

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:30am-Coffee and conversation. 10:30am-Sunday morning stretch in the TV room. 11:30am-Funny animal videos in the living room, 2:00pm-Artful relaxation in the dining rooms.	2 9:30am-Chair exercise (AC) 10:00am-Snack cart. 10:30am-Therapy dog visit. 11:00am-Music therapy. (AC & BC) 2:00pm-Snack cart. 3:00pm-Finishing Lines. (AC)	3 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC & RC) 2:00pm-Snack cart 3:00pm-Virtual Walks: National Parks. In the dining rooms.	4 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (AC) (BC) 2:00pm-Snack cart 3:00pm-Artful relaxation in the dining rooms.	5 9:30am-Chair exercise. 10:00am-Snack cart. 11:00am-Music therapy. (BC) & (AC) 2:00pm-Hot chocolate social in the dining rooms. 3:00pm-Finish the lyrics.	6 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC) & (RC) 2:00pm-Frozen Treat Friday!!! 3:00pm-Music and movement.	7 9:30am-Music and conversation. 10:30am-Morning chair exercise. 11:30-Balloon Bop with your caregiver. 2:00pm-Movies in the TV room.	
8 9:30am-Coffee and spiritual music. 10:30am-Westerns in the TV room. 11:30am-Creative coloring in the dining rooms. 2:00pm-Armchair travel to Hawaii.  Daylight Saving Time Begins	9 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 10:30am-Therapy dog visit with Ava. 11:00am-Music therapy. (BC & RC) 2:00pm-Snack Cart. 3:00pm-Puzzles to solve in the dining rooms.	10 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC & AC) 2:00pm-Fresh popcorn. 3:00pm-Balloon toss (BC-AC-RC)	11 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (AC & RC) 2:00pm-Snack cart. 3:00pm-Afternoon Matinee in the TV rooms.	12 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy (BC & AC) 2:00pm-Snack cart. 3:00pm-Sensory Station Fun. (RC)	13 9:30am-Chair exercise. 10:00am-Snack cart. 11:00am-Music therapy. (BC & AC) 2:00pm-Hand Spa! (AC) 3:00pm-Snack Cart.	14 9:30am-Music and coffee. 10:30am-Morning chair exercise. 11:30am-Funny animal video's TV room. 2:00pm-Afternoon Matinee. (TV rooms.)	
15 9:30am-Music and coffee. 10:30am-Spiritual music and meditation. 11:30am-TV travel in the living room. 2:00pm-Artful relaxation in the dining room.	16 9:30am-Chair exercise. (BC & AC) 10:00am-Snack Cart. 10:30am-Therapy dog visit with Ava. 11:00am-Music therapy. (BC & AC) 2:00pm-Snack cart. 3:00pm-Armchair travel to Ireland.	17 9:30am-Chair exercise (AC) 10:00am-Snack cart. 11:00am-Music therapy. (AC & RC) 2:00pm-Snack cart. 3:00pm-Find a lucky clover win a special treat!  St. Patrick's Day	18 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am- Music therapy. 2:00pm Cupcakes, Irish coffee, and Music (Dan Hausler). 3:00pm-Residents choice.	19 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC & RC) 2:00pm-Snack cart. 3:00pm-Sensory Station Fun! (BC)	20 9:30-Chair exercise. 10:00am-Snack cart. 11:00am-Music therapy. (AC & RC) 1:30pm-Spring planting some flower bulbs in pots. (AC) 3:00pm-Spring treat! Sherbet Floats!  Spring Begins	21 9:30am-Coffee and conversation. 10:30am-Morning chair exercise. 11:30am-Ball toss with your caregiver. 2:00pm-Puzzles to solve. (In the dining room)	
22 9:30am-Spiritual music and coffee. 10:30am-Classic movies in the dining rooms. 11:30am-Aqua painting in the dining room. 2:00pm-Afternoon Matinee. (TV Rooms)	23 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 10:30am-Therapy dog visit with Ava. 11:00am-Music therapy. (BC & AC) 2:00pm-Snack cart. 3:00pm-Magnetic Chess game. (AC)	24 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (RC & BC) 2:00pm-Popcorn Snack. 3:00pm-Finishing Lines. (AC)	25 9:30am-Chair exercise (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC & AC) 2:00pm-Mark Zetterberg, Entertainer will be here. 3:00pm-Snack cart.	26 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (AC & RC) 2:00pm-Celebrating March Birthdays with cake for everyone! 3:00pm-Walk in the Courtyard to get fresh air.	27 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 11:00am-Music therapy. (BC & AC) 2:00pm-Hand Spa! (BC) 3:00pm-Snack cart.	28 9:30am-Music and coffee. 10:30am-Morning Stretch. 11:30am-Creative coloring in the dining rooms. 2:00pm-Funny animal videos in the TV room.	
29 9:30am-Coffee and Conversation. 10:30am-Spiritual music and meditation. 11:30am-Armchair under the sea in the living rooms. 2:00pm-Balloon Bop in the dining room.  Palm Sunday	30 9:30am-Chair exercise. (AC) 10:00am-Snack cart. 10:30am-Therapy dog visit with Ava. 11:00am-Music therapy. (AC & RC) 2:00pm-Snack cart. 3:00pm-Finishing Lines. (AC)	31 9:30am-Chair exercise. 10:00am-Snack cart. 11:00am-Music Therapy. (BC & AC) 2:00pm-Hot Cocoa Social. 3:00pm-Afternoon Matinee. In the living rooms.	<h1>March 2026</h1>				