March 2024 **Compass Memory Support Neighborhood** Monday Tuesday Friday Sunday Wednesday Thursday Saturday March cont'd **Notes** 10:00 Good Morning 10:00 Good Morning Sunshine! Sunshine! Cognitive 10:30 Yogalates with Rashmi 10:30 Move It Shake It 10:00 Good Morning Sunshine! Emotional & Expressive Arts for Seniors Exercise 10:30 Exercise - Balance & 11:00 Today in History 11:00 Today in History Entertainment Cardio 12:00 LUNCH 12:00 LUNCH Outing 11:00 Today in History 1:30 Spa Hour with Lynda 1:00 Word Masters 12:00 LUNCH 2:00 Coloring and Crafting 2:00 Singer & Dancer Holly Sommers Physical 2:00 Music & Memories 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social Social BY SENIOR LIVING RESIDENCES (SLR 3:30 Friday Funday Mocktails & 4:00 Meditation & Relaxation 4:30 My Trivia - MemoryCo A SENIOR LIVING RESIDENCE (SLR) Merrymaking 4:30 Hangman Spiritual 6:00 BINGO! 6:00 Documentary Night 6:00 Story Time 10:00 Catholic Communion 10:00 Good Morning 10:00 Good Morning Sunshine! 10:00 Good Morning Sunshine! 10:00 Good Morning Sunshine! 10:00 Good Morning 10:00 Good Morning 10:30 Silver Sneakers Metro 10:30 Zumba with Zoe 10:00 Good Morning Sunshine! 10:30 Yogalates with Rashmi for Sunshine! Sunshine! Exercise Class 11:00 Today in History Seniors Sunshine! 10:30 LIFE Health & Fitness 10:30 Move It Shake It 10:30 Exercise - Balance & 11:00 📕 Today in History 11:00 Sightseeing Seniors! Today's Trip: **Functional Strength Training** 11:30 Reconnections. 10:30 Zumba with Zoe Exercise Cardio LUNCH 11:30 Reconnections, LUNCH 12:00 12:00 11:00 Today in History 11:00 Today in History 11:00 Today in History 11:00 Today in History 12:00 LUNCH 1:00 Yoga with Barbara 1:00 Today in History LUNCH 12:00 LUNCH 12:00 LUNCH 12:00 12:00 LUNCH 1:00 Zumba with Miss Kathy 2:00 Casino Games at Standish Villagio 1:30 Spa Hour with Lynda 1:30 Pretty Polish Manicures 1:30 Crafting with Lynda 1:00 Word Masters 2:00 First Baptist Church Service 2:00 Guitarist and Singer Frank Adams 2:00 Coloring and Crafting 3:30 Afternoon Snack Social 2:00 Singer & Guitarist Tom Glavin 2:30 Coloring and Crafting 3:30 Afternoon Snack Social 2:00 Water Coloring 4:00 Tea Table Time 3:30 Afternoon Snack Social 2:00 Music & Memories 3:30 Afternoon Snack Social 4:00 Tea Table Time 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 3:30 Friday Funday Mocktails & 4:30 BINGO! 3:30 Afternoon Snack Social 4:00 Tea Table Time 4:30 Famous Faces 4:00 Meditation & Relaxation 4:00 Tea Table Time 6:00 Sing-Along Merrymaking 4:30 My Trivia - MemoryCo 4:30 Wheel of Fortune 6:00 Concert on the Screen 4:30 Hangman 6:00 Documentary Night 4:30 Would You Rather? 6:00 BINGO! 6:00 Monday Night Movie 6:00 Story Time 6:00 Jeopardy **Daylight Saving Time Begins** 10:00 Catholic Communion 10:00 Good Morning Sunshine! 10:30 Silver Sneakers Metro 10:30 LIFE Health & Fitness 10:30 Farm Visits! - Pet 4 10:30 Yogalates with Rashmi for 10:30 Move It Shake It Exercise 10:00 Good Morning Sunshine! 