



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00 Morning Moves 9:30 Coffee/Chat 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 Trivia 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>1</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 Trivia 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>2</b> 9:00 Leadership Meeting 10:00 Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>St Patrick's Day Crafts</b> 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Neck Massage	<b>3</b> 9:00 Chair Yoga 9:30 Coffee/Chat 10:00 Trivia 10:30 Gaither Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Gary Parks-Entertainment</b> 3:30 Stretch Flex with Music 4:00 Meditation	<b>4</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Armchair Travels 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Pizza Party w/ Traditions</b> 3:00 Whack a Noodle 4:00 Hand Massage	<b>5</b> 9:00 Friday Fitness 9:30 Coffee/Chat 10:00 Trivia 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Build a Snack</b> 3:00 Stretch Flex with Music 4:00 Meditation	<b>6</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Music and Memories 10:30 Trivia 11:00 Helping Hands 1:30 Walking with Friends 2:00 Art 3:00 Ball Toss 4:00 Twist and Shout
<b>7</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 50's Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 Crafts 3:00 Table Games 4:00 Meditation	<b>8</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Muffins and Magazines 11:00 Helping Hands 1:30 Walking with Friends 2:30 Art 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>9</b> 9:00 Leadership Meeting 10:00 Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Queso/Chips</b> 3:00 Whack a Noodle 3:30 Ball Toss 4:00 Neck Massage	<b>10</b> 9:00 Chair Yoga 9:30 Coffee/Chat 10:00 Trivia 10:30 Gaither Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 St Patrick's Day Crafts 3:30 Stretch Flex with Music 4:00 Twist & Shout	<b>11</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Armchair Travels 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Carefriends B-Day Party</b> 3:00 Whack a Noodle 4:00 Hand Massage	<b>12</b> 9:00 Friday Fitness 9:30 Coffee/Chat 10:00 Trivia 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Build a Snack</b> 3:00 Stretch Flex with Music 4:00 Meditation	<b>13</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Music and Magazines 10:30 Trivia 11:00 Helping Hands 1:30 Walking with Friends 2:00 Art 3:00 Stretch Flex with Music 4:00 Meditation
<b>14</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Swing Band Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 St Patrick's Day Craft 3:00 Table Games 4:00 Meditation <small>Light Saving Time Begins</small>	<b>15</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:30 <b>Gathan Graham-Piano</b> 11:00 Helping Hands 1:30 Walking with Friends 2:00 Art 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>16</b> 9:00 Leadership Meeting 10:00 Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>St Patrick's Day Crafts</b> 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Neck Massage	<b>17</b> 9:00 Chair Yoga 9:30 Coffee/Chat 10:00 Trivia 10:30 Gaither Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>St Patrick's Day Party</b>  	<b>18</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Armchair Travels 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Pizza Party w/ Traditions</b> 3:00 Whack a Noodle 4:00 Hand Massage	<b>19</b> 9:00 Friday Fitness 9:30 Coffee/Chat 10:00 Trivia 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Build a Snack</b> 3:00 Stretch Flex with Music 4:00 Meditation	<b>20</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Music and Magazines 10:30 5 Things 11:00 Helping Hands 1:30 Walking with Friends 2:00 Art 3:00 Stretch and Flex with Music 4:00 Meditation <small>Spring Begins</small>
<b>21</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Gaither Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 Crafts 3:00 Table Games 4:00 Meditation	<b>22</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Muffins and Magazines 11:00 Helping Hands 1:30 Walking with Friends 2:00 Art 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>23</b> 9:00 Leadership Meeting 10:00 Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Ice Cream Social</b> 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Neck Massage	<b>24</b> 9:00 Chair Yoga 9:30 Coffee/Chat 10:00 Trivia 10:30 Gaither Music 11:00 Helping Hands 2:00 Residents B-Day Party <b>HAPPY BIRTHDAY</b> 	<b>25</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:00 Armchair Travels 10:30 Music 11:00 Helping Hands 1:00 – 3:00 Engagement Coordinators Meeting 3:30 Stretch Flex w/ Music 4:00 Hand Massage	<b>26</b> 9:00 Friday Fitness 9:30 Coffee/Chat 10:00 Trivia 10:30 Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 <b>Build a Snack</b> 3:00 Stretch Flex with Music 4:00 Meditation	<b>27</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Crusin' the Courtyards 11:00 Helping Hands 1:30 Walking with Friends 2:00 Music and Memories 3:00 Stretch and Flex with Music 4:00 Meditation <small>Passover Begins</small>
<b>28</b> 9:00 Exercise 9:30 Coffee/Chat 10:00 Swing Band Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 Crafts 3:00 Table Games 4:00 Meditation <small>Happy Sunday</small>	<b>29</b> 9:00 Morning Moves 9:30 Coffee/Chat 10:30 <b>Gathan Graham-Piano</b> 11:00 Helping Hands 1:30 Walking with Friends 2:30 Art 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Hand Massage	<b>30</b> 9:00 Leadership Meeting 10:00 Music 10:30 Finish the Phrase 11:00 Helping Hands 1:30 Walking with Friends 2:00 St Patrick's Day Crafts 3:00 Stretch Flex with Music 3:30 Ball Toss 4:00 Neck Massage	<b>31</b> 9:00 Chair Yoga 9:30 Coffee/Chat 10:00 Gaither Music 11:00 Helping Hands 1:30 Walking with Friends 2:00 Balloon Volleyball 3:30 Stretch Flex with Music 4:00 Twist & Shout	 <b>March 2021</b> Residents~ Laurie C 03/11~ Pasty N 03/13~ Joan K 03/20~ Betty H 03/21 Staff ~ Paige 03/20		

ACTIVITIES ARE SUBJECT TO CHANGE !!!!!