## SUN MON TUE WED FRI SAT 7:30 AM Hot Breakfast (IL Traditions 9:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Exercises- 3rd Flr IL 9:30 AM Chair Restaurant) Center RL (IL Education Center) Ed. Center RL (IL Education 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) Exercises- 3rd Flr IL Ed. Staff Key 10:00 AM Poppy the Therapy Dog Visits! OA (All Units) 0:00 AM Oil Painting OA (2nd Floor Center RL (IL 10:30 AM Ready for Bingo!? DZ (AL 10:30 AM Sweatin' to the Oldies DZ TC - Trudv Kitchen - II ) (AL Activities Room) Education Center) Dining Room) 10:30 AM Fun Playing Bingo DZ (AL Dining DZ - Deborah 1:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by Room) 2:00 PM Scrabble RL (AL Meditation DZ (IL 3rd Floor Lounge) Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Stretching & Balance DZ (MC) 1:30 AM Balance & Stretchina DZ (MC Livina LO - Lori 1:00 PM Dice RL (IL 2nd Floor Game Room) Activities Room) Room) I:00 PM Time for Bingo RL (2nd Floor Game 1:30 PM Sing-along DZ (AL LIving Room) 1:30 AM Inspirational Readings followed by 4:00 PM Did You Know?! Trivia S - Staff 2:30 PM Time for Happy Hour! DZ (IL Living Room) Meditation DZ (IL 3rd Floor Lounge) 2:00 PM Dear Abby?! DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL :30 PM Mahjong OA (IL 2nd Floor Game Room) Fun RL (AL Living Room) OA - Outside Agency Living Room) 3:30 PM Test your knowledge - Trivia! DZ (AL LIving :30 PM Movie & Popcorn DZ (Education 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff RL - Resident Led 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) (AL) :30 AM Chair Exercises- 3rd Flr IL Ed. 2:30 AM Chair Exercises- 3rd Flr IL 9:30 AM Chair Exercises- 3rd Flr IL 2:30 AM Chair Exercises- 3rd Flr II Ed 9:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair 1:00 PM Bingo Center RL (IL Education Center) Center RL (IL Education Center) Ed. Center RL (IL Education Ed. Center RL (IL Education Center RL (IL Education Center) Exercises- 3rd Flr IL Ed. 10:00 AM Balance & Stretchina DZ 10:00 AM Poppy the Therapy Dog 0:00 AM Oil Painting OA (2nd Floor Center) Center) RL (2nd Floor (AL Activities Room) 0:00 AM Chair Yoga DZ (AL Visits! OA (All Units) Center RL (IL 0:30 AM Ready for Bingo!? DZ 0:30 AM Brain Gamés DZ (AL 10:30 AM Sweatin' to the Oldies DZ 10:30 AM Fun Playing Bingo DZ (AL Activities Room) (AL Dining Room) Activities Room) 0:30 AM Word Scramble DZ (AL Activities (AL Activities Room) Dining Room) **Education Center)** Game Room) 1:30 AM Inspirational Readings followed 1:30 AM Balance & Stretching DZ (MC Living 11:30 AM Inspirational Readings followed by 11:00 AM IL Resident Council Meeting RL (3rd 2:00 PM Scrabble RL (AL Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) by Meditation DZ (IL 3rd Floor Lounge) 1:30 AM Inspirational Readings followed by Floor Education Center) 7:00 PM Evening 1:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by 1:00 PM Stretching & Balance DZ (MC) Activities Room) Meditation DZ (IL 3rd Floor Lounge) Meditation DZ (IL 3rd Floor Lounge) :30 PM Tell Us About Yourself! DZ (AL Living Meditation DZ (IL 3rd Floor Lounge) :00 PM Coloring Group-RL (2nd Floor Kitchen 1:00 PM Time for Bingo RL (2nd Floor Game 4:00 PM Did You Know?! Trivia Snack Staff (AL) 1:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 2:30 PM Time for Afternoon Tea! DZ (IL Living 1:30 PM Manicures! DZ (AL Activities Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living 1:30 PM Sing-along DZ (AL LIving Room) :30 PM Scrabble RL (2nd Floor IL Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) Fun RL (AL Living