

March 2024  
Compass West



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March cont'd</div> <div>31</div> <div>Easter</div> <div>International Transgender Day of Visibility</div> <div>9:30 Morning Greetings</div> <div>10:00 Mindful Meditations &amp; Stretch</div> <div>10:30 Virtual Easter Mass</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Easter Cookie Decorating With Mickey</div> <div>2:00 Easter Tea</div> <div>3:00 BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>Notes</div>	<div></div> <div></div> <div>A SENIOR LIVING RESIDENCE (SLR)</div>	<div></div> <div></div> <div>BY SENIOR LIVING RESIDENCES (SLR)</div>	<div></div> <div></div> <div>BY SENIOR LIVING RESIDENCES (SLR)</div>	<div>National Dress in Blue Day</div> <div>National Peanut Butter Lover's Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit and Reach</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Word Games</div> <div>1:00 Swing Dance Era/ Big Bands (R)</div> <div>2:00 Friday Social - East Dining Room</div> <div>3:00 Prize BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Creative Connections Art Therapy - Charcoal Sketches (R)</div> <div>2:00 Sing Along</div> <div>2:30 Social &amp; Snack</div> <div>3:30 Swing Dances - Their History &amp; Popularity (R)</div> <div>5:00 Resident Choice Movie</div>
<div>9:30 Morning Greetings</div> <div>10:00 Mindful Meditations &amp; Stretch</div> <div>10:30 Sunday Mass</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Art With Mickey</div> <div>2:00 Left, Center Right with Mickey</div> <div>2:30 Social &amp; Snack</div> <div>3:00 BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Balance</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Long Word Short Word</div> <div>1:00 Yoga With Karen</div> <div>2:00 Ancient Olympics (R)</div> <div>2:30 Snack and Social</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Jigsaw Puzzles</div> <div>5:00 Comedy Movie Club</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit &amp; Twist</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Olympic Ceremonies and Symbols (R)</div> <div>1:00 Olympic Javelin Throw</div> <div>2:00 Reminiscing Conversations</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Who/What am I!</div> <div>5:00 Family Movie Night</div>	<div>Birthday Bash</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Modern Olympic Games (R)</div> <div>1:00 Olympic Shot Put</div> <div>1:00 Walking Club - Indoor Laps</div> <div>1:30 Joe Malone Presents</div> <div>2:00 Arts &amp; Crafts With Australia</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Candy Bar BINGO</div> <div>5:00 Movie Classics</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Weights</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Family Feud Group Games</div> <div>1:00 Paint Along Class with East</div> <div>1:00 Scenic Outing</div> <div>1:00 Sing Along</div> <div>2:00 Debbie Block Presents</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Classic Jokes</div> <div>5:00 Broadway Musical</div>	<div>International Women's Day</div> <div>Maha Shivratri</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit and Reach</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Word Games</div> <div>1:00 History of Maha Shivratri</div> <div>2:00 Friday Social - East Dining Room</div> <div>3:00 Prize BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Harriet's Birthday Party</div> <div>2:00 Sing Along</div> <div>2:30 Social &amp; Snack</div> <div>3:30 Bean Bag Tic-Tac-Toe</div> <div>5:00 Resident Choice Movie</div>
<div>Daylight Saving Time Begins</div> <div>9:30 Morning Greetings</div> <div>10:00 Mindful Meditations &amp; Stretch</div> <div>10:30 Sunday Mass</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Art With Mickey</div> <div>2:00 Left, Center Right with Mickey</div> <div>2:30 Social &amp; Snack</div> <div>3:00 BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>Ramadan Begins at Sunset</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Balance</div> <div>10:30 Learn About Ramadan</div> <div>10:45 Daily Chronicle</div> <div>12:30 Long Word Short Word</div> <div>1:00 Dominoes</div> <div>2:00 Norman Rockwell - Saturday Evening Post (R)</div> <div>2:30 Snack and Social</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Yoga With Karen</div> <div>5:00 Comedy Movie Club</div>	<div>National Plant a Flower Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit &amp; Twist</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Norman Rockwell's Four Freedoms (R)</div> <div>1:00 Seated Soccer</div> <div>2:00 Reminiscing Conversations</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Flower Planting</div> <div>5:00 Family Movie Night</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Norman Rockwell - Later Life (R)</div> <div>1:00 Noodle Baseball</div> <div>1:00 Walking Club - Indoor Laps</div> <div>2:00 Norman Rockwell Art Review (R)</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Candy Bar BINGO</div> <div>5:00 Movie Classics</div>	<div>Pi Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Weights</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Finish The Lyrics!</div> <div>1:00 Paint Norman Rockwell Style Self Portraits (R) with East</div> <div>1:00 Trip to the Library</div> <div>2:00 Afternoon Meditation &amp; Stretching</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Classic Jokes</div> <div>5:00 Broadway Musical</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit and Reach</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Word Games</div> <div>1:00 Four Freedoms Reading (R)</div> <div>2:00 Friday Social - East Dining Room</div> <div>3:00 Prize BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Creative Connections Art Therapy</div> <div>2:00 Sing Along</div> <div>2:30 Social &amp; Snack</div> <div>3:30 Indoor Darts</div> <div>5:00 Resident Choice Movie</div>
