March 2024 **Compass West** Friday Monday Sunday Tuesdav Thursday Saturday Wednesdav 9:30 Morning Greetings National Dress in Blue Day March cont'd Notes 10:00 PrimeFit Easy Aerobics National Peanut Butter Lover's Day Cognitive 10:30 Daily Rosary 9:30 Morning Greetings 10:45 Daily Chronicle Emotional & Expressive Arts 10:00 PrimeFit Sit and Reach International Transgender Day of Visability 12:30 One To One Visits 10:30 Daily Rosary 9:30 Morning Greetings Entertainment 1:00 Creative Connections Art Therapy - Charcoal 10:45 Daily Chronicle 10:00 Mindful Meditations & Stretch Sketches (R) 12:30 Word Games Outing 10:30 Virtual Easter Mass 2:00 Sing Along 1:00 Swing Dance Era/ Big Bands (R) 10:45 Daily Chronicle 2:30 Social & Snack 2:00 Friday Social - East Dining Room Outing/Community 12:30 One To One Visits 3:30 Swing Dances - Their History & Popularity (R) 3:00 Prize BINGO 1:00 Easter Cookie Decorating With Mickey 5:00 Resident Choice Movie Physical 5:00 Resident Choice Movie 2:00 Faster Tea A SENIOR LIVING RESIDENCE (SLR.) BY SENIOR LIVING RESIDENCES (SLR 3:00 BINGO Social 5:00 Resident Choice Movie Spiritual 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings Birthday Bash 9:30 Morning Greetings International Women's Day 9:30 Morning Greetings 9 10:00 Mindful Meditations & Stretch 10:00 PrimeFit Balance 10:00 PrimeFit Sit & Twist 10:00 PrimeFit Easy Weights 10:00 PrimeFit Easy Aerobics 9:30 Morning Greetings Maha Shivratri 10:30 Daily Rosary 10:30 Sunday Mass 10:30 Daily Rosary 10:30 Daily Rosary 0:30 Daily Rosary 10:00 PrimeFit Fasy Aerobics 9:30 Morning Greetings 10:45 Daily Chronicle 10:30 Daily Rosary 10:00 PrimeFit Sit and Reach 12:30 One To One Visits 12:30 Long Word Short Word 12:30 Olympic Ceremonies and Symbols (R) 12:30 Family Feud Group Games 12:30 One To One Visits 10:45 Daily Chronicle 10:30 Daily Rosary 1:00 Art With Mickey 1:00 Yoga With Karen 1:00 Olympic Javelin Throw 1:00 Paint Along Class with East 1:00 Harriet's Birthday Party 12:30 Modern Olympic Games (R) 10:45 Daily Chronicle 2:00 Left, Center Right with Mickey 2:00 Ancient Olympics (R) 2:00 Reminiscing Conversations 1:00 Scenic Outing 2:00 Sing Along 1:00 Olympic Shot Put 12:30 Word Games 2:30 Social & Snack 2:30 Snack and Social 2:30 Social & Snack 1:00 Sing Along 2:30 Social & Snack 1:00 Walking Club - Indoor Laps 1:00 History of Maha Shivratri 2:30 Social & Snack 3:00 Who/What am I! 2:00 Debbie Block Presents 3:00 BINGO 3:30 Bean Bag Tic-Tac-Toe 1.30 Joe Malone Presents 2:00 Friday Social - East Dining Room 5:00 Resident Choice Movie 5:00 Family Movie Night 3:00 Jigsaw Puzzles 2:00 Arts & Crafts With Australia 2:30 Social & Snack 5:00 Resident Choice Movie 3:00 Prize BINGO 5:00 Comedy Movie Club 3:00 Classic Jokes 2:30 Social & Snack 5:00 Resident Choice Movie 5:00 Broadway Musical 3:00 Candy Bar BINGO 5:00 Movie Classics 