10:00 Good Morning **Functional Strength Exercise Class** Therapy 11:00 Today in History 10:30 Exercise - Balance & Sunshine! Training 11:00 Today in History 10:30 Zumba with Zoe 11:00 Sightseeing Seniors! Today's Trip: 12:00 LUNCH 10:30 Zumba with Zoe Cardio 10:30 Steps in Time Dancing 11:30 Reconnections. 11:00 Today in History 12:00 LUNCH 1:00 Word Masters 11:00 Today in History 11:00 Today in History 11:00 Today in History LUNCH Reconnections, 1:00 Today in History 2:00 Singer & Pianist Steve King 12:00 LUNCH 12:00 LUNCH 12:00 LUNCH 1:00 Zumba with Miss Kathy 12:00 LUNCH 1:30 Spa Hour with Lynda 3:30 Afternoon Snack Social 2:00 Guitarist and Singer Matt Browne 1:30 Pretty Polish Manicures 1:30 Crafting with Lynda 2:00 Water Coloring 1:00 Yoga with Barbara 2:00 Coloring and Crafting 3:30 Church of Christ Visits 2:00 Music & Memories 2:30 Coloring and Crafting 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 2:00 Casino Games at Standish Villagio 3:30 Afternoon Snack Social 4:00 Meditation & Relaxation 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 4:00 Tea Table Time 4:00 Tea Table Time 3:30 Afternoon Snack Social 3:30 Friday Funday Mocktails & 4:30 Hangman 4:30 My Trivia - MemoryCo 4:00 Tea Table Time 4:30 Famous Faces 4:30 Would You Rather? 4:00 Tea Table Time Merrymaking 6:00 Story Time 6:00 BINGO! 4:30 Wheel of Fortune 6:00 Concert on the Screen 6:00 Documentary Night 6:00 Jeopardy 4:30 BINGO! 6:00 Monday Night Movie 6:00 Sing-Along 10:00 Catholic Communion 10:00 Good Morning Sunshine! 10:00 Good Morning **Grab Your Passport to France!** 10:00 Good Morning Sunshine! 10:00 Good Morning St. Patrick's Day 10:00 Good Morning Sunshine! 10:30 Silver Sneakers Metro 10:30 Yogalates with Rashmi for Sunshine! 10:00 Good Morning Sunshine! Sunshine! 10:00 Good Morning 10:30 Zumba with Zoe 10:30 LIFE Health & Fitness Exercise Class 10:30 Zumba with Zoe Seniors 10:30 Move It Shake It Sunshine! 11:00 Today in History 11:00 Sightseeing Seniors! Today's Trip: 11:00 Today in History **Functional Strength Training** 11:00 Today in History Exercise 10:30 Exercise - Balance & Cardio 12:00 LUNCH 11:30 Reconnections, 12:00 LUNCH 11:30 Reconnections, 11:00 Today in History 11:00 Today in History 11:00 Today in History 1:30 Pretty Polish Manicures 12:00 LUNCH 1:00 Today in History 12:00 LUNCH 12:00 LUNCH 12:00 LUNCH 12:00 LUNCH 2:30 Coloring and Crafting 1:00 Zumba with Miss Kathy 1:30 Spa Hour with Lynda 1:00 Yoga with Barbara 1:30 Crafting with Lynda 1:00 Word Masters 2:00 Music & Memories 3:20 Pianist Michael Leidig 2:00 Water Coloring Casino Games at Standish Villagio 2:00 Coloring and Crafting 2:00 3:30 Afternoon Snack Social 2:00 Singer & Guitarist Jeff Thomas 2:00 Singer & Guitarist Ted Powers 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 4:00 Tea Table Time 3:30 Afternoon Snack Social 3:30 Afternoon Snack Social 4:00 Tea Table Time 3:30 Friday Funday Mocktails & 4:00 Tea Table Time 4:00 Tea Table Time 4:30 My Trivia - MemoryCo 4:30 Famous Faces 4:00 Meditation & Relaxation 4:30 Would You Rather? 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