

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

March cont'd **31**

- am ● Thymeless Sessions
- am ● Morning Movements
- am ● Spelling Bee: Famous Politicians
- am ● Reminiscing Humor: Cartoon Clips
- pm ● Spiritual Reflections
- pm ● Cards & Conversation
- pm ● Thymeless Sessions
- eve ● Helping Hands: Folding laundry



embrace
BY SENIOR LIFESTYLE

HISTORY

"What good is the warmth of summer, without the cold of winter to give it sweetness."
— John Steinbeck

1

- am ● Thymeless Sessions
- am ● Joyride: Scenic Drive
- am ● March Walk
- am ● Trivia Time
- am ● Sing the Song: American Songs
- am ● Spark
- pm ● Chicken Soup for the Soul
- pm ● Bingo
- pm ● Thymeless Sessions
- eve ● For a Good Cause

2

- am ● Thymeless Sessions
- am ● Senior Stretches
- am ● Good Scoop News
- am ● Conversation Starters
- pm ● Bible Study
- pm ● Words of Wisdom
- pm ● Thymeless Sessions
- eve ● Helping Hands: Setting Tables

LOCATIONS

Memory Care Program Room
Memory Care "F" Neighborhood
Memory Care "G" Neighborhood

3

- am ● Thymeless Sessions
- am ● Morning Movements
- am ● Spelling Bee: Presidents
- am ● Reminiscing Humor: Baby Giggles
- pm ● Spiritual Reflections
- pm ● Card Games: War
- pm ● Thymeless Sessions
- eve ● Helping Hands: Folding laundry

4

- am ● Thymeless Sessions
- am ● Strength Training
- am ● Trivia: Inventions
- am ● Hand Massages and Music
- pm ● Women of the Bible
- pm ● IN2L: Explore, What Was There?
- pm ● Thymeless Sessions
- eve ● Alphabetizing Movies

5

- am ● Thymeless Sessions
- am ● Chair Dancing
- am ● Discussions & Debates
- am ● Reminiscing by the Fire
- pm ● Encouraging Word (IN2L)
- pm ● Board Game: Connect Four
- pm ● Thymeless Sessions
- eve ● Sorting Cash & Coins

6

- am ● Thymeless Sessions
- am ● Chair Yoga
- am ● Life Lesson Discussion Circle
- am ● Documentary on History
- pm ● Songs of Faith & Inspiration
- pm ● History Collage Creation
- pm ● Thymeless Sessions
- eve ● Table Games: Kings in the Corner

7

- am ● Thymeless Sessions
- am ● Simple Stretches
- am ● Baking Club
- am ● Show & Tell
- am ● Trivia Thursday's
- pm ● Men of the Bible
- pm ● Thymeless Sessions
- eve ● Conversation Starters

8

- am ● Thymeless Sessions
- am ● Chair Yoga
- am ● Games for the Brain (app)
- am ● Reminiscing: Artists
- am ● Spark
- pm ● Spiritual Hymns
- pm ● Bingo
- pm ● Thymeless Sessions
- eve ● For a Good Cause

9

- am ● Thymeless Sessions
- am ● Stretches & Smiles
- am ● Canvas Creation
- am ● Reading Stories on History
- pm ● Bible Study
- pm ● Table Topic Conversations
- pm ● Thymeless Sessions
- eve ● Bottle Cap Sorting

BIRTHDAYS THIS MONTH

NA

Daylight Saving Time Begins **10**

- am ● Thymeless Sessions
- am ● Moving & Grooving
- am ● Spelling Bee: Inventions
- am ● Charades
- pm ● Spiritual Reflections
- pm ● Ladies Red Hats Club
- pm ● Thymeless Sessions
- eve ● Coupon Clipping

11

- am ● Thymeless Sessions
- am ● Stretches and Smiles
- am ● History of Movie Stars
- am ● Funny Bone Humor
- pm ● Bible Stories
- pm ● Board Game: Checkers
- pm ● Thymeless Sessions
- eve ● Bead Sorting

12

- am ● Thymeless Sessions
- am ● Exercise & Meditation Music
- am ● Explore the World: App of the Day
- am ● Daily Chronicle
- pm ● Words of Wisdom (from our residents)
- pm ● Table Games
- pm ● Thymeless Sessions
- eve ● Helping Hands: Sorting Utensils

13

- am ● Thymeless Sessions
- am ● Tai Chi Exercise
- am ● History of Famous Pastors
- am ● Show & Share: Resident's Prized Possessions
- pm ● Songs of Faith & Inspiration
- pm ● Coupon Clipping
- pm ● Thymeless Sessions
- eve ● Fireside Relaxation

14

- am ● Thymeless Sessions
- am ● Chair Dancing
- am ● Cooking Club
- am ● Mindful Meditation
- am ● Poetry Circle: Famous Poets
- pm ● Nature Sounds & Bible Stories
- 3:00pm ● **Themed Party: "Honoring Those in History" with Bobby Jackson**
- pm ● Thymeless Sessions
- eve ● Jenga