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings National Plant a Flower Day 16 **Daylight Saving Time Begins** Ramadan Begins at Sunset Pi Day 10:00 PrimeFit Sit and Reach 0:00 PrimeFit Easy Aerobics 10:00 PrimeFit Fasy Aerobics 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings 10:00 Mindful Meditations & Stretch 10:30 Daily Rosary 10:30 Daily Rosary 10:30 Daily Rosary 10:00 PrimeFit Balance 10:00 PrimeFit Sit & Twist 10:00 PrimeFit Easy Weights 10:30 Sunday Mass 10:30 📕 Learn About Ramadan 10:30 Daily Rosary 10:45 Daily Chronicle 10:30 Daily Rosary 10.45 Daily Chronicle 10:45 Daily Chronicle 10:45 Daily Chronicle 10:45 Daily Chronicle 12:30 Norman Rockwell - Later Life (R) 10:45 Daily Chronicle 12:30 Word Games 12:30 One To One Visits 10:45 Daily Chronicle 12:30 One To One Visits 12:30 Long Word Short Word 12:30 Norman Rockwell's Four Freedoms (R) 1:00 Noodle Baseball 1:00 Four Freedoms Reading (R) 1:00 Creative Connections Art Therapy 12:30 Finish The Lyrics! 1:00 Walking Club - Indoor Laps 1:00 Paint Norman Rockwell Style Self Portraits (R) 2:00 Friday Social - East Dining Room 2:00 Sing Along 1:00 Art With Mickey 1:00 Dominoes 1:00 Seated Soccer 2:00 Left, Center Right with Mickey 2:00 Norman Rockwell Art Review (R) 3:00 Prize BINGO 2:30 Social & Snack 2:00 Norman Rockwell - Saturday Evening Post (R) 2:00 Reminiscing Conversations with East 2:30 Social & Snack 1:00 Trip to the Library 5:00 Resident Choice Movie 3:30 Indoor Darts 2:30 Social & Snack 2:30 Social & Snack 2:30 Snack and Social 2:00 Afternoon Meditation & Stretching 3:00 Candy Bar BINGO 5:00 Resident Choice Movie 3:00 BINGO 2:30 Social & Snack 3:00 Flower Planting 5:00 Resident Choice Movie 5:00 Movie Classics 2:30 Social & Snack 3:00 Yoga With Karen 5:00 Family Movie Night 5:00 Comedy Movie Club 3:00 Classic Jokes 5:00 Broadway Musical St. Patrick's Day First Day of Spring/ Vernal Equinox International Day of Happiness 9:30 Morning Greetings 9:30 Morning Greetings National Puppy Day 9:30 Morning Greetings 10:00 PrimeFit Balance 10:00 PrimeFit Sit and Reach 9:30 Morning Greetings 9:30 Morning Greetings 10:00 PrimeFit Easy Weights 9:30 Morning Greetings Purim Begins at Sundown 10:00 Mindful Meditations & Stretch 10:30 Daily Rosary 10:00 PrimeFit Sit & Twist 10:00 PrimeFit Easy Aerobics 10:30 Daily Rosary 10:30 Daily Rosary 9:30 Morning Greetings 10:45 Daily Chronicle 10:45 Daily Chronicle 10:45 Daily Chronicle 10:30 Sunday Mass 10:30 Daily Rosary 10:30 Daily Rosary 10:00 PrimeFit Easy Aerobics 12:30 Long Word Short Word 12:00 Bowling Outing 12:30 Word Games 10:45 Daily Chronicle 10.45 Daily Chronicle 10:45 Daily Chronicle 10:30 Daily Rosary 1:00 Yoga With Karen 12:30 Family Feud Group Games 1:00 Book Club 12:30 Irish Traditions & Culture (R) 12:30 Destinations in Ireland (R) 12:30 One To One Visits 10:45 Daily Chronicle 2:00 Ireland - The