MARCH 2020	SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY		SATURDAY
Dimensions of Wellness Physical Emotional Spiritual Contention Contention Contention Purposeful Meeting Places MCLR Memory Care Living Room O Outing 4S Four Seasons Room MCDR Memory Care Dining Room ALDR Assisted Living Dining Room ALLR Assisted Living Living Room Rooms Independent TR Theater room	<ul> <li>09:45 Back &amp; Shoulder Massages</li> <li>10:00 Church on TV</li> <li>10:00 Hymn Sing-Along</li> <li>11:00 Coffee, Conversation, &amp; Being a Parent</li> <li>01:30 Horse Racing</li> <li>02:45 Hydration, Snacks &amp; Getting to Know Each Other Better</li> </ul>	01 MCLR 09:45 Arts & Crafts: Clay Pot Leprechaun Hats 11:00 Seated Exercises, March IQ and March Trivia 01:30 Arts & Crafts: St. Patrick's Day Door Wreath MCDR 02:45 Hydration, Snacks, & Trivia 03:30 Seated Exercises & 08	ALLR 09: 4S 01:: MCDR 04: MCLR 04: 04: 04: 04: 04: 04: 04: 04:	<ul> <li>Day Salon Day</li> <li>45 Bingo</li> <li>00 Cookbook Committee Planning Meeting</li> <li>30 Outing: Desserts and Coffee at Achatz Handmade Pie Company</li> <li>00 Sing-Along</li> <li>00 Bingo</li> </ul>	O	All Day Salon Day 09:30 Communion & Hymn Singing 10:30 Seated Exercises & Jeopardy 01:30 Manicures & Music 01:30 Baking/Cooking Hour: Shamrock Pretzels 03:00 Manicures & Music	ALLR 4S ALDR	09:45 Horse Racing MCDR 0 11:00 You Pick and Lead ALLR 1 Exercises & It's Not Easy Being Green 0 01:30 Outing: Shamrock Shake 0 Drive 0 03:45 Seated Exercises & MCLR Sing-Along 0 06:00 Bingo ALDR 12	<ul> <li>9:45 Bingo</li> <li>0:00 Chair Exercises &amp; Name 10</li> <li>0:15 Maracas Jam Session</li> <li>2:15 Social Hour with Shamrock Pretzels and Leprechaun Lemonade</li> <li>5:00 Non-Denominational Service with Pastor Mark</li> </ul>	ALLR MCLR ALDR ALLR	09:45 Uno MCDR 11:00 Noodle Exercises & ALLR Hangman: Cheesy Pick- up Lines 01:30 Heads Up! ALLR 02:45 Hydration, Snacks, & MCDR Finish the Phrase 03:30 Chair Exercises, Twister MCLR Toss, & Sing-Along 14
	<ul> <li>09:45 Back &amp; Shoulder Massages</li> <li>10:00 Church on TV</li> <li>10:00 Hymn Sing-Along</li> <li>11:00 Coffee, Conversation, &amp; Vogue Magazine During the 1940s</li> <li>01:30 Sing-Along: Irish Songs Jigs, Songs with 'Green in the Title, and Songs</li> </ul>	MCLR 11:00 Seated Exercises & Truth or Blarney 01:30 I Have A Friend Who ALLR 02:45 Board Games and Wii	MCDR ALLR 11:0 MCLR 01:3	Exercises & Chronicles 30 Personal Artifact Show and Tell with Lisa	ALLR	All Day Salon Day 09:30 Communion & Hymn Singing 10:30 Seated Exercises & The Price is Right 01:30 Manicures & Music 03:00 Manicures & Music	ALLR 4S	11:00       Resident Council & ALLR         Activity Planning       01:30         01:30       Seated Exercises, MCLR         Noodle Balloon & Twister Toss       0         03:00       Musical Performances       ALDR	<ul> <li>Arts &amp; Crafts: Beaded Bracelets for Bingo Store</li> <li>Chair Exercises &amp; Mad Libs</li> <li>Sing-Along with Carlene</li> <li>Non-Denominational Service with Pastor Mark</li> </ul>	ALLR ALDR ALLR	01:30 Card Games: Rummy, ALDR Go Fish, Uno, or Blackjack - Resident
