March 2024 Monthly Activities The Addison of Indian Trail Sunday Monday Tuesday Wednesday Thursday Friday Saturday March cont'd Please Contact The Memory Care Director of The Addison of Indian **Employee Appreciation Day** Cat In The Hat Day 9:00 • Daily Chronicles 9:00 • Daily Chronicles Trail Community, Monroe NC for Comments or Requests. 10:00 Fitness Fun Friday 9:30 • Let's Move 10:00 • Healthy Snacks & Hydration 9:00 • Daily Chronicles 10:00 • Healthy Snacks & Hydration Email: TDuff@Seniorlifestyle.com 11:00 • Trivia Fun 2:00 • Afternoon Treats MEMORY CARE 9:00 Morning Meditation 2:00 • Afternoon Treats 3:30 World Listening Party nbrace 10:00 • Healthy Snacks & Hydration 3:30 • Arts & Crafts 5:30 • Devotions (out take with Calendar subject to change, let's have a great month! dinner) 11:00 • Sunday Devotion 5:30 • Mellow Music 2:00 • Afternoon Treats 2:00 • Easter Egg Extravaganza. 4:00 • Classic Movie (ch25) WWW.SENIORLIFESTYLE.COM Activities are subject to change 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles Creo Cookie Day 9:00 • Daily Chronicles International Women's Day 9:00 • Daily Chronicles 9:30 Moving To Music Healthy Snacks & 9:30 Morning 9:30 • Meditation 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:30 • Let's Move Meditation Monday 10:00 • Healthy Snacks & Hydration 10:00 • Healthy Snacks & Hydration 1:30 • BUNNY BINGO! Hydration Hydration Hydration Hydration Hydration 11:00 • Primp & Pamper 2:00 • Afternoon Treats 2:00 • Afternoon Treats 11:00 • Trivia Fun 11:00 • Trivia Fun 11:00 • Sunday Devotion 11:00 🌘 Trivia Fun 1:30 • Reminiscing With Friends 3:30 World Listening Party 1:30 • Ball Game 3:30 • Aromatherapy 1:00 • Afternoon Treats 1:00 • Sunday Football-TBA 1:30 • BUNNY BINGO! 2:00 • Afternoon Treats 5:30 • Mellow Music 5:30 • Devotions (out take with 2:00 • Afternoon Treats 2:00 • Afternoon Treats 2:00 • Afternoon Treats 2:00 • Afternoon Treats dinner) 3:30 • Arts & Crafts 3:30 • Group Discussion 3:30 • Arts & Crafts 4:00 • Classic Movie (ch25) 5:30 • Devotions (out take with 5:30 • Mellow Music 5:30 • Devotions (out take with 3:30 • Friday Trivia dinner) 5:30 Mellow Music *Diversity Event Daylight Saving Time Begins 9:00 • Daily Chronicles **National Girl Scout Day** 9:00 • Daily Chronicles **March Madness Starts** 9:00 • Daily Chronicles Military Appreciation Day 10:00 • Fitness Fun Friday 9:30 • Meditation 10:00 • Healthy Snacks & 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles Ramadan Begins _CONNECT Monday Hydration 10:00 • Fitness Fun Friday 9:30 • Moving To Music Healthy Snacks & 9:30 • Let's Move 9:00 • Daily Chronicles 10:00 10:00 • Healthy Snacks & _CONTRIBUTE 11:00 • Trivia Fun 10:00 • Healthy Snacks & Hydration 10:00 • Healthy Snacks & Hydration Hydration 10:00 • Healthy Snacks & Hydration 9:00 • Morning Meditation Hydration 1:30 • Ball Game 10:00 • Healthy Snacks & Hydration 11:00 • Trivia Fun 10:00 • Healthy Snacks & Hydration 11:00 • Primp & Pamper 2:00 • Afternoon Treats _FEEL 11:00 🌘 Trivia Fun 2:00 • Afternoon Treats 3.14 Pie Day 1:00 • Afternoon Treats 1:30 • Reminiscing With Friends 3:30 See World Listening Party 11:00 • Sunday Devotion _GROW 1:30 • BINGO! BINGO! 