

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MEMORY CARE embrace BY SENIOR LIFESTYLE WWW.SENIORLIFESTYLE.COM Activities are subject to change MEADOWBROOK AT AGOURA HILLS <i>a Senior Lifestyle community</i> *BOOKMARKS *ESSENCE *SNAPSHOTS *SPARK *THYMELESS CONNECT FEEL GROW MOVE REFLECT Location Keys AL Activity Room AD Dining Room LIB Library MO Media Room PT Outing SR Patio Sun Room			9:30 ● Handball Exercise w/ Yanet [A] 1 10:00 ● Catholic Service 10:00 ● Gardening Club [PT] 10:30 ● Introduction: All around the World [LIB] 1:30 ● One On One Moment 2:00 ● Baking Class [D] 3:00 ● Karaoke [A] 3:30 ● Black Jack Club [SR] 4:00 ● Nature Walk [O] 6:00 ● Reminiscing Time [LIB] 7:30 ● Evening Snack Social [A]	9:30 ● Resistance Band Exercise [A] 2 10:00 ● Embrace Nail Day [A] 10:30 ● Mocktail Time 11:00 ● Inspirational Moment [SR] 1:30 ● One On One Moment 2:00 ● Pet Therapy [PT] 2:30 ● Create Your Own: Smoothie [SR] 3:00 ● Noodle Balloon [LIB] 3:30 ● Sharper Minds [SR] 6:30 ● Lets Travel [A] 7:30 ● Social Club [LIB]	9:30 ● Music Fitness [A] 3 10:00 ● Aqua Painting Station [A] 10:15 ● Create Your Own: Mini Yogurt Bites [A] 11:00 ● Fresh Air Walk [O] 1:30 ● 1:1 Moment 2:15 ● Snack Social [SR] 3:00 ● Spanish Loteria [SR] 3:30 ● Noodle Balloon [A] 4:00 ● Nature Walk 6:00 ● Movie Night [A] 7:30 ● Evening Snack Social	9:30 ● Morning Stretch [A] 4 10:00 ● Connection Circle [LIB] 10:30 ● Laughs & Chat [SR] 1:30 ● One On One Moment 2:00 ● Shabbat Service [AL] 2:15 ● Create Your Own: Sundae [A] 2:30 ● Ring Toss [PT] 3:30 ● Trivia [LIB] 4:00 ● Agoura Walks [O] 6:30 ● Puzzle Mania [SR] 7:30 ● Social Club [LIB]	9:30 ● Move to The Grove [PT] 5 10:30 ● Sensory Group [SR] 11:00 ● Reflexology Massage [PT] 1:30 ● 1:1 Moment 2:30 ● Watering Herbs [PT] 3:00 ● Sip & Chat [PT] 3:30 ● Parachute Time [LIB] 4:00 ● Nature Walk 6:30 ● Connect & Grow [LIB] 7:30 ● Evening Snack Social
	9:30 ● Exercise Class [O] 6 10:00 ● Coffee Chit Chat [A] 10:30 ● Finish The Lyrics [SR] 11:00 ● Horticulture Moment [PT] 1:30 ● One On One Moment [PT] 2:00 ● Zoom Time 3:00 ● Spin the Wheel BINGO!! [PT] 3:00 ● Sunday Trail Mix [M] 4:00 ● Agoura Walks [O] 6:30 ● Sunday News Paper [LIB] 7:30 ● Evening Snack Social	9:30 ● Pool Noodle Workout [A] 7 10:00 ● Sip & Chat [A] 10:15 ● Coupon Clipping [SR] 10:30 ● Monday Horoscopes [PT] 1:30 ● 1:1 Moment 2:00 ● Create Your Own: Fruit Salad [D] 2:30 ● VolleyBall [PT] 3:30 ● Recapturing Your Day [SR] 4:00 ● Nature Walk [O] 6:30 ● Lets Travel: China [A] 7:30 ● Social Club	International Women's Day! 8 9:30 ● Handball Exercise w/ Yanet [A] 10:00 ● Catholic Service 10:00 ● Trivia: IWD [PT] 10:30 ● Laughter, Fun & Play [A] 1:30 ● One On One Moment 2:00 ● Baking Class [D] 2:30 ● IWD Tea Party [LIB] 3:30 ● Black Jack Club [SR] 4:00 ● Nature Walk [O] 6:00 ● Reminiscing Time [LIB] 7:30 ● Evening Snack Social [A]	9:30 ● Resistance Band Exercise [A] 9 10:00 ● Embrace Nail Day [A] 10:30 ● Aqua Painting Station [SR] 10:30 ● Mocktail Time 11:00 ● Inspirational Moment [SR] 1:30 ● One On One Moment 2:00 ● Pet Therapy [PT] 2:30 ● Create Your Own: Smoothie [SR] 3:00 ● Noodle Balloon [LIB] 3:30 ● Sharper Minds [SR] 6:30 ● Lets Travel [A] 7:30 ● Social Club [LIB]	9:30 ● Music Fitness [A] 10 10:00 ● Aqua Painting Station [A] 10:15 ● Create Your Own: Mini Yogurt Bites [A] 11:00 ● Fresh Air Walk [O] 1:30 ● 1:1 Moment 2:15 ● Snack Social [SR] 3:00 ● Spanish Loteria [SR] 3:30 ● Noodle Balloon [A] 4:00 ● Nature Walk 6:00 ● Movie Night [A] 7:30 ● Evening Snack Social	9:30 ● Morning Stretch [A] 11 10:00 ● Connection Circle [LIB] 10:30 ● Laughs & Chat [SR] 1:30 ● One On One Moment 2:00 ● Shabbat Service [AL] 2:15 ● Create Your Own: Sundae [A] 2:30 ● Ring Toss [PT] 3:30 ● Trivia [LIB] 4:00 ● Agoura Walks [O] 6:30 ● Puzzle Mania [SR] 7:30 ● Social Club [LIB]	9:30 ● Move to The Grove [PT] 12 10:30 ● Sensory Group [SR] 11:00 ● Reflexology Massage [PT] 1:30 ● 1:1 Moment 2:30 ● Watering Herbs [PT] 3:00 ● National Plant a Flower Day [PT] 3:30 ● Parachute Time [LIB] 4:00 ● Nature Walk 6:30 ● Connect & Grow [LIB] 7:30 ● Evening Snack Social
	Daylight Saving 13 9:30 ● Exercise Class [O] 10:00 ● Coffee Chit Chat [A] 10:30 ● Finish The Lyrics [SR] 11:00 ● Horticulture Moment [PT] 1:30 ● One On One Moment [PT] 2:00 ● Zoom Time 3:00 ● BINGO!! [PT] 3:00 ● Sunday Trail Mix [M] 4:00 ● Agoura Walks [O] 6:30 ● Sunday News Paper [LIB] 7:30 ● Evening Snack Social	9:30 ● Pool Noodle Workout [A] 14 10:00 ● Sip & Chat [A] 10:15 ● Coupon Clipping [SR] 10:30 ● Trivia [LIB] 1:30 ● 1:1 Moment 2:00 ● Create Your Own: Fruit Salad [D] 2:30 ● VolleyBall [PT] 3:30 ● Recapturing Your Day [SR] 4:00 ● Nature Walk [O] 6:30 ● Lets Travel: China [A] 7:30 ● Social Club	9:30 ● Handball Exercise w/ Yanet [A] 15 10:00 ● Catholic Service 10:00 ● Gardening Club [PT] 10:30 ● Laughter, Fun & Play [A] 1:30 ● One On One Moment 2:00 ● Baking Class [D] 2:30 ● Karaoke [A] 3:30 ● Black Jack Club [SR] 4:00 ● Nature Walk [O] 6:00 ● Reminiscing Time [LIB] 7:30 ● Evening Snack Social [A]	9:30 ● Resistance Band Exercise [A] 16 10:00 ● Embrace Nail Day [A] 10:30 ● Aqua Painting Station [SR] 10:30 ● Mocktail Time 11:00 ● Inspirational Moment [SR] 1:30 ● One On One Moment 2:00 ● Pet Therapy [PT] 2:30 ● Create Your Own: Smoothie [SR] 3:00 ● Noodle Balloon [LIB] 3:30 ● Sharper Minds [SR] 6:30 ● Lets Travel [A] 7:30 ● Social Club [LIB]	St. Patrick's Day 17 9:30 ● Music Fitness [A] 10:00 ● Aqua Painting Station [A] 10:15 ● Create Your Own: Mini Yogurt Bites [A] 11:00 ● Fresh Air Walk [O] 1:30 ● 1:1 Moment 2:15 ● Snack Social [SR] 3:00 ● St. Patrick's Celebration w/ Tadjani [SR] 3:30 ● Noodle Balloon [A] 4:00 ● Nature Walk 6:00 ● Movie Night [A] 7:30 ● Evening Snack Social	9:30 ● Morning Stretch [A] 18 10:00 ● Connection Circle [LIB] 10:30 ● Laughs & Chat [SR] 1:30 ● One On One Moment 2:00 ● Shabbat Service [AL] 2:15 ● Create Your Own: Sundae [A] 3:00 ● India-Festival of Colors [PT] 3:30 ● Trivia [LIB] 4:00 ● Agoura Walks [O] 6:30 ● Puzzle Mania [SR] 7:30 ● Social Club [LIB]	9:30 ● Move to The Grove [PT] 19 10:30 ● Sensory Group [SR] 11:00 ● Reflexology Massage [PT] 1:30 ● 1:1 Moment 2:30 ● Watering Herbs [PT] 3:00 ● Sip & Chat [PT] 3:30 ● Parachute Time [LIB] 4:00 ● Nature Walk 6:30 ● Connect & Grow [LIB] 7:30 ● Evening Snack Social
	International Day of Happiness 20 9:30 ● Exercise Class [O] 10:00 ● Coffee Chit Chat [A] 10:30 ● Finish The Lyrics [SR] 11:00 ● Horticulture Moment [PT] 1:30 ● One On One Moment [PT] 2:00 ● Zoom Time 3:00 ● Spin the Wheel BINGO!! [PT] 3:00 ● Sunday Trail Mix [M] 4:00 ● Agoura Walks [O] 6:30 ● Sunday News Paper [LIB] 7:30 ● Evening Snack Social	9:30 ● Pool Noodle Workout [A] 21 10:00 ● Sip & Chat [A] 10:15 ● Coupon Clipping [SR] 10:30 ● Trivia [LIB] 1:30 ● 1:1 Moment 2:00 ● Create Your Own: Fruit Salad [D] 2:30 ● VolleyBall [PT] 3:30 ● Recapturing Your Day [SR] 4:00 ● Nature Walk [O] 6:30 ● Lets Travel: China [A] 7:30 ● Social Club	9:30 ● Handball Exercise w/ Yanet [A] 22 10:00 ● Catholic Service 10:00 ● Gardening Club [PT] 10:30 ● Laughter, Fun & Play [A] 1:30 ● One On One Moment 2:00 ● Baking Class [D] 2:30 ● Japan - Cherry Blossom Festival [LIB] 3:30 ● Cherry Blossom Craft [SR] 4:00 ● Nature Walk [O] 6:00 ● Reminiscing Time [LIB] 7:30 ● Evening Snack Social [A]	9:30 ● Resistance Band Exercise [A] 23 10:00 ● Embrace Nail Day [A] 10:30 ● Aqua Painting Station [SR] 10:30 ● Mocktail Time 11:00 ● Inspirational Moment [SR] 1:30 ● One On One Moment 2:00 ● Pet Therapy [PT] 2:30 ● Create Your Own: Smoothie [SR] 