15

- am ● Thymeless Sessions
- am ● March Walk
- am ● Trivia Time
- am ● Songs of Rat Pack Days
- am ● Spark
- pm ● Chicken Soup for the Soul
- pm ● Bingo
- pm ● Thymeless Sessions
- eve ● For a Good Cause

16

- am ● Thymeless Sessions
- am ● Senior Stretches
- am ● Good Scoop News
- am ● Conversation Starters
- pm ● Bible Study
- pm ● Words of Wisdom
- pm ● Thymeless Sessions
- eve ● Helping Hands: Setting Tables

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options, Unparalleled services

St. Patrick's Day **17**

- am ● Thymeless Sessions
- am ● Morning Movements
- am ● Spelling Bee: Famous Artists
- am ● Laurel & Hardy Clips
- pm ● Spiritual Reflections
- pm ● Cards & Conversation
- pm ● Thymeless Sessions
- eve ● Helping Hands: Folding laundry

18

- am ● Thymeless Sessions
- am ● Strength Training
- am ● Trivia Time
- am ● Hand Massages and Music
- pm ● Sketch Reflections
- pm ● IN2L: Explore, What Was There?
- pm ● Thymeless Sessions
- eve ● Alphabetizing Movies

19

- am ● Thymeless Sessions
- am ● Moving and Grooving
- am ● Discussions & Debates
- am ● Reminiscing by the Fire
- pm ● Meditation with Music through the Decades
- pm ● Board Game: Checkers
- pm ● Thymeless Sessions
- eve ● Sorting Cash & Coins

20

- am ● Thymeless Sessions
- am ● Chair Yoga
- am ● Life Lesson Discussion Circle
- am ● Documentary on History Part 2
- pm ● Songs of Faith & Inspiration
- pm ● Collage Creation
- pm ● Thymeless Sessions
- eve ● Table Games: Kings in the Corner

21

- am ● Thymeless Sessions
- am ● Simple Stretches
- am ● Baking Club
- am ● Show & Tell
- am ● Trivia Thursday's
- pm ● Spiritual Stories
- pm ● **Time Capsule Creation**
- pm ● Thymeless Sessions
- eve ● Conversation Starters

22

- am ● Thymeless Sessions
- am ● Chair Yoga
- am ● Games for the Brain (app)
- am ● Remembering: Timeline of Good Events
- am ● Spark
- pm ● Spiritual Hymns
- pm ● Bingo
- pm ● Thymeless Sessions
- eve ● For a Good Cause

23

- am ● Thymeless Sessions
- am ● Stretches & Smiles
- am ● Painting a Picture
- am ● Singing with Susie
- pm ● Bible Study
- pm ● Table Topic Conversations
- pm ● Thymeless Sessions
- eve ● Bottle Cap Sorting

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Programs are subject to change

24

- am ● Thymeless Sessions
- am ● Moving & Grooving
- am ● Spelling Bee: Famous Historians
- am ● Charades
- pm ● Spiritual Reflections
- pm ● Ladies Red Hats Club
- pm ● Thymeless Sessions
- eve ● Coupon Clipping

25

- am ● Thymeless Sessions
- am ● Stretches and Smiles
- am ● 20 Questions
- am ● Funny Bone Humor
- pm ● Bible Stories
- pm ● Board Game: Checkers
- pm ● Thymeless Sessions
- eve ● Bead Sorting

26

- am ● Thymeless Sessions
- am ● Chair Exercise
- am ● Explore the World: App of the Day
- am ● Daily Chronicle
- pm ● Words of Wisdom (from our residents)
- pm ● Table Games
- pm ● Thymeless Sessions
- eve ● Helping Hands: Sorting Utensils

27

- am ● Thymeless Sessions
- am ● Tai Chi Exercise
- am ● Traveling through the Centuries
- am ● Pictures of Famous Artwork
- pm ● Songs of Faith & Inspiration
- pm ● Coupon Clipping
- pm ● Thymeless Sessions
- eve ● Fireside Relaxation

28

- am ● Thymeless Sessions
- am ● Music in Motion
- am ● Cooking Club
- am ● Mindful Meditation
- am ● Poetry Circle
- pm ● Songs of Faith & Inspiration
- pm ● Thymeless Sessions
- eve ● Jenga

29

- am ● Thymeless Sessions
- am ● March Walk
- am ● Bookmarks Session
- am ● Trivia Time
- am ● Sing the Song: American Songs
- am ● Spark
- pm ● Chicken Soup for the Soul
- pm ● Bingo
- pm ● Thymeless Sessions
- eve ● For a Good Cause

30

- am ● Thymeless Sessions
- am ● Senior Stretches
- am ● Good Scoop News
- am ● Conversation Starters
- pm ● Bible Study
- pm ● Words of Wisdom
- pm ● Thymeless Sessions
- eve ● Helping Hands: Setting Tables

Continued at top