<div>St. Patrick's Day</div> <div>9:30 Morning Greetings</div> <div>10:00 Mindful Meditations &amp; Stretch</div> <div>10:30 Sunday Mass</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Art With Mickey</div> <div>2:00 St. Patrick's Day Party</div> <div>3:00 BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Balance</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Long Word Short Word</div> <div>1:00 Yoga With Karen</div> <div>2:00 Ireland - The People, Food, &amp; Language (R)</div> <div>2:30 Snack and Social</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Card Games</div> <div>5:00 Comedy Movie Club</div>	<div>First Day of Spring/ Vernal Equinox</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit &amp; Twist</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Irish Traditions &amp; Culture (R)</div> <div>1:00 Bunny Hop</div> <div>2:00 First Day of Spring Social</div> <div>3:00 Who/What am I!</div> <div>5:00 Family Movie Night</div>	<div>International Day of Happiness</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Destinations in Ireland (R)</div> <div>1:00 Learn an Irish Jig (R)</div> <div>1:00 Walking Club - Indoor Laps</div> <div>2:00 Expressive Arts - Learning Gaelic (R)</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Candy Bar BINGO</div> <div>5:00 Movie Classics</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Weights</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:00 Bowling Outing</div> <div>12:30 Family Feud Group Games</div> <div>1:00 Paint Along Class with East</div> <div>1:00 Sing Along</div> <div>2:00 Afternoon Meditation &amp; Stretching</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Classic Jokes</div> <div>5:00 Broadway Musical</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit and Reach</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Word Games</div> <div>1:00 Book Club</div> <div>2:00 Swinging Standards</div> <div>3:00 Prize BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>National Puppy Day</div> <div>Purim Begins at Sundown</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Creative Connections Art Therapy</div> <div>2:00 Irish Sing Along (R)</div> <div>2:30 Social &amp; Snack</div> <div>3:30 Bowling</div> <div>5:00 Resident Choice Movie</div>
<div>Palm Sunday</div> <div>Purim Ends at Sundown</div> <div>9:30 Morning Greetings</div> <div>10:00 Mindful Meditations &amp; Stretch</div> <div>10:30 Palm Sunday Virtual Service</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Spring Art (R) With Mickey</div> <div>2:00 Left, Center Right with Mickey</div> <div>2:30 Social &amp; Snack</div> <div>3:00 BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>Holi</div> <div>International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Balance</div> <div>10:30 Learn About Holi</div> <div>10:45 Daily Chronicle</div> <div>12:30 Long Word Short Word</div> <div>1:00 Yoga With Karen</div> <div>2:00 Spring - Signs of the Season &amp; Vernal Equinox (R)</div> <div>2:30 Snack and Social</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Board Games</div> <div>5:00 Comedy Movie Club</div>	<div>National Spinach Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit &amp; Twist</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Spring Celebrations (R)</div> <div>1:00 Balloon Volleyball</div> <div>2:00 Expressive Arts - Spring Poems (R)</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Who/What am I!</div> <div>5:00 Family Movie Night</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Depictions of Spring in Art (R)</div> <div>1:00 Bowling</div> <div>1:00 Walking Club - Indoor Laps</div> <div>2:00 Expressive Arts - Spring Poems (R)</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Candy Bar BINGO</div> <div>5:00 Movie Classics</div>	<div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Weights</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 Finish The Lyrics!</div> <div>1:00 Paint Along Class with East</div> <div>1:00 Trip to the Library</div> <div>2:00 Afternoon Meditation &amp; Stretching</div> <div>2:30 Social &amp; Snack</div> <div>3:00 Classic Jokes</div> <div>5:00 Broadway Musical</div>	<div>Good Friday</div> <div>National Vietnam War Veterans Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Sit and Reach</div> <div>10:30 Good Friday Prayer</div> <div>10:45 Daily Chronicle</div> <div>12:30 Word Games</div> <div>1:00 Spring Images in Art (R)</div> <div>2:00 Friday Social - East Dining Room</div> <div>3:00 Prize BINGO</div> <div>5:00 Resident Choice Movie</div>	<div>National Doctors' Day</div> <div>9:30 Morning Greetings</div> <div>10:00 PrimeFit Easy Aerobics</div> <div>10:30 Daily Rosary</div> <div>10:45 Daily Chronicle</div> <div>12:30 One To One Visits</div> <div>1:00 Creative Connections Art Therapy - Leaf Out (R)</div> <div>2:00 Sing Along</div> <div>2:30 Social &amp; Snack</div> <div>3:30 Golf Putting</div> <div>5:00 Resident Choice Movie</div>

Continued at top