calendar & activities	"Women in History"						
MAR 2020	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul><li>CONNECT</li><li>CONTRIBUTE</li><li>FEEL</li><li>GROW</li><li>MOVE</li><li>REFLECT</li></ul>	9:45 • Spa & Beauty Hour with the	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Theater Experience: "The First Wives Club" [ALT] 10:30 • Swing & Sway to the Beat [AS1] 10:45 • Thymeless: Irish Isles Fruit Salad 11:30 • Daily Chronicle & Good News [BF] 1:30 • Essence with Justine [AS2] 1:30 • Thymeless: Leprechaun Lemonade [AS1] 2:30 • Thymeless: Leprechaun Lemonade [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Shake Loose a Memory Game [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Classical Movie Night: "Mildred Pierce" [BF]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Chair Dancing [AS1] 10:30 • Thymeless: Baked Clover Crisps & Dip [DR1] 10:30 • What's in the Hand Bag? [AS2] 11:00 • Stories Out of a Hat [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Love Tunes & Hand Massages [AS2] 1:30 • SPARK: Cognitive Fitness Class [AS1] 2:30 • Thymeless: Irish Rose Refresher [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Bingo with Suzette [AS2] 4:00 • The Lucky Duck Card Game [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Sing-Along with Susie Q [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • QUTING: Scenic Drive & Donuts 10:00 • Ribbon Dance [AS2] 10:30 • North Shore Horse Races [AS1] 10:45 • Thymeless: Amazing Pimento Cheese & Crackers [BF] 1:30 • Daily Chronicle & Good News [BF] 1:30 • Bookmarks [LIB] 1:30 • Parachute Fun [AS2] 2:30 • Thymeless: Lime Sherbet Smoothie 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Chair Volleyball [AS2] 4:00 • Farkle with Friends [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Colorful Expressions: Adult Coloring Books [AS1]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Sittercise [AS1] 10:30 • Drum Circle with Chris [DR] 10:30 • Higher or Lower Card Game [AS1] 10:30 • Thymeless: Pesto and Avocado Sandwich / Infused Water [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Awaken the Senses Sensory Stimulation [AS2] 1:45 • Crafter's Corner: Community Quilt [AS1] 2:30 • Thymeless: Shamrock Shake 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Bean Bag Toss [AS2] 4:00 • Brain Fitness [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Balloon Volleyball [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Baker's Club: Rainbow Cake Mix Bars [AS1] 10:00 • Chair Yoga [AS2] 10:30 • Bounce Back Game [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Manicures & Massages [BF] 2:30 • Thymeless: Mint Shake [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Time Slips [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Broadway Musicals Sing Along [AS1]	9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • Chair Fitness [AS1]  10:30 • "Name" Brand Foods Trivia & Discussion [AS1]  10:30 • Badminton [AS2]  10:30 • Thymeless: Cucumber Mini Bites / Infused Water  11:30 • Daily Chronicle & Good News [BF]  1:30 • Aqua Paintings [AS2]  1:30 • Coffee Over Conversation with Cake [AS1]  3:00 • Happy Hour [AS1]  4:00 • Jeopardy Trivia [AS2]  4:00 • Meditation Circle [AS1]  4:15 • Nu-Step Bicylcing [FC]  6:15 • Theme of the Month Movie: " [AS2]
embrac BY SENIOR LIFEST	Daylight Saving Time Begins 9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Sit and Be Fit [AS1] 10:30 • Freerice.com [AS2] 10:45 • Thymeless: Crudite Cups [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Puzzling Parlour [AS2] 2:00 • Afternoon Tea Time on Broadway [AS2] 3:00 • Classical & Operatic Music by Annie [DR] 4:00 • IN2L Games [BF] 6:15 • Musical Ball Toss [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Theater Experience: "The Queen of Katwe" [ALT] 10:30 • Swing & Sway to the Beat [AS1] 10:45 • Thymeless: Irish Isles Fruit Salad 11:30 • Daily Chronicle & Good News [BF] 1:30 • Essence with Justine [AS2] 1:30 • Thymeless: Leprechaun Lemonade [AS1] 2:30 • Thymeless: Leprechaun Lemonade [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Penny Ante Game [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Classical Movie