

March 2024
Compass East



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
March cont'd		Notes		<div></div>		<div><div>Cognitive</div><div>Emotional & Expressive Arts</div><div>Entertainment</div><div>Outing</div><div>Outing/Community</div><div>Physical</div><div>Social</div><div>Spiritual</div></div>		<div></div>		National Dress in Blue Day National Peanut Butter Lover's Day		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Fun Facts Creative Connections Art Therapy With West - Charcoal Sketches (R) Trivia & Snacks Swing Dances - Their History & Popularity (R) Disco Dance Party Resident Choice Movie	
Easter International Transgender Day of Visability						Birthday Bash		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Debbie Block Presents on West Snacks & Social Modern Olympic Games (R) Finish the Lyric Broadway Musical		International Women's Day Maha Shivratri		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Olympic Sports Harriet's Birthday Party Trivia & Snacks Bean Bag Tic-Tac-Toe Disco Dance Party Resident Choice Movie	
Morning Greetings Mindful Meditation Strength & Stretch Daily Chronicle Reminiscing Conversations Lunch & 1 to 1 Family Feud Art With Mickey On West Side Puzzles Word Games and Tea Time World's Funniest Home Videos Cranium Busters Resident Choice Movie		Morning Greetings Mindful Meditation HasFit Video Exercise Daily Chronicle Morning Trivia Lunch & 1 to 1 Household Tasks Cardio Comedy W Wayne Singalong& Snacks Puzzles With the RCA's Classic Jokes Comedy Movie Club		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle & Word Games What / Who Am I? Lunch & 1 to 1 Easy Does It Trivia Drumming Class Ancient Olympics (R) Snacks & Social Mani's & Hand Massages Finish the Line Best of Dick Van Dyke		Morning Greetings Mindful Meditation PrimeFit Sit & Twist Daily Chronicle & Word Games Who Said It? Finish the Line Lunch & 1 to 1 Music Trivia Basketball Tricks Scenic Outing Joe Malone Presents on West Snacks & Social Expressive Arts Olympic Ceremonies and Symbols (R) Move and Groove Dance Break Movie Classics		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Debbie Block Presents on West Snacks & Social Modern Olympic Games (R) Finish the Lyric Broadway Musical		Morning Greetings Mindful Meditation PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? History of Maha Shivratri Friday Social Card Games Sing Along Resident Choice Movie		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Art Creative Connections Art Therapy With West Trivia & Snacks Indoor Darts Disco Dance Party Resident Choice Movie	
Daylight Saving Time Begins		Ramadan Begins at Sunset		National Plant a Flower Day		Pi Day		Pi Day		Morning Greetings Mindful Meditation PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? Four Freedoms Reading (R) Friday Social Dominoes Sing Along Resident Choice Movie		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Art Creative Connections Art Therapy With West Trivia & Snacks Indoor Darts Disco Dance Party Resident Choice Movie	
Morning Greetings Mindful Meditation Strength & Stretch Daily Chronicle Reminiscing Conversations Lunch & 1 to 1 Family Feud Art With Mickey On West Side Puzzles Word Games and Tea Time World's Funniest Home Videos Cranium Busters Resident Choice Movie		Morning Greetings Mindful Meditation Learn About Ramadan HasFit Video Exercise Daily Chronicle Morning Trivia Lunch & 1 to 1 Household Tasks Cardio Comedy W Wayne Singalong& Snacks Puzzles With the RCA's Classic Jokes Comedy Movie Club		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle & Word Games What / Who Am I? Lunch & 1 to 1 Easy Does It Trivia Flower Planting Norman Rockwell - Saturday Evening Post (R) Snacks & Social Mani's & Hand Massages Finish the Line Best of Lucile Ball		Morning Greetings Mindful Meditation PrimeFit Sit & Twist Daily Chronicle & Word Games Who Said It? Finish the Line Lunch & 1 to 1 Music Trivia Indoor Catch Scenic Outing Norman Rockwell Art Review (R) Snacks & Social Norman Rockwell's Four Freedoms (R) Move and Groove Dance Break Movie Classics		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Norman Rockwell Style Self Portraits (R) Balloon Volleyball Snacks & Social Norman Rockwell - Later Life (R) Finish the Lyric Broadway Musical		Morning Greetings Mindful Meditation PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? Short Stories Swinging Standards on West Board Games Irish Sing Along (R) Resident Choice Movie		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Dog Facts Creative Connections Art Therapy With West Trivia & Snacks Bowling Disco Dance Party Resident Choice Movie	