	<ul> <li>09:45 Back &amp; Shoulder Massages</li> <li>10:00 Church on TV</li> <li>10:00 Hymn Sing-Along</li> <li>11:00 Coffee, Conversation, &amp; Fashion Through the Decades</li> <li>01:30 St. Patrick's Day Jokes &amp; Pictionary</li> <li>02:45 Hydration, Snacks &amp;</li> </ul>	MCLR 09:45 Arts & Crafts: Spring Kite Wreath 11:00 Seated Exercises & St. Patrick's Day Rhyme Time 01:30 Outing: Bowling at Shelby Lanes	MCDR All 09:- ALLR 11:0 0 02:: MCLR 04:0	<ul> <li>Day Salon Day</li> <li>45 Bingo</li> <li>00 Baking/Cooking Hour: St. Patrick's Day Mint M &amp; M Cookies</li> <li>15 St. Patrick's Day Happy Hour Hootenanny!</li> <li>00 Seated Exercises</li> <li>00 Bingo</li> </ul>	MCDR ALDR	All Day Salon Day 09:30 Communion & Hymn Singing 10:30 Seated Exercises & Name That Tune 01:30 Manicures & Music 03:00 Manicures & Music	ALLR ALLR 4S	09:45Hand & Arm MasasgesMCLRA10:30Yoga with CatherineALLR011:30Outing: Lunch at MarcusOGrillGillGill03:30Cookbook CommitteeALLRPlanning Meeting003:30Noodle Balloon, RingMCLR	<ul> <li>I Day Happy Birthday Erika</li> <li>Happy Birthday Erika</li> <li>Seated Exercises &amp; Springtime Unscrambled</li> <li>Maracas Jam Session</li> <li>Ice Cream Social</li> <li>Non-Denominational Service with Pastor Mark</li> </ul>	MCDR ALLR MCLR ALDR	09:45 Uno MCDR 11:00 Noodle Exercises & ALLR Hangman: Spring Idioms 01:30 Heads Up! ALLR 02:45 Hydration, Snacks, & MCDR
	<ul> <li>11:00 Coffee, Conversation, &amp; Celebrating Women's History Month</li> <li>01:30 Arts &amp; Crafts: Color- Blocked Picture Frames for Bingo Store</li> </ul>	<ul> <li>01:30 Seated Exercises &amp; Noodle Balloon</li> <li>4S 02:45 Hydration, Snacks, &amp;</li> </ul>	ALLR 09:- MCLR 01:: MCLR 06:1 ALDR 06:1	<ul> <li>Day Salon Day</li> <li>45 Bingo</li> <li>00 You Pick and Lead Exercises &amp; Chronicles</li> <li>30 Outing: Shopping at Ulta Beauty</li> <li>00 Bingo</li> </ul>	ALLR O	All Day Salon Day 09:30 Communion & Hymn Singing 10:30 Seated Exercises & Jeopardy 01:30 Manicures & Music 03:00 Manicures & Music	4S 4S	Massages 1 10:00 Mad Libs MCLR 11:00 You Pick and Lead ALLR 0 Exercises & Name That 0 Movie 01:30 Arts & Crafts: Spring 4S 0 Bunny Canvas Art 02:45 Hydration, Snacks & MCDR	<ul> <li>9:45 Bingo</li> <li>9:45 Seated Exercises &amp; Spring A to Z</li> <li>9:00 Ring Toss</li> <li>9:00 Watch the Staff Minute To-Win-It Competition</li> <li>9:00 Non-Denominational Service with Pastor Mark</li> <li>9:45 Seated Exercises &amp;</li> </ul>	ALDR MCLR - ALDR ALLR	Blackjack - Resident
	Massages 10:00 Hymn Sing-Along 10:00 Church on TV 11:00 Coffee, Conversation, & Celebrating 134 years of Coca-Cola 01:30 Dollar Bingo (bring \$2 to play!) 02:45 Hydration, Snacks &	ALDR ALDR ALDR ALDR ALDR ALDR ALDR ALDR	ALLR 09:4 11:3 4S 03:3		MCDR O ALLR ALDR						

## Vista Springs Washington Place