Night: "All About Eve" [BF]	Purim   9:45	9:45	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Sittercise [AS1] 10:30 • Reminiscing with the Senses: Remembering Pets [AS2] 10:30 • Thymeless: Pesto and Avocado Sandwich / Infused Water [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Awaken the Senses Sensory Stimulation [AS2] 1:30 • Crafter's Corner: Name Art [AS1] 1:45 • Crafter's Corner: Name Art [AS1] 2:30 • Thymeless: Shamrock Shake 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Bean Bag Toss [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Balloon Volleyball [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Baker's Club: Saint Paddy's Cheesecake Bars [AS1] 10:00 • Chair Yoga [AS2] 10:30 • Hat Chat [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Manicures & Massages [BF] 2:30 • Thymeless: Mint Shake [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Free Throw Relay [AS2] 4:00 • Timeslips [AS1] 1:15 • Nu-Step Bicylcing [FC] 6:15 • Broadway Musicals Sing Along [AS1]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Chair Fitness [AS1] 10:30 • Love & Marriage Pictionary [AS1] 10:30 • Thymeless: Cucumber Mini Bites / Infused Water 10:30 • Walk to the Beat [AS2] 11:30 • Daily Chronicle & Good News [BF] 11:30 • Aqua Paintings [AS2] 11:30 • Coffee Over Conversation with Cake [AS1] 11:30 • Coffee Over Conversation with Cake [AS1] 11:30 • Life Saver Word Games [AS2] 11:30 • Life Saver Word Games [AS2] 11:30 • Life Saver Word Games [AS2] 11:30 • Meditation Circle [AS1] 11:30 • Nu-Step Bicylcing [FC] 11:30 • Theme of the Month Movie: "[AS2]
	9:45 Spa & Beauty Hour with the Care Team [AS2] 10:00 Sit and Be Fit [AS1] 10:30 Chicken Soup for the Soul Listening Hour [AS2] 10:45 Thymeless: Crudite Cups [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Puzzling Parlour [AS2] 2:00 Afternoon Tea Time on Broadway [AS2] 3:00 Classical & Operatic Music by Annie [DR] 4:00 INZL Games [BF] 6:15 Musical Ball Toss [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Theater Experience: "Mona Lisa Smile" [ALT] 10:30 • Swing & Sway to the Beat [AS1] 10:45 • Thymeless: Irish Isles Fruit Salad 11:30 • Daily Chronicle & Good News [BF] 1:30 • Essence with Justine [AS2] 1:30 • Erive Alive [AS1] 2:30 • Thymeless: Leprechaun Lemonade [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 3:45 • Home Instead Senior Care Pet Therapy [AS1] 4:00 • Shake Awake Your Taste Game [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Classical Movie Night: "The Bishop's Wife" [BF]	St. Patrick's Day   9:45	9:45 • Spa & Beauty Hour with the	9:45 • Spa & Beauty Hour with the	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Baker's Club: Jeweled Sugar Cookies [AS1] 10:00 • Chair Yoga [AS2] 10:30 • Bounce Back Game [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Manicures & Massages [BF] 2:00 • Monthly Resident Birthday Party & Ice Cream Social [AS1] 2:30 • Thymeless: Mint Shake [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Time Slips [AS2] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Broadway Musicals Sing Along [AS1]	9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • Chair Fitness [AS1]  10:30 • Badminton [AS2]  10:30 • Thymeless: Cucumber Mini Bites / Infused Water  10:30 • Walk to the Beat [AS2]  11:30 • Daily Chronicle & Good News [BF]  1:30 • Aqua Paintings [AS2]  1:30 • Coffee Over Conversation with Cake [AS1]  3:00 • Happy Hour [AS1]  4:00 • Jeopardy Trivia [AS2]  4:00 • Meditation Circle [AS1]  4:15 • Nu-Step Bicylcing [FC]  6:15 • Theme of the Month Movie: "[AS2]