3:00 ● Noodle Balloon [LIB] 3:30 ● Sharper Minds [SR] 6:30 ● Lets Travel [A] 7:30 ● Social Club [LIB]	9:30 ● Music Fitness [A] 24 10:00 ● Aqua Painting Station [A] 10:15 ● Create Your Own: Mini Yogurt Bites [A] 11:00 ● Fresh Air Walk [O] 1:30 ● 1:1 Moment 2:15 ● Snack Social [SR] 3:00 ● Spanish Loteria [SR] 3:30 ● Book Club w/ Yanet [A] 4:00 ● Nature Walk 6:00 ● Movie Night [A] 7:30 ● Evening Snack Social	9:30 ● Morning Stretch [A] 25 10:00 ● Connection Circle [LIB] 10:30 ● Laughs & Chat [SR] 1:30 ● One On One Moment 2:00 ● Shabbat Service [AL] 2:15 ● Create Your Own: Sundae [A] 2:30 ● Ring Toss [PT] 3:30 ● Trivia [LIB] 4:00 ● Agoura Walks [O] 6:30 ● Puzzle Mania [SR] 7:30 ● Social Club [LIB]	9:30 ● Move to The Grove [PT] 26 10:30 ● Sensory Group [SR] 11:00 ● Reflexology Massage [PT] 1:30 ● 1:1 Moment 2:30 ● Watering Herbs [PT] 3:00 ● Sip & Chat [PT] 3:30 ● Parachute Time [LIB] 4:00 ● Nature Walk 6:30 ● Connect & Grow [LIB] 7:30 ● Evening Snack Social
	9:30 ● Exercise Class [O] 27 10:00 ● Coffee Chit Chat [A] 10:30 ● Finish The Lyrics [SR] 11:00 ● Horticulture Moment [PT] 1:30 ● One On One Moment [PT] 2:00 ● Zoom Time 3:00 ● Spin the Wheel BINGO!! [PT] 3:00 ● Sunday Trail Mix [M] 4:00 ● Agoura Walks [O] 6:30 ● Sunday News Paper [LIB] 7:30 ● Evening Snack Social	9:30 ● Pool Noodle Workout [A] 28 10:00 ● Sip & Chat [A] 10:15 ● Coupon Clipping [SR] 10:30 ● Trivia [LIB] 1:30 ● 1:1 Moment 2:00 ● Create Your Own: Fruit Salad [D] 2:30 ● VolleyBall [PT] 3:30 ● Recapturing Your Day [SR] 4:00 ● Nature Walk [O] 6:30 ● Lets Travel: China [A] 7:30 ● Social Club	9:30 ● Handball Exercise w/ Yanet [A] 29 10:00 ● Catholic Service 10:00 ● Gardening Club [PT] 10:30 ● Laughter, Fun & Play [A] 1:30 ● One On One Moment 2:00 ● Baking Class [D] 2:30 ● Karaoke [A] 3:30 ● Black Jack Club [SR] 4:00 ● Nature Walk [O] 6:00 ● Reminiscing Time [LIB] 7:30 ● Evening Snack Social [A]	9:30 ● Resistance Band Exercise [A] 30 10:00 ● Embrace Nail Day [A] 10:30 ● Aqua Painting Station [SR] 10:30 ● Mocktail Time 11:00 ● Inspirational Moment [SR] 1:30 ● One On One Moment 2:30 ● Sing Happy B-day & Eat Cake [A] 3:00 ● March 8-Day Celebration [A] 6:30 ● Lets Travel [A] 7:30 ● Social Club [LIB]	9:30 ● Music Fitness [A] 31 10:00 ● Aqua Painting Station [A] 10:15 ● Create Your Own: Mini Yogurt Bites [A] 11:00 ● Fresh Air Walk [O] 1:30 ● 1:1 Moment 2:15 ● Snack Social [SR] 3:00 ● Spanish Loteria [SR] 3:30 ● Noodle Balloon [A] 4:00 ● Nature Walk 6:00 ● Movie Night [A] 7:30 ● Evening Snack Social	 	