

calendar & activities
MAR 2020

St. Charles Memory Care

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

National Peanut Butter Lovers' Day 1
9:30 ● Tone and stretch arms and legs
10:00 ● Catholic Communion
1:00 ● Cooking Corner-Fruit Salad
3:00 ● Ice Cream Sundae Social-
4:00 ● Group Discussion-Favorite Peanut Butter Recpies
5:00 ● Trivia- Origins of Peanut Butter

National Art Week 2
9:00 ● Chair Salsa
9:30 ● Chair Based Latin Dance
10:00 ● Yoga Stretching
10:30 ● Jazzercise
11:00 ● Meditation & Stretching
12:00 ● Meet & Mingle Monday-
12:30 ● Inside Stroll-Resident Meet & Greet
1:00 ● Cooking Corner- Chocolate Chip Cookies
2:00 ● Bowling
2:30 ● Reminisce- Love Tunes
4:00 ● Movie Time & Popcorn-Romantic Movie
5:00 ● Black Out Bingo

National Art Week 3
9:00 ● -Stretching & twisting
12:00 ● Sip & Paint-
1:30 ● Thymless-Fresh Fruit Salad
2:00 ● Art Corner- Painting Bird Houses
2:30 ● Laughable Limericks
3:30 ● Discussion Art
4:00 ● Music Humor

National Art Week 4
9:00 ● Armchair Fitness
10:00 ● Exercise-Twist & Shout!
10:30 ● Game Time- Ring Toss
11:00 ● Cooking Corner- Banana Pudding
12:00 ● Reminisce- Video Serenity- Places Visited
12:30 ● Thought Of The Day
1:00 ● Faith Praise Team
2:00 ● Breathing and Relaxation Exercise
3:00 ● Coffee Social
6:00 ● Group Discussion- Acts Of kindness

National Art Week 5
9:30 ● Feel The Beat- Zumba
10:00 ● Awaken the Spirit- Breathe Meditation Class
11:00 ● Outdoor/Indoor Stroll
12:00 ● Bowling for Sweets
12:30 ● Cooking Corner-Chocolate S'mores
2:00 ● Book Mark-Folk Tales
2:30 ● Let's Move!- Yoga Techniques
3:00 ● Bingo
3:00 ● Current Events-What's happening Today?
5:30 ● Small Group Activity

National Art Week 6
9:30 ● Jazzercise!
10:30 ● Catholic Mass
12:30 ● Positive Affirmations
1:00 ● Ice Cream Social- Rootbeer Float
2:00 ● Game Time-Charades
3:00 ● Balloon Volleyball
5:00 ● Game Time- Family Fued
5:00 ● Love Movie Trivia- IN2L

National Art Week 7
National Cereal Day
8:30 ● Jazzercise
9:00 ● Meditate & Breathe
11:00 ● Game Time- Family Feud
11:00 ● Sensory Sensations
12:30 ● Cooking Corner- Magically Delicious Cereal Bars
2:00 ● Saturday Dancing To the Oldies
3:00 ● Trivia- Name That Tune
3:30 ● Cooking Corner- Strawberry Smoothies
4:00 ● Music Bingo

LOCATIONS
DINING ROOM - DR
SUN ROOM - SR
FRONT PORCH - FP
LOBBY - LB
LIVING ROOM - LR
COURTYARD - CTY
LODGE - LG
4TH FLOOR-4th

Monthly Theme:

Lucky Spring

BIRTHDAYS THIS MONTH

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options, Unparalleled services

Daylight Saving Time Begins 8
9:30 ● Tone and stretch arms and legs
10:00 ● Catholic Communion
12:00 ● Cooking Corner-Make your Own Trail Mix
1:00 ● Cooking Corner-Fruit Salad
1:00 ● Inside Stroll- Stretching
2:00 ● Craft Corner- Thankful Vision Board
5:00 ● Black Out Bingo

