March 2024 **Compass East** Friday Sunday Monday Tuesdav Thursdav Saturday Wednesdav National Dress in Blue Day 9:30 Morning Greetings March cont'd **Notes** 9:45 Mindful Meditatio National Peanut Butter Lover's Day Cognitive 9:30 Morning Greetings 10:00 PrimeFit Easy Aerobics 10:30 Daily Chronicle 9:45 Mindful Meditation Emotional & Expressive Arts International Transgender Day of Visability 1:00 Armchair Travels 10:00 PrimeFit Sit and Reach 11:30 Lunch & 1 to 1 9:30 Morning Greetings 10:30 Daily Chronicle & Word Games Entertainment 9:45 Virtual Easter Mass 12:30 Jeopardy! Fun Facts 11:00 Family Feud 1:00 Creative Connections Art Therapy With West - Charcoal 11:30 Lunch & 1 to 1 10:00 Strength & Stretch Outing Sketches (R) 2:00 Trivia & Snacks 10:30 Daily Chronicle 12:30 True of False? 1:00 Swing Dance Era/ Big Bands (R) 2:00 Friday Social 11:00 Reminiscing Conversations Outing/Community MEMORY SUPPORT 3:00 Swing Dances - Their History & Popularity (R) 11:30 Lunch & 1 to 1 4:00 Disco Dance Party 12:30 Family Feud 3:00 Easy does it BINGO Physical 5:00 Resident Choice Movie 1:00 Faster Cookie Decorating With Mickey On West Side 4:00 Sing Along A SENIOR LIVING RESIDENCE (SLR.) BY SENIOR LIVING RESIDENCES (SLR 2:00 Easter Tea 5:00 Resident Choice Movie Social 3:00 World's Funniest Home Videos 4:00 Cranium Busters Spiritual 5:00 Resident Choice Movie 9:30 Morning Greetings 9:45 Mindful Meditation 9:30 Morning Greetings 9:45 Mindful Meditation 9:30 Morning Greetings 9:45 Mindful Meditation Birthday Bash 9:30 Morning Greetings 9:45 Mindful Meditation International Women's Day 8 9:30 Morning Greetings 9:45 Mindful Meditation 9 9:30 Morning Greetings Maha Shivratri 10:00 HasFit Video Exercise 10:00 PrimeFit Easy Aerobics 10:00 PrimeFit Easy Weights 10:00 PrimeFit Easy Aerobics 10:00 Strength & Stretch 9:45 Mindful Meditation 9:30 Morning Greetings 10:30 Daily Chronicle 10:30 Daily Chronicle 10:30 Daily Chronicle & Word Games 10:00 PrimeFit Sit & Twist 10:30 Daily Chronicle & Word Games 10:30 Daily Chronicle 9:45 Mindful Meditation 11:00 Reminiscing Conversations 11:30 Lunch & 1 to 1 11:00 Morning Trivia 11:00 What / Who Am I? 11:00 Sing Along 11:00 Armchair Travels 10:30 Daily Chronicle & Word Games 10:00 PrimeFit Sit and Reach 11:30 Lunch & 1 to 1 11:00 Who Said It? Finish the Line 10:30 Daily Chronicle & Word Games 12:30 Wheel of Fortune 12:30 Jeopardy! Olympic Sports 12:30 Family Feud 12:30 Household Tasks 12:30 Easy Does It Trivia 11:30 I Lunch & 1 to 1 11:00 Family Feud 1:00 Art With Mickey On West Side 1:00 📘 Cardio Comedy W Wayne 1:00 Drumming Class 1:00 Paint Along Class 1:00 Harriet's Birthday Party 12:30 Music Trivia 11:30 Lunch & 1 to 1 2:00 Puzzles Word Games and Tea Time 2:00 Ancient Olympics (R) 2:00 Singalong& Snacks 1:00 Basketball Tricks 2:00 Debbie Block Presents on West 2:00 Trivia & Snacks 12:30 True of False? 3:00 World's Funniest Home Videos 3:00 Puzzles With the RCA's 2:30 Snacks & Social 3:00 Bean Bag Tic-Tac-Toe 2:30 Snacks & Social 1:00 Scenic Outing 1:30 Joe Malone Presents on West 1:00 History of Maha Shivratri 4:00 Cranium Busters 4:00 Classic Jokes 3:00 Mani's & Hand Massages 3:00 Modern Olympic Games (R) 4:00 Disco Dance Party 2:00 Friday Social 5:00 Resident Choice Movie 5:00 Comedy Movie Club 4:00 Finish the Line 2:30 Snacks & Social 4:00 Finish the Lyric 5:00 Resident Choice Movie 3:00 Card Games 5:00 Best of Dick Van Dvke 3:00 Expressive Arts 5:00 Broadway Musical 4:00 Sing