St. Patrick's Day		Morning Greetings Mindful Meditation HasFit Video Exercise Daily Chronicle Morning Trivia Lunch & 1 to 1 Household Tasks Cardio Comedy W Wayne Singalong& Snacks Puzzles With the RCA's Classic Jokes Comedy Movie Club		First Day of Spring/ Vernal Equinox		International Day of Happiness		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Seated Soccer Snacks & Social Destinations in Ireland (R) Finish the Lyric Broadway Musical		Morning Greetings Mindful Meditation PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? Short Stories Swinging Standards on West Board Games Irish Sing Along (R) Resident Choice Movie		National Puppy Day Purim Begins at Sundown	
Morning Greetings Mindful Meditation Strength & Stretch Daily Chronicle Reminiscing Conversations Lunch & 1 to 1 Family Feud Art With Mickey On West Side St. Patrick's Day Party with West World's Funniest Home Videos Cranium Busters Resident Choice Movie		Morning Greetings Mindful Meditation Learn About Holi HasFit Video Exercise Daily Chronicle Morning Trivia Lunch & 1 to 1 Household Tasks Cardio Comedy W Wayne Singalong& Snacks Puzzles With the RCA's Classic Jokes Comedy Movie Club		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle & Word Games What / Who Am I? Lunch & 1 to 1 Easy Does It Trivia Learn an Irish Jig (R) First Day of Spring Social Mani's & Hand Massages Finish the Line Best of Dick Van Dyke		Morning Greetings Mindful Meditation PrimeFit Sit & Twist Daily Chronicle & Word Games Who Said It? Finish the Line Lunch & 1 to 1 Music Trivia Boxing Scenic Outing Expressive Arts - Learning Gaelic (R) Snacks & Social Irish Traditions & Culture (R) Move and Groove Dance Break Movie Classics		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Noodle Baseball Snacks & Social Depictions of Spring in Art (R) Finish the Lyric Broadway Musical		Morning Greetings Mindful Meditation Good Friday Prayer PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? Spring Images in Art (R) Friday Social Dice Games Sing Along Resident Choice Movie		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Medical Facts Creative Connections Art Therapy - Leaf Out (R) With West Trivia & Snacks Golf Putting Disco Dance Party Resident Choice Movie	
Palm Sunday Purim Ends at Sundown		Holi International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade		National Spinach Day		Morning Greetings Mindful Meditation PrimeFit Sit & Twist Daily Chronicle & Word Games Who Said It? Finish the Line Lunch & 1 to 1 Music Trivia Boxing Scenic Outing Expressive Arts - Spring Poems (R) Snacks & Social Spring Celebrations (R) Move and Groove Dance Break Movie Classics		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Noodle Baseball Snacks & Social Depictions of Spring in Art (R) Finish the Lyric Broadway Musical		Good Friday National Vietnam War Veterans Day		National Doctors' Day	
Morning Greetings Palm Sunday Virtual Service Strength & Stretch Daily Chronicle Reminiscing Conversations Lunch & 1 to 1 Family Feud Spring Art (R) With Mickey On West Side Puzzles Word Games and Tea Time World's Funniest Home Videos Cranium Busters Resident Choice Movie		Morning Greetings Learn About Holi HasFit Video Exercise Daily Chronicle Morning Trivia Lunch & 1 to 1 Household Tasks Cardio Comedy W Wayne Singalong& Snacks Puzzles With the RCA's Classic Jokes Comedy Movie Club		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle & Word Games What / Who Am I? Lunch & 1 to 1 Easy Does It Trivia Indoor Basket Ball & Parachute Games Spring - Signs of the Season & Vernal Equinox (R) Snacks & Social Mani's & Hand Massages Finish the Line Best of Lucile Ball		Morning Greetings Mindful Meditation PrimeFit Sit & Twist Daily Chronicle & Word Games Who Said It? Finish the Line Lunch & 1 to 1 Music Trivia Boxing Scenic Outing Expressive Arts - Spring Poems (R) Snacks & Social Spring Celebrations (R) Move and Groove Dance Break Movie Classics		Morning Greetings Mindful Meditation PrimeFit Easy Weights Daily Chronicle & Word Games Sing Along Lunch & 1 to 1 Wheel of Fortune! Paint Along Class Noodle Baseball Snacks & Social Depictions of Spring in Art (R) Finish the Lyric Broadway Musical		Morning Greetings Good Friday Prayer PrimeFit Sit and Reach Daily Chronicle & Word Games Family Feud Lunch & 1 to 1 True of False? Spring Images in Art (R) Friday Social Dice Games Sing Along Resident Choice Movie		Morning Greetings Mindful Meditation PrimeFit Easy Aerobics Daily Chronicle Armchair Travels Lunch & 1 to 1 Jeopardy! Medical Facts Creative Connections Art Therapy - Leaf Out (R) With West Trivia & Snacks Golf Putting Disco Dance Party Resident Choice Movie	
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