Room) Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 1:30 PM Trivia DZ (AL LIving Room) 3:30 PM Test your knowledge - Trivia! DZ (AL 3:00 PM Balloon Volley Ball DZ (AL Activities 3:00 PM Snack & Social Hour Get Together DZ (Al 7:00 PM Evening Snack Staff 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL) Living Room) 7:00 PM Evening Snack Staff (AL) (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 9:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Exercises- 3rd Flr IL 30 AM Delicious Hot Breakfast! (IL 9:30 AM Chair Exercises- 3rd Flr IL Ed. St. Patrick's Day 9:30 AM Chair **Daylight** Center RL (IL Education Center) Traditions Restaurant) Center RL (IL Education Center) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Ed. Center RL (IL Education Exercises- 3rd Flr IL Ed. 0:00 AM Balance & Stretching DZ :30 AM Chair Exercises- 3rd Flr IL Ed. Center) 10:00 AM Poppy the Therapy Dog Center RL (IL Education Center) Savings Time (AL Activities Room) Center RL (IL Education Center) Visits! OA (All Units) 0:00 AM Oil Painting OA (2nd Floor 0:00 AM Chair Yoga DZ (AL Center RL (IL 0:30 AM Ready for Bingo!? DZ (AL 0:30 AM Brain Games DZ (AL 10:30 AM Sweatin' to the Oldies DZ Kitchen - II ) Activities Room) Dining Room) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) Education Center) **Begins** Activities Room) 0:30 AM Word Scramble DZ (AL Activities (AL Activities Room) 1:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by L1:30 AM Inspirational Readings followed by 1:30 AM Balance & Stretchina DZ (MC Living 2:00 PM Scrabble RL (AL Meditation DZ (IL 3rd Floor Lounge) Meditation DZ (IL 3rd Floor Lounge) Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Bingo RL (2nd 1:30 AM Inspirational Readings followed by 1:00 PM Bridge OA (Game Room 2nd Floor) :00 PM Stretching & Balance DZ (MC) I:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 AM Inspirational Readings followed by Activities Room) Meditation DZ (IL 3rd Floor Lounge) :00 PM Time for Bingo RL (2nd Floor Game Room :30 PM Tell Us About Yourself! DZ (AL Living 1:30 PM Sing-along DZ (AL LIving Room) Meditation DZ (IL 3rd Floor Lounge) :00 PM Coloring Group-RL (2nd Floor Kitchen Floor Game Room) 2:00 PM Dear Abby?! DZ (AL Living Room) 4:00 PM Did You Know?! Trivia 2:30 PM Time for Happy Hour! DZ (IL Living Room) :30 PM Mahjong OA (IL 2nd Floor Game Room) 2:00 PM First United Methodist Church Service 2:30 PM Time for Afternoon Tea! DZ (IL Living 1:30 PM St. Patrick's Day Scavenger Hunt DZ (AL) 3:00 PM Snack & Social Hour Get Together DZ (Al :30 PM Scrabble RL (2nd Floor IL Game Room) Fun RL (AL Living Room) (Traditions Dining Room - IL) 7:00 PM Evening 3:00 PM St. Patrick's Day Smoothies & Birthday Livina Room Room) 1:30 PM Trivia DZ (AL LIving Room) 3:30 PM Test your knowledge - Trivia! DZ (AL LIving 3:00 PM Balloon Volley Ball DZ (AL Activities 7:00 PM Evening Snack Staff (AL) Celebration! DZ (AL Activities Room) 7:00 PM Evening Snack Staff 3:00 PM Corn Hole Toss DZ (AL Living Room) Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) (AL) 7:00 PM Evening Snack Staff (AL) 9:30 AM Chair Exercises- 3rd Flr IL Ed. 2:30 AM Chair Exercises- 3rd Flr IL 2:30 AM Chair Exercises- 3rd Flr IL Ed. 2:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair 1:00 PM Bingo Exercises- 3rd Flr IL Ed. 25 Center RL (IL Education Center) Ed. Center RL (IL Education Center RL (IL Education Center) Center RL (IL Education Center) Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL 0:30 AM Ready for Bingo!? DZ (AL 10:00 AM Poppy the Therapy Dog 0:00 AM Oil Painting OA (2nd Floor RL (2nd Floor Activities Room) 0:00 AM Chair Yoga