Along 3:00 Olympic Ceremonies and Symbols (R) 4:00 Move and Groove Dance Break 5:00 Resident Choice Movie 5:00 Movie Classics National Plant a Flower Day 9:30 Morning Greetings 9:30 Morning Greetings aylight Saving Time Begins Ramadan Begins at Sunset Pi Day 9:30 Morning Greetings 16 9:45 Mindful Meditation 9:30 Morning Greetings 9:45 Mindful Meditation 9:45 Mindful Meditation 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings 9:45 Mindful Meditation 9:45 Learn About Ramadan 9:45 Mindful Meditation 10:00 PrimeFit Sit & Twist 9:45 Mindful Meditation 10:00 PrimeFit Sit and Reach 10:00 PrimeFit Easy Aerobics 10:30 Daily Chronicle & Word Games 10:00 Strength & Stretch 10:00 HasFit Video Exercise 10:00 PrimeFit Easy Aerobics 10:30 Daily Chronicle & Word Games 10:00 PrimeFit Easy Weights 10:30 Daily Chronicle 10:30 Daily Chronicle & Word Games 11:00 What / Who Am I? 11:00 Who Said It? 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Art 1:00 Indoor Catch 12:30 Wheel of Fortune! 1:00 Four Freedoms Reading (R) 1:00 Creative Connections Art Therapy With West 12:30 Family Feud 12:30 Household Tasks 12:30 Easy Does It Trivia 2:00 Friday Social 1:00 Scenic Outing 2:00 Trivia & Snacks 1:00 Flower Planting 1:00 Paint Norman Rockwell Style Self Portraits (R) 1:00 Art With Mickey On West Side 1:00 Cardio Comedy W Wayne 2:00 Norman Rockwell Art Review (R) 3:00 Indoor Darts 2:00 Puzzles Word Games and Tea Time 2:00 Norman Rockwell - Saturday Evening Post (R) 3:00 Dominoes 2:00 Singalong& Snacks 2:00 Balloon Volleyball 3:00 World's Funniest Home Videos 4:00 Disco Dance Party 5:00 Resident Choice Movie 3:00 Puzzles With the RCA's 2:30 Snacks & Social 2:30 Snacks & Social 2:30 Snacks & Social 4:00 Sing Along 3:00 Norman Rockwell's Four Freedoms (R) 5:00 Resident Choice Movie 3:00 Norman Rockwell - Later Life (R) 4:00 Cranium Busters 4:00 Classic Jokes 3:00 Mani's & Hand Massages 4:00 Move and Groove Dance Break 5:00 Resident Choice Movie 5:00 Comedy Movie Club 4:00 Finish the Lyric 4:00 Finish the Line 5:00 Movie Classics 5:00 Best of Lucile Ball 5:00 Broadway Musical St. Patrick's Day 9:30 Morning Greetings First Day of Spring/ Vernal Equinox International Day of Happiness 9:30 Morning Greetings 9:30 Morning Greetings National Puppy Day 8 9:45 Mindful Meditation 9:45 Mindful Meditation 9:45 Mindful Meditation 9:30 Morning Greetings 9:30 Morning Greetings 9:30 Morning Greetings Purim Begins at Sundown 10:00 HasFit Video Exercise 10:00 PrimeFit Easy Weights 10:00 PrimeFit Sit and Reach 9:45 Mindful Meditation 9:45 Mindful Meditation 9:45 Mindful Meditation 9:30 Morning Greetings 10:30 Daily Chronicle & Word Games 10:30 Daily Chronicle & Word Games 0:30 Daily Chronicle 10:00 PrimeFit Sit & Twist 10:00 Strength & Stretch 10:00 PrimeFit Easy Aerobics 9:45 Learn About Purim 11:00 Morning Trivia 10:30 Daily Chronicle & Word Games 10:30 Daily Chronicle & Word Games 11:00 Sing Along 11:00 Family Feud 10:30 Daily Chronicle 10:00 PrimeFit Fasy Aerobics 11:30 Lunch & 1 to 1 11:00 Reminiscing Conversations 11:30 III Lunch & 1 to 1 11:00 What / Who Am I? 11:00 Who Said It? Finish the Line 11:30 Lunch & 1 to 1 10:30 Daily Chronicle 12:30 Wheel of Fortune! 12:30 Household Tasks 12:30 True of False? 