9:00 ● Chair Salsa
10:00 ● Yoga Stretching
11:00 ● Game Time- Family Feud
11:00 ● Meet & Mingle Monday-
12:00 ● Balloon Volleyball
4:00 ● Movie Time & Popcorn-Romantic Movie
4:00 ● Small Group Activity- Picture Collage Fashion In History

11:00 ●
Chicken Soup for the Soul
2:00 ● Art Corner- Painting Bird Houses

9:30 ● Step To The Beat 11
10:00 ● Exercise- Twist & Shout!
10:30 ● Game Time- Ring Toss
11:00 ● Game Time- Family Feud
1:00 ● Faith Praise Team

10:00 ● Music Bingo 12
10:30 ● Moving To The Beat- 90's Music
10:30 ● Name That Tune-Christmas Classics
1:30 ● Nature Walk-Weather Permitted
2:00 ● Sing Along With Susie-IN2L
2:00 ● Trivia- A Time To Remember
2:30 ● Let's Move!- Yoga Techniques
3:00 ● Music History- Name Your Favorites

9:00 ● Marching to the Beat! 13
9:30 ● Meditation
10:00 ● Stretching To the 80's
10:30 ● Catholic Mass
11:00 ● Game Time- Family Feud
12:30 ● Positive Affirmations
1:00 ● Craft Corner- Painted Rocks with Special Message
3:00 ● Balloon Volleyball
4:00 ● Outdoor Stroll-Nature Walk- Weather Permitting
4:00 ● Positive Quotes
5:00 ● Movie-

8:30 ● Jazzercise 14
9:00 ● Meditate & Breathe
11:00 ● Sensory Sensations
12:00 ● Kind Word Day
12:30 ● Self-Love Day-Positive Affirmations
2:00 ● Saturday Dancing To the Oldies
3:00 ● Trivia- Name That Tune
3:30 ● Cooking Corner- Strawberry Smoothies

9:30 ● Tone and stretch arms and legs 15
10:00 ● Catholic Communion
11:00 ● Game Time- Family Feud
1:00 ● Cooking Corner-Fruit Salad
3:00 ● Ice Cream Sundae Social-

9:00 ● Chair Salsa 16
9:30 ● Chair Based Latin Dance
10:00 ● Yoga Stretching
11:00 ● Meet & Mingle Monday-
1:00 ● Bowling
4:00 ● Movie Time & Popcorn-Romantic Movie

St. Patrick's Day 17
9:00 ● -Stretching & twisting
10:00 ● Cooking Corner- Rainbow Snack Platter- assorted Vegetables
1:00 ● Exploring St. Patrick's History
2:00 ● Art Corner- Painting Bird Houses
3:00 ● Irish Word Trivia

10:00 ● Exercise- Twist & Shout! 18
10:30 ● Game Time- Ring Toss
1:00 ● Faith Praise Team
6:00 ● Group Discussion- Acts Of kindness

9:30 ● Feel The Beat- Zumba 19
10:00 ● Awaken the Spirit- Breathe Meditation Class
11:00 ● Game Time- Family Feud
2:30 ● Let's Move!- Yoga Techniques
3:00 ● Current Events-What's happening Today?

9:30 ● Jazzercise! 20
10:30 ● Catholic Mass
12:30 ● Good News - Inspirational Seniors
12:30 ● Positive Affirmations
1:00 ● Ice Cream Social- Rootbeer Float
3:00 ● Balloon Volleyball
5:00 ● Game Time- Family Fued

8:30 ● Jazzercise 21
9:00 ● Meditate & Breathe
11:00 ● Game Time- Family Feud
11:00 ● Sensory Sensations
12:30 ● Self-Love Day-Positive Affirmations
2:00 ● Saturday Dancing To the Oldies
3:00 ● Trivia- Name That Tune
3:30 ● Cooking Corner- Strawberry Smoothies

