

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

<p>AR 10am-Exercise w/ EJ AR 10:30pm-Brain Games <b>DR 1:00pm-Welcome Social (: Share a smile Day!</b> AR 2pm- Paper Bingo AR 3pm-Balance class <b>DR 4:45pm- Mr. Tim performs</b> AR 5:30pm-Church service</p>	<p>AR- 10am- Exercise Video <b>PDR 10:45am- Care &amp; Prayer time</b> <b>AR 1pm- The Good ole days! (Discussion group)</b> <b>PDR 2:15pm St. Mathews communion</b> AR 2:30pm- Painting!</p>	<p>AR 10am- Exercise w/EJ AR 10:30- Brain Games <b>DR 3:30pm Birthday Party &amp; Cake w/ Covenant Caregivers</b> DR 3:45pm- Dan Colbert performs</p>	<p>AR 2pm- Dime Bingo Lobby- 3pm Wine &amp; Cheese</p>
<p>AR 10:30am- Church service w/ Pastor Raddin</p>	<p>9am- Walmart Outing AR 10am- Exercise w/EJ AR 10:30- Brain Games <b>GR 1pm- Bridge</b> AR 2pm- Dime Bingo AR 3pm- Weights &amp; plates <b>AR 3:30pm- Big Earl performs</b> <small>Purim Begins</small></p>	<p><b>GR 10-11am Blood Pressure Checks</b> AR Exercise Video- 10am AR 10:30am- Laughter Yoga AR 1pm- Movie! GR 3:00pm- Crafts</p>	<p>AR 10am-Exercise w/ EJ AR- 10:30 Brain Games <b>*Discover what your name means (:</b> <b>AR 2pm- Paper bingo w/ Accent Care</b> AR- 3pm Balance class <b>AR 5:30pm- Church Service</b></p>
<p>AR 10:30am- Church service w/ Pastor Raddin</p>	<p>9am- Walmart Outing AR 10am- Exercise w/ EJ AR- 10:30 Brain Games <b>GR- 1pm Bridge</b> <b>AR 2pm- Dime Bingo w/ Accent Care</b> AR 3pm- Chair Kickboxing <small>Daylight Saving Time Begins</small></p>	<p>AR 10am- Exercise Video <b>DR 10-11:30am Ridgeland Library Mobile</b> PDR 10am- Resident Council meeting AR 10:30am- Laughter Yoga AR 1pm- Movie! GR 3pm- Crafts</p>	<p>AR- 10am- Exercise w/EJ AR 10:30am- Brain Games <b>AR 2pm- Paper Bingo w/ Accent Care</b> AR 3pm- Flexibility exercise <b>AR 5:30pm- Church Service</b></p>
<p>AR 10:30am- Church service w/ Pastor Raddin</p>	<p>9am- Walmart Outing AR 10am- Exercise w/ EJ AR 10:30am- Brain Games <b>GR 1pm- Bridge</b> AR 2pm- Dime Bingo AR 3pm- Resistance band Exercise <small>Spring Begins</small></p>	<p>AR 10am- Exercise Video <b>GR Blood Pressure Checks- 10-11am</b> <b>AR 10:30am- The art of self-massage</b> <b>AR 2pm Speaker Ms. Kathy Mind Center (Alzheimer's awareness presentation</b> GR 3pm- Crafts</p>	<p>AR 10am- Exercise w/ EJ AR-10:30am Brain Games AR 2pm- Paper Bingo AR 3pm- Flexibility exercise <b>AR 5:30pm- Church Service</b> <small>Ramadan Begins</small></p>
<p>AR 10:30am- Church service w/ Pastor Raddin</p>	<p>9am- Walmart Outing AR 10am- Exercise w/ EJ AR 10:30am- Brain Games <b>GR 1pm- Bridge</b> AR 2pm- Dime Bingo AR 3pm- Box it Out!</p>	<p>AR 10am- Exercise Video <b>AR 10:30am- Beach visualization</b> AR 1pm- Movie! GR 3pm- Crafts <b>DR: 3:30-4:30pm Hunter Gibson performs</b></p>	<p>AR 10am- Exercise w/ EJ AR- 10:30 Brain Games AR 2pm- Paper Bingo AR 3pm- Upper and lower body exercise AR 5:30pm- Church service</p>