3:30 • Group Discussion 2:00 • Afternoon Treats 1:30 • BINGO! BINGO! 2:00 • Afternoon Treats 5:30 • Devotions (out take with 1:00 • Sunday Football-TBA 2:00 • Afternoon Treats 5:30 • Devotions (out take with 2:00 • Afternoon Treats 3:30 • Arts & Crafts 3:30 • Arts & Crafts _MOVE 2:00 • Afternoon Treats 5:30 • Devotions (out take with 5:30 Mellow Music dinner) 3:30 • Aromatherapy 3:30 • Friday Trivia 4:00 • Classic Movie (ch25) REFLECT 5:30 • Mellow Music 5:30 Mellow Music explore - Lectures & Learning explore - Recreation & Entertainment explore - Strength & Vitality Spring/Fall Equinox 9:00 • Daily Chronicles St. Patrick's Day 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:30 • Meditation 9:00 • Daily Chronicles 10:00 • Healthy Snacks & Healthy Snacks & 10:00 • Healthy Snacks & 9:30 • Let's Move 9:00 • Daily Chronicles 10:00 10:00 • Healthy Snacks & Monday Hydration Hydration Hydration 9:00 • Morning 9:30 • Moving To Music 10:00 • Healthy Snacks & 11:00 • Trivia Fun 10:00 • Healthy Snacks & 11:00 • Trivia Fun Hydration Meditation 10:00 • Healthy Snacks & Hydration Hydration Hydration 2:00 • Afternoon Treats 10:00 • Healthy Snacks & Hydration 11:00 • Primp & Pamper 1:30
Ball Game 1:00 • Afternoon Treats 11:00 🌘 Trivia Fun 1:30 • BINGO! BINGO! 2:00 • Afternoon Treats 2:00 • Afternoon Treats 3:30 World Listening Party 11:00 • Sunday Devotion 1:30 • Reminiscing With Friends 1:30 • BINGO! BINGO! 2:00 • Afternoon Treats 3:30 • Group Discussion 2:00 • Afternoon Treats 3:30 • Arts & Crafts 5:30 • Devotions (out take with 2:00 • Afternoon Treats 3:30 • Aromatherapy 2:00 • Afternoon Treats dinner) 5:30 • Devotions (out take with 3:30 • Friday Trivia 2:00 • Let's Learn About St. Patrick's 3:30 • Arts & Crafts 5:30 • Devotions (out take with 5:30 • Mellow Music 5:30 Mellow Music 5:30 • Mellow Music dinner) 4:00 • Classic Movie (ch25) **Palm Sunday** 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles 9:00 • Daily Chronicles **Good Friday** 9:00 • Daily Chronicles 9:30 • Meditation 9:30 • Moving To Music 10:00 • Healthy Snacks & Healthy Snacks & 9:30 • Let's Move 10:00 9:00 • Daily Chronicles 9:00 • Daily Chronicles Monday 10:00 • Healthy Snacks & Hydration Hydration 10:00 • Healthy Snacks & 10:00 • Healthy Snacks & 9:00 • Morning 10:00 • Healthy Snacks & 1:00 • Trivia Fun 10:00 • Healthy Snacks & Hydration Hydration Meditation Hydration Hydration 11:00 • Primp & Pamper 1:30 • Ball Game Hydration 2:00 • Afternoon Treats 10:00 • Healthy Snacks & Hydration 11:00 • Trivia Fun 1:30 • BINGO! BINGO! 11:00 • Trivia Fun 1:30 • Reminiscing With Friends 2:00 • Afternoon Treats 3:30 World Listening Party 11:00 • Sunday Devotion 1:00 • Afternoon Treats 1:30 • BINGO! BINGO! 2:00 • Afternoon Treats 5:30 • Devotions (out take with 2:00 • Afternoon Treats 3:30 • Group Discussion 2:00 • Afternoon Treats 2:00 • Afternoon Treats 2:00 • Afternoon Treats 3:30 • Arts & Crafts 5:30 • Devotions (out take with 3:30 • Aromatherapy 4:00 • Classic Movie (ch25) 3:30 • Arts & Crafts 5:30 • Devotions (out take with 5:30 Mellow Music dinner) 5:30 Mellow Music 3:30 • Friday Trivia 5:30 • Mellow Music Continued at top