People, Food, & Language (R) 1:00 Paint Along Class with East 2:00 Swinging Standards 1:00 Art With Mickey 1:00 Bunny Hop 1:00 Learn an Irish Jig (R) 12:30 One To One Visits 3:00 Prize BINGO 2:30 Snack and Social 2:00 First Day of Spring Social 1:00 Sing Along 2:00 St. Patrick's Day Party 1:00 Walking Club - Indoor Laps 1:00 Creative Connections Art Therapy 5:00 Resident Choice Movie 2:30 Social & Snack 2:00 Afternoon Meditation & Stretching 3:00 BINGO 3:00 Who/What am I! 2:00 Expressive Arts - Learning Gaelic (R) 2:00 Irish Sing Along (R) 3:00 Card Games 2:30 Social & Snack 5:00 Resident Choice Movie 5:00 Family Movie Night 2:30 Social & Snack 2:30 Social & Snack 5:00 Comedy Movie Club 3:00 Candy Bar BINGO 3:00 Classic Jokes 3:30 Bowling 5:00 Resident Choice Movie 5:00 Movie Classics 5:00 Broadway Musical 9:30 Morning Greetings Palm Sunday National Spinach Day Good Friday National Doctors' Day 9.30 Morning Greetings 9:30 Morning Greetings 10:00 PrimeFit Easy Aerobics 10:00 PrimeFit Easy Weights Purim Ends at Sundown International Day of Remembrance of the 9:30 Morning Greetings National Vietnam War Veterans Day 9:30 Morning Greetings Victims of Slavery and the Transatlantic 10:00 PrimeFit Sit & Twist 10:30 Daily Rosary 10:30 Daily Rosary 10:00 PrimeFit Easy Aerobics 9:30 Morning Greetings 9:30 Morning Greetings Slave Trade 10:45 Daily Chronicle 10:45 Daily Chronicle 10:00 Mindful Meditations & Stretch 10:30 Daily Rosary 10:00 PrimeFit Sit and Reach 10:30 Daily Rosary 9:30 Morning Greetings 12:30 Depictions of Spring in Art (R) 12:30 Finish The Lyrics! 10:45 Daily Chronicle 10:30 Good Friday Prayer 10:45 Daily Chronicle 10:30 Palm Sunday Virtual Service 1:00 Paint Along Class with East 10:00 PrimeFit Balance 1:00 Bowling 12:30 Spring Celebrations (R) 12:30 One To One Visits 10:45 Daily Chronicle 10:45 Daily Chronicle 10:30 Learn About Holi 1:00 Walking Club - Indoor Laps 1:00 Trip to the Library 1:00 Balloon Volleyball 1:00 Creative Connections Art Therapy - Leaf Out (R) 12:30 One To One Visits 12:30 Word Games 10:45 Daily Chronicle 2:00 Reminiscing Conversations 2:00 Expressive Arts - Spring Poems (R) 2:00 Afternoon Meditation & Stretching 2:00 Sing Along 1:00 Spring Art (R) With Mickey 1:00 Spring Images in Art (R) 12:30 Long Word Short Word 2:30 Social & Snack 2:30 Social & Snack 2:30 Social & Snack 2:30 Social & Snack 2:00 Friday Social - East Dining Room 2:00 Left, Center Right with Mickey 1:00 Yoga With Karen 3:00 Candy Bar BINGO 3:00 Classic Jokes 3:00 Who/What am I! 3:30 Golf Putting 2:30 Social & Snack 3:00 Prize BINGO 2:00 Spring - Signs of the Season & Vernal Equinox 5:00 Movie Classics 5:00 Broadway Musical 5:00 Family Movie Night 5:00 Resident Choice Movie 3:00 BINGO 5:00 Resident Choice Movie 5:00 Resident Choice Movie 2:30 Snack and Social 2:30 Social & Snack 3:00 Board Games 5:00 Comedy Movie Club Continued at top