:00 Trivia Time 02:30 Movie & Popcorn 03:30 Movie & Popcorn 04:30 One-On-One Discussions
08	09	10	11	12	13	14
09:30 Music & Hand Messages 10:00 St Thomas Mass 10:30 St. Thomas- Communion 10:30 St. Thomas- Communion 11:00 Hymns Sing-A-Long 12:00 Sittercises 12:30 Sunday Sunades! 01:30 Hymns Sing-A-Long 02:30 Hymns Sing-A-Long 03:00 Sips & Celebration	All Day Beauty Shop Appointments 09:30 Sips & Talk 10:00 One on One 10:00 One on One Discussions 10:30 Card Making 11:00 Game Shows with Snacks! 11:30 Sittercise 11:30 Sittercises 12:00 Ball Toss 12:00 Trivia	All Day Beauty Shop Appointments 09:30 Sips & Talk India 10:00 Tune Tuesday 10:00 One on One 10:00 One on One Discussions 10:30 Walk, Roll Or Stroll 11:00 Game Shows with Snacks! 11:30 Flex & Stretch 11:30 Sittercises 12:00 Trivia India	09:30 Sips & Talk 09:30 Sips & Talk 10:00 Sips & Short Stories 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Putt Putt Golf 10:30 Walk, Stroll & Roll 11:00 Game Shows with Snacks! 11:30 Sittercise	09:30 Music & Messages 09:30 Sips & Talk 10:00 Music & Hand Messages 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Walk, Stroll & Roll 10:30 Walk, Roll Or Stroll 11:00 Game Shows with Snacks! 11:30 Flex & Stretch	09:30 Sips & Talk 09:30 Sips & Talk 10:00 One on One 10:00 One on One Discussions 10:00 One-On-Ones 10:30 Roll A Rainbow! 10:30 Walk, Stroll & Roll 11:00 Game Shows with Snacks! 11:30 Fitness Flashcards 11:30 Sittercise	10:00 One-On-One Discussions 10:30 Game Shows w/ Snacks 11:30 Noddle Ball 11:30 Sittercises 12:00 Fun Facts 12:00 Trivia Time 02:30 Movie & Popcorn 03:30 Movie & Popcorn 04:30 One-On-One Discussions
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