DZ (AL Dining Room) Visits! OA (All Units) Center RL (IL 10:30 AM Fun Playing Bingo DZ (AL 0:30 AM Brain Games DZ (AL 1:30 AM Inspirational Readings 10:30 AM Sweatin' to the Oldies DZ Activities Room) Activities Room) 11:30 AM Inspirational Readings followed by followed by Meditation DZ (IL 3rd Floor Lounge) (AL Activities Room) Dining Room) Education Center) Game Room) 0:30 AM Word Scramble DZ (AL Activities :30 AM Balance & Stretching DZ (MC Living Room) :00 PM Stretching & Balance DZ (MC) 1:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by 2:00 PM Scrabble RL (AL Meditation DZ (IL 3rd Floor Lounge) 1:30 AM Inspirational Readings followed by :00 PM Time for Bingo RL (2nd Floor Game Meditation DZ (IL 3rd Floor Lounge) Meditation DZ (IL 3rd Floor Lounge) 7:00 PM Evening 1:00 PM Bridge OA (Game Room 2nd Floor) 1:00 PM Dice RL (IL 2nd Floor Game Room) Activities Room) Meditation DZ (IL 3rd Floor Lounge) 1:00 PM Baking Goodies for Afternoon Tea DZ (AL 1:30 PM Tell Us About Yourself! DZ (AL Living Room) 2:30 PM Celebrating Our Birthdays for the Month! (IL 2:00 PM Dear Abby?! DZ (AL Living Room) 1:30 PM Sina-alona DZ (AL LIvina Room) Activities Room) :00 PM Coloring Group-RL (2nd Floor Kitchen 4:00 PM Did You Know?! Trivia Snack Staff (AL) 3:30 PM Test your knowledge - Trivia! DZ (AL LIving 2:30 PM Time for Happy Hour! DZ (IL Living Room) 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 Traditions Dining Room) 3:00 PM Snack & Social Hour Get Together DZ (Al 3:00 PM Balloon Volley Ball DZ (AL Activities Room) 5:30 PM Stamp Club OA (Education Center - 3rd :30 PM Scrabble RL (2nd Floor IL Game Room) Fun RL (AL Living Room) 7:00 PM Evening Snack Staff (AL) :30 PM Trivia DZ (AL LIving Room) 7:00 PM Photography Group ÒA (Education 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff 3:00 PM Corn Hole Toss DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL) Center) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) (AL) **Location Keys** :30 AM Chair Exercises- 3rd Flr IL Ed. :30 AM Chair Exercises- 3rd Flr IL :30 AM Chair Exercises- 3rd Flr IL P:30 AM Chair Exercises- 3rd Flr IL Ed. :30 AM Chair Exercises- 3rd Flr IL Ed. 1:00 PM Bingo 31 Center RL (IL Education Center) Ed. Center RL (IL Education Ed. Center RL (IL Education Center RL (IL Education Center) Center RL (IL Education Center) Assisted Living (AL) 10:00 AM Balance & Stretching DZ Center) 10:00 AM Poppy the Therapy Dog 0:00 AM Oil Painting OA (2nd Floor Center) RL (2nd Floor (AL Activities Room) Visits! OA (All Units) 0:00 AM Chair Yoga DZ (AL 0:30 AM Ready for Bingo!? 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DZ (AL Living 1:30 PM Sing-along DZ (AL LIving Room) Meditation DZ (IL 3rd Floor Lounge) :00 PM Coloring Group-RL (2nd Floor Kitchen Snack Staff (AL) 2:30 PM Time for Happy Hour! DZ (IL Living Room) :00 PM Baking Goodies for Afternoon Tea (AL 2:00 PM Dear Abby?! DZ (AL Living Room) Activities Room) 2:30 PM Time for Afternoon Tea! DZ (IL Living 3:00 PM Snack & Social Hour Get Together DZ (A :30 PM Scrabble RL (2nd Floor IL Game Room) 3:30 PM Corn Hole Toss! DZ (AL Living Room) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) Living Room) 7:00 PM Evening Snack Staff (AL) :30 PM Trivia DZ (AL LIving Room) 3:00 PM Balloon Volley Ball DZ (AL Activities 3:30 PM Test your knowledge - Trivia! DZ (AL 3:00 PM Afternoon Tea & Cookies DZ (AL Living 3:00 PM Corn Hole Toss DZ (AL Living Room) Llving Room 7:00 PM Evening Snack Staff (AL) HERITAGE AT THE PLAINS AT PARISH HOMESTEAD

March 2023

163 Heritage Circle—Oneonta, NY 13820

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