

| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|---|---|--|--|--|--|---|---|
| <p>Staff Key TC - Trudy DZ - Deborah LO - Lori S - Staff OA - Outside Agency RL - Resident Led</p> | | | <p>7:30 AM Hot Breakfast (IL Traditions Restaurant) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo! DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 3:30 PM Test your knowledge - Trivial DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>1</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Poppy the Therapy Dog Visits! OA (All Units) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM DICE RL (IL 2nd Floor Game Room) 1:30 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>2</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Movie & Popcorn DZ (Education Center - IL) 7:00 PM Evening Snack Staff (AL)</p> | <p>3</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Movie & Popcorn DZ (Education Center - IL) 7:00 PM Evening Snack Staff (AL)</p> | <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 2:00 PM Scrabble RL (AL Activities Room) 4:00 PM Did You Know?! Trivia Fun RL (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> |
| <p>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>5</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Tell Us About Yourself! DZ (AL Living Room) 2:30 PM Time for Afternoon Tea DZ (IL Living Room) 3:00 PM Balloon Volley Ball DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>6</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Chair Yoga DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>7</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo! DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 3:30 PM Test your knowledge - Trivial DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>8</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:00 AM IL Resident Council Meeting RL (3rd Floor Education Center) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM DICE RL (IL 2nd Floor Game Room) 1:30 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>9</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Manicures! DZ (AL Activities Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>10</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 2:00 PM Scrabble RL (AL Activities Room) 4:00 PM Did You Know?! Trivia Fun RL (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | |
| <p>Daylight Savings Time Begins 1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>12</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Tell Us About Yourself! DZ (AL Living Room) 2:30 PM Time for Afternoon Tea DZ (IL Living Room) 3:00 PM Balloon Volley Ball DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>13</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Chair Yoga DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>14</p> <p>7:30 AM Delicious Hot Breakfast! (IL Traditions Restaurant) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo! DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 2:00 PM First United Methodist Church Service (Traditions Dining Room - IL) 3:30 PM Test your knowledge - Trivial DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>15</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Poppy the Therapy Dog Visits! OA (All Units) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM DICE RL (IL 2nd Floor Game Room) 1:30 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>16</p> <p>St. Patrick's Day 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM St. Patrick's Day Scavenger Hunt DZ (AL) 3:00 PM St. Patrick's Day Smoothies & Birthday Celebration! DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>17</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 2:00 PM Scrabble RL (AL Activities Room) 4:00 PM Did You Know?! Trivia Fun RL (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | |
| <p>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>19</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Tell Us About Yourself! DZ (AL Living Room) 2:30 PM Celebrating Our Birthdays for the Month! (IL Traditions Dining Room) 3:00 PM Balloon Volley Ball DZ (AL Activities Room) 5:30 PM Stamp Club OA (Education Center - 3rd Floor) 7:00 PM Evening Snack Staff (AL)</p> | <p>20</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Chair Yoga DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>21</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo! DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 3:30 PM Test your knowledge - Trivial DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>22</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM DICE RL (IL 2nd Floor Game Room) 1:30 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>23</p> <p>1:00 PM Catholic Service OA (Traditions Dining Room) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>24</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 2:00 PM Scrabble RL (AL Activities Room) 4:00 PM Did You Know?! Trivia Fun RL (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | |
| <p>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>26</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Tell Us About Yourself! DZ (AL Living Room) 2:30 PM Time for Afternoon Tea DZ (IL Living Room) 3:00 PM Balloon Volley Ball DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>27</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Chair Yoga DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>28</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo! DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 3:30 PM Corn Hole Toss! DZ (AL Living Room) 3:30 PM Test your knowledge - Trivial DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>29</p> <p>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation DZ (IL 3rd Floor Lounge) 1:00 PM DICE RL (IL 2nd Floor Game Room) 1:30 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>30</p> <p>1:00 PM Catholic Service OA (Traditions Dining Room) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</p> | <p>31</p> <p>Location Keys Assisted Living (AL) Independent Living (IL) Memory Care (MC)</p> | |

March 2023

HERITAGE AT THE PLAINS AT PARISH HOMESTEAD

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