9:30 ● Tone and stretch arms and legs 22
10:00 ● Catholic Communion
11:00 ● Discussion-Music Appreciation- Music Involvement Month
1:00 ● Cooking Corner-Fruit Salad
2:00 ● Craft Corner- Thankful Vision Board
3:00 ● Relaxation & Meditation Techniques
4:00 ● Movie & Popcorn

Crazy Socks Day- Decorate Your Own Socks! 23
9:00 ● Chair Salsa
10:00 ● Craft Corner- Decorate Your Own socks
10:00 ● Yoga Stretching
10:30 ● Craft Corner- Tie Dye Your Own Socks
11:00 ● Meet & Mingle Monday-Contest Craziest Socks!
11:00 ● What's In the News
12:00 ● Balloon Volleyball
12:00 ● Music Trivia-IN2L- Past And Present
4:00 ● Balloon Volleyball
4:00 ● Movie Time & Popcorn-Romantic Movie
5:00 ● Small Group Activity

Mad 4 Plaid Day! 24
9:00 ● Stretching To The Oldies!
11:00 ● IN2L- Fashion History- Plaid Designs
11:00 ● Show Me Your Plaid Wear!
12:00 ● Flannels & Frost Day- Milshakes
2:00 ● Art Corner- Magazine Collage- How Much Plaid Can You Find?

Sports Fans Day 25
9:30 ● Step To The Beat
10:00 ● Exercise-Twist & Shout!
10:00 ● Twist Out- What's The Answer?
10:30 ● Game Time- Ring Toss
11:00 ● Game Time- Family Feud
1:00 ● Faith Praise Team
2:00 ● Cooking Corner- Enjoying Concession Snacks

Pajama Day! 26
10:00 ● Music Bingo
10:30 ● Moving To The Beat- 90's Music
1:30 ● Nature Walk-Weather Permitted
2:00 ● Pajama Party- Cookies & Hot Chocolate
2:30 ● Let's Move!- Yoga Techniques
3:00 ● Relaxation & Meditation
4:00 ● Hand Massages & Herbal Tea

Blue Jean Dress Down Day! 27
9:00 ● Marching to the Beat!
9:30 ● Meditation
10:00 ● Discussion Questions- History of Blue Jeans!
10:30 ● Catholic Mass
11:00 ● Discussion- Blue Jean Styles -Over The Years
12:30 ● Positive Affirmations
3:00 ● Balloon Volleyball
4:00 ● Trivia- IN2L- Prices Of Blue Jeans Through The Years

8:30 ● Jazzercise 28
9:00 ● Meditate & Breathe
11:00 ● Sensory Sensations
12:00 ● Kind Word Day
12:30 ● Self-Love Day-Positive Affirmations
2:00 ● Saturday Dancing To the Oldies
3:00 ● Trivia- Name That Tune
3:30 ● Cooking Corner- Strawberry Smoothies

9:30 ● Tone and stretch arms and legs 29
10:00 ● Catholic Communion
11:00 ● Game Time- Family Feud
1:00 ● Cooking Corner-Fruit Salad
3:00 ● Ice Cream Sundae Social-
4:00 ● Move Your Feet! – Music Listening Party
5:00 ● Outside Stroll-Weather Permitting

9:00 ● Chair Salsa 30
9:30 ● Chair Based Latin Dance
10:00 ● Yoga Stretching
11:00 ● Meet & Mingle Monday-
1:00 ● Bowling
4:00 ● Movie Time & Popcorn-Romantic Movie
5:00 ● Outside Stroll- Weather Permitting

National Orange Day 31
9:00 ● -Stretching & twisting
9:30 ● Trivia- The History of Oranges
11:00 ● Game Time- Family Feud
11:30 ● Cooking Corner- Fresh Orange Juice Smoothie
12:30 ● Art Corner-- Painting Canvas-Fruits
2:00 ● Art Corner- Painting Bird Houses
3:00 ● Game Time- Bowling