11:30 Lunch & 1 to 1 11:30 I Lunch & 1 to 1 11:30 Lunch & 1 to 1 11:00 Armchair Travels 1:00 Cardio Comedy W Wayne 12:30 Ireland - The People, Food, & Language (R) 12:30 Music Trivia 1:00 Paint Along Class 1:00 Short Stories 12:30 Family Feud 11:30 Lunch & 1 to 1 1:00 Art With Mickey On West Side 2:00 Singalong& Snacks 1:00 Learn an Irish Jig (R) 1:00 Bowling 2:00 Seated Soccer 2:00 Swinging Standards on West 12:30 Jeopardy! Dog Facts 3:00 Puzzles With the RCA's 2:00 St. Patrick's Day Party with West 2:00 First Day of Spring Social 1:00 Scenic Outing 2:30 Snacks & Social 3:00 Board Games 1:00 Creative Connections Art Therapy With West 4:00 Classic Jokes 3:00 Destinations in Ireland (R) 4:00 Irish Sing Along (R) 2:00 Expressive Arts - Learning Gaelic (R) 3:00 World's Funniest Home Videos 3:00 Mani's & Hand Massages 2:00 Trivia & Snacks 4:00 Cranium Busters 5:00 Comedy Movie Club 4:00 Finish the Line 2:30 Snacks & Social 4:00 Finish the Lyric 5:00 Resident Choice Movie 3:00 Bowling 5:00 Resident Choice Movie 5:00 Best of Dick Van Dyke 3:00 Irish Traditions & Culture (R) 5:00 Broadway Musical 4:00 Disco Dance Party 4:00 Move and Groove Dance Break 5:00 Movie Classics 5:00 Resident Choice Movie Palm Sunday 9:30 Morning Greetings National Spinach Day 9:30 Morning Greetings Good Friday National Doctors' Day 9:45 Mindful Meditation 9:45 Mindful Meditation Purim Ends at Sundown International Day of Remembrance of the Victim 9:30 Morning Greetings National Vietnam War Veterans Day 9:30 Morning Greetings of Slavery and the Transatlantic Slave Trade 10:00 PrimeFit Sit & Twist 10:00 PrimeFit Easy Weights 9:45 Mindful Meditation 9:30 Morning Greetings 9:45 Mindful Meditation 9:30 Morning Greetings 9:30 Morning Greetings 10:00 PrimeFit Easy Aerobics 10:30 Daily Chronicle & Word Games 10:30 Daily Chronicle & Word Games 0:00 PrimeFit Easy Aerobics 9:45 Palm Sunday Virtual Service 9:45 Good Friday Prayer 11:00 Who Said It? Finish the Line 11:00 Sina Alona 10:00 Strength & Stretch 10:30 Daily Chronicle & Word Games 9:45 Learn About Holi 10:00 PrimeFit Sit and Reach 10:30 Daily Chronicle 11:30 Lunch & 1 to 1 11:30 Lunch & 1 to 1 11:00 What / Who Am I? 11:00 Armchair Travels 10:30 Daily Chronicle 10:00 HasFit Video Exercise 10:30 Daily Chronicle & Word Games 12:30 Wheel of Fortune! 1:00 Paint Along Class 12:30 Music Trivia 10:30 Daily Chronicle 11:30 Lunch & 1 to 1 11:30 Lunch & 1 to 1 11:00 Reminiscing Conversations 11:00 Family Feud 11:30 Lunch & 1 to 1 12:30 Easy Does It Trivia 1:00 Boxing 12:30 Jeopardy! Medical Facts 11:00 Morning Trivia 11:30 Lunch & 1 to 1 1:00 Scenic Outing 2:00 Noodle Basebal 1:00 Creative Connections Art Therapy - Leaf Out (R) With 11:30 Lunch & 1 to 1 1:00 Indoor Basket Ball & Parachute Games 12:30 True of False? 12:30 Family Feud 2:00 Expressive Arts - Spring Poems (R) 2:30 Snacks & Social 2:00 Spring - Signs of the Season & Vernal Equinox (R) 1:00 Spring Art (R) With Mickey On West Side 12:30 Household Tasks 1:00 Spring Images in Art (R) 2:00 Trivia & Snacks 3:00 Golf Putting 4:00 Disco Dance Party 2:30 Snacks & Social 3:00 Depictions of Spring in Art (R) 4:00 Finish the Lyric 1:00 Cardio Comedy W Wayne 2:30 Snacks & Social 2:00 Puzzles Word Games and Tea Time 2:00 Friday Social 3:00 Spring Celebrations (R) 3:00 Mani's & Hand Massages 3:00 World's Funniest Home Videos 2:00 Singalong Snacks 3:00 Dice Games 4:00 Move and Groove Dance Break 5:00 Broadway Musical 4:00 Cranium Busters 3:00 Puzzles With the RCA's 4:00 Finish the Line 4:00 Sing Along 5:00 Movie Classics 5:00 Resident Choice Movie 5:00 Best of Lucile Ball 5:00 Resident Choice Movie 4:00 Classic Jokes 5:00 Resident Choice Movie 5:00 Comedy Movie Club Continued at top