Location Keys  Activity Studio 1 AS1 Activity Studio 2 AS2 Both Floors BF Dining Room DR Dining Room 1 DR1 Fitness Center FC Grille G Library LIB Theater ALT	SLC Spirit Week Begins  9:45 Spa & Beauty Hour with the Care Team [AS2]  10:00 Sit and Be Fit [AS1]  10:30 Freerice.com [AS2]  10:45 Thymeless: Crudite Cups [AS1]  11:30 Daily Chronicle & Good News [BF]  1:30 Puzzling Parlour [AS2]  2:00 Afternoon Tea Time on Broadway [AS2]  3:00 Classical & Operatic Music by Annie [DR]  4:00 Nusical Ball Toss [AS2]	GRAZY SOCKS DAY  9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • Theater Experience: "The Secret Life of the Bees" [ALT]  10:30 • Swing & Sway to the Beat [AS1]  10:45 • Thymeless: Irish Isles Fruit Salad  11:30 • Daily Chronicle & Good News [BF]  1:30 • Essence with Justine [AS2]  1:30 • Five Alive [AS1]  2:30 • Thymeless: Leprechaun Lemonade [AS1]  3:00 • Songs by Heart Music Therapy [AS1]  4:00 • My Two Cents Game [AS2]  4:15 • Nu-Step Bicylcing [FC]  6:15 • Classical Movie Night: [BF]	MAD FOR PLAID DAY  9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • Chair Dancing [AS1]  10:30 • Thymeless: Baked Clover Crisps & Dip [DR1]  11:00 • Stories Out of a Hat [AS1]  11:30 • Daily Chronicle & Good News [BF]  1:30 • Love Tunes & Hand Massages [AS2]  1:30 • SPARK: Cognitive Fitness Class [AS1]  2:30 • Thymeless: Irish Rose Refresher [AS1]  3:00 • Songs by Heart Music Therapy [AS1]  4:00 • Bingo with Suzette [AS2]  4:00 • Toss it up - Dice game [AS1]  4:15 • Nu-Step Bicylcing [FC]  6:15 • Sing-Along with Susie Q [AS2]	SPORTS FAN DAY  9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • OUTING: "Notorious RBG: The Life of Helen Bader Gingsburg" at the Holocaust Museum  10:00 • Ribbon Dance [AS2]  10:45 • Thymeless: Amazing Pimento Cheese & Crackers [BF]  1:30 • Daily Chronicle & Good News [BF]  1:30 • Bocce Ball [AS2]  1:30 • Bookmarks [LIB]  2:30 • Thymeless: Lime Sherbet Smoothie  3:00 • Songs by Heart Music Therapy [AS1]  4:00 • Chair Volleyball [AS2]  4:00 • Farkle with Friends [AS1]  4:15 • Nu-Step Bicycling [FC]  6:15 • Colorful Expressions: Adult Coloring Books	PAJAMA DAY  9:45 • Spa & Beauty Hour with the Care Team [AS2]  10:00 • Sittercise [AS1]  10:30 • Music Therapy by Guardian Hospice [AS1]  11:30 • Daily Chronicle & Good News [BF]  1:30 • Awaken the Senses Sensory Stimulation [AS2]  1:30 • LCR Dice Game [AS1]  1:45 • Crafter's Corner: [AS1]  2:30 • Thymeless: Shamrock Shake  3:00 • Songs by Heart Music Therapy [AS1]  4:10 • Bean Bag Toss [AS2]  4:15 • Nu-Step Bicylcing [FC]  6:15 • Balloon Volleyball [AS2]	BLUE JEAN DRESS DOWN DAY  9:45 Spa & Beauty Hour with the Care Team [AS2]  10:00 Baker's Club: Shamrock Shortbread Cookies [AS1]  10:00 Chair Yoga [AS2]  10:30 Hat Chat [AS1]  1:30 Manicures & Massages [BF]  2:30 Thymeless: Mint Shake [AS1]  3:00 Songs by Heart Music Therapy [AS1]  4:00 Free Throw Relay [AS2]  4:00 Timeslips [AS1]  4:15 Nu-Step Bicylcing [FC]  6:15 Broadway Musicals Sing Along [AS1]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Chair Fitness [AS1] 10:30 • Love & Marriage Pictionary [AS1] 10:30 • Thymeless: Cucumber Mini Bites / Infused Water 10:30 • Walk to the Beat [AS2] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Aqua Paintings [AS2] 1:30 • Coffee Over Conversation with Cake [AS1] 3:00 • Happy Hour [AS1] 4:00 • Life Saver Word Games [AS2] 4:00 • Meditation Circle [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Theme of the Month Movie: "[AS2]
	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Sit and Be Fit [AS1] 10:30 • Chicken Soup for the Soul Listening Hour [AS2] 10:45 • Thymeless: Crudite Cups [AS1] 11:30 • Daily Chronicle & Good News [BF] 1:30 • Puzzling Parlour [AS2] 2:00 • Afternoon Tea Time on Broadway [AS2] 3:00 • Classical & Operatic Music by Annie [DR] 4:00 • IN2L Games [BF] 6:15 • Musical Ball Toss [AS2]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Theater Experience: "Under the Tuscan Sun" [ALT] 10:30 • Swing & Sway to the Beat [AS1] 10:45 • Thymeless: Irish Isles Fruit Salad 11:30 • Daily Chronicle & Good News [BF] 1:30 • Essence with Justine [AS2] 1:30 • Five Alive [AS1] 2:30 • Thymeless: Leprechaun Lemonade [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Classical Movie Night: [BF]	9:45 • Spa & Beauty Hour with the Care Team [AS2] 10:00 • Chair Dancing [AS1] 10:30 • Thymeless: Baked Clover Crisps & Dip [DR1] 11:00 • Stories Out of a Hat [AS1] 11:30 • Daily Chronicle & Good News [BF] 12:00 • Lunch Bunch Club at the Grille [G] 1:30 • Love Tunes & Hand Massages [AS2] 1:30 • SPARK: Cognitive Fitness Class [AS1] 2:30 • Thymeless: Irish Rose Refresher [AS1] 3:00 • Songs by Heart Music Therapy [AS1] 4:00 • Bingo with Suzette [AS2] 4:00 • The Lucky Duck Card Game [AS1] 4:15 • Nu-Step Bicylcing [FC] 6:15 • Sing-Along with Susie Q [AS2]				