

# MARCH 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>LOCATION KEY:</b> All activities will take place in the Atrium unless noted.</p> <p>TH- Theater Room LIB- Library on 2nd Floor GAZ- Gazebo AR- Activity Room DIN- Dining Room BIL- Billiards Room on 3rd Floor PAT- Patio outside Dining Room</p>	<p><b>1</b> World Music Therapy Day 10:00- Chair Yoga &amp; Tai Chi 10:45- Walking Club (LIB) 1:00- Diabetic Shoe Clinic 1:45- Bingo #1 (DIN) 2:30- Bingo #2 (DIN) 3:15- March Coloring Pages 6:30- UNO (Card Game)</p>	<p><b>2</b> National Read Across America Day 10:00- Town Hall Meeting (DIN) 1:30- Decorating for Saint Patrick's Day 2:30- Armchair Travel: Dublin (TH) 3:30- Balloon Volleyball 6:30- Kings in the Corner (Card Game)</p>	<p><b>3</b> National Employee Appreciation Day 10:00- Dance Fitness 10:30- Catholic Communion Service 10:45- Walking Club (LIB) 1:30- Movie 6:30- Rummikub</p>	<p><b>4</b> Benjamin Harrison Day 2:00- Bingo (DIN) 3:00- Euchre</p>
<p><b>5</b> World Glaucoma Week <b>Happy Birthday Helen!</b></p> <p><b>Weekly Wellness Challenge:</b> Do something kind for someone else!</p>	<p><b>6</b> Dentist Day <b>Happy Birthday Juanita!</b></p> <p>10:00- Chair Yoga &amp; Tai Chi 10:30- Bible Study with Dan Coughlin (TH) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Brain Club (AR) 6:30- Sequence (Board Game)</p>	<p><b>7</b> National Flapjack Day</p> <p>10:00- Beginner Strength Training 2:00- Happy Hour (feat. Tom Brown) 3:30- Dirty Poker 6:30- Bridge (Card Game)</p>	<p><b>8</b> International Women's Day</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:45- Walking Club (LIB) 1:15- Bingo (DIN) 2:00- Meet the Chef (DIN) 3:00- Shamrock Man Door Decoration Craft 6:30- UNO (Card Game)</p>	<p><b>9</b> National Barbie Day</p> <p>10:00- Beginner Strength Training 1:30- Bingo: Specialty Games Only! (DIN) 2:30- Wellness Presentation: Beating the Wintertime Blues (TH) 4:00- Guided Meditation (TH) 6:30- Kings in the Corner (Card Game)</p>	<p><b>10</b> International Day of Awesomeness</p> <p>10:00- Dance Fitness 10:30- Catholic Communion Service 10:45- Walking Club (LIB) 1:30- Movie 6:30- Rummikub</p>	<p><b>11</b> National Johnny Appleseed Day <b>Happy Birthday Norma!</b></p> <p>2:00- Dirty Poker (DIN) 3:00- Coloring Club</p>
<p><b>12</b> National Plant a Flower Day <b>Daylight Savings Time Starts</b></p>	<p><b>13</b> National Napping Day</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:30- Bible Study with Dan Coughlin (TH) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Brain Club (AR) 6:30- Sequence</p>	<p><b>14</b> National Pi Day</p> <p>10:00- Beginner Strength Training 2:00- Happy Hour 3:30- Dirty Poker 6:30- Bridge (Card Game)</p>	<p><b>15</b> National Peanut Lovers Day</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:45- Walking Club (LIB) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- March Trivia (TH) 6:30- UNO (Card Game)</p>	<p><b>16</b> National Panda Day <b>Happy Birthday Mary A.!</b> <b>Happy Birthday Wilma!</b></p> <p>10:00- Beginner Strength Training 1:30- Playing Pool (BIL) 2:00- Resident Council Meeting (DIN) 6:30- Kings in the Corner</p>	<p><b>17 Saint Patrick's Day</b></p> <p>10:00- Dance Fitness 10:30- Catholic Communion Service 10:45- Walking Club (LIB) 2:00- Saint Patrick's Day Party! 6:30- Rummikub</p>	<p><b>18</b> National Quilting Day <b>Happy Birthday Ann!</b></p> <p>2:00- Bingo (DIN) 3:00- Euchre</p>
<p><b>19</b> National Let's Laugh Day</p> <p><b>Weekly Wellness Challenge:</b> Call a friend on the phone this week.</p>	<p><b>20</b> Spring Begins</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:30- Bible Study with Dan Coughlin (TH) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Garden Club (GAZ) 6:30- Sequence</p>	<p><b>21</b> National Crunchy Taco Day</p> <p>10:00- Beginner Strength Training 2:00- Happy Hour (feat. Doug Debaun) 3:30- Dirty Poker 6:30- Bridge (Card Game)</p>	<p><b>22</b> World Water Day</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:45- Walking Club (LIB) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Group Puzzle Time (LIB) 6:30- UNO (Card Game)</p>	<p><b>23</b> Cuddly Kitten Day</p> <p>10:00- Beginner Strength Training 1:30- Spring Challenge Presented by the Therapy Dept. 2:30- Armchair Travel: Barcelona &amp; Catalunya (TH) 6:30- Kings in the Corner</p>	<p><b>24</b> National Chocolate Covered Raisin Day</p> <p>10:00- Dance Fitness 10:30- Catholic Communion Service 10:45- Walking Club (LIB) 1:30- Movie 6:30- Rummikub</p>	<p><b>25</b> National Medal of Honor Day</p> <p>2:00- Dirty Poker (DIN) 3:00- Coloring Club</p>
<p><b>26</b> National Cleaning Week</p> <p><b>Weekly Wellness Challenge:</b> Spend some time outside this week!</p>	<p><b>27</b> World Autism Acceptance Week</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:30- Bible Study with Dan Coughlin (TH) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Garden Club (GAZ) 6:30- Sequence</p>	<p><b>28</b> National Something on a Stick Day</p> <p>10:00- Beginner Strength Training 2:00- Resident Monthly Birthday Party! 3:30- Dirty Poker 6:30- Bridge (Card Game)</p>	<p><b>29</b> Vietnam Veterans Day</p> <p>10:00- Chair Yoga &amp; Tai Chi 10:45- Walking Club (LIB) 1:30- Bingo #1 (DIN) 2:15- Bingo #2 (DIN) 3:00- Soak Up the Sun on the Patio! (PAT) 6:30- UNO (Card Game)</p>	<p><b>30</b> National Folding Laundry Day</p> <p>10:00- Beginner Strength Training 1:30- Decorate for Spring 2:30- Armchair Travel: Western Turkey (TH) 3:30- Seated Soccer 6:30- Kings in the Corner (Card Game)</p>	<p><b>31</b> Transgender Day of Visibility <b>Happy Birthday Rita K.!</b></p> <p>10:00- Dance Fitness 10:30- Catholic Communion Service 10:45- Walking Club (LIB) 1:30- Movie 6:30- Rummikub</p>	<p><b>FUN NATIONAL HOLIDAYS</b></p> <p>International Women's Month National Cerebral Palsy Awareness Month Multiple Sclerosis Awareness Month National Noodle Month</p>