



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div>Be Inspired</div><div>WWW.SENIORLIFESTYLE.COM</div><div>Activities are subject to change</div></div><div><div>LIBERTY HEIGHTS</div><div>a Senior Lifestyle community</div></div></div> <div><div><div><div><div>🎓</div><div>*Brain Health University</div></div><div><div>🚌</div><div>*Outing</div></div><div><div>🟡</div><div>_CONNECT</div></div><div><div>🟢</div><div>_CONTRIBUTE</div></div><div><div>🔴</div><div>_FEEL</div></div><div><div>🟠</div><div>_GROW</div></div><div><div>🟢</div><div>_MOVE</div></div><div><div>🟡</div><div>_REFLECT</div></div></div><div><div>Location Keys</div><div>Activity Room</div><div>Bus Trip</div><div>Common Area</div><div>Main Dining Room</div><div>Resident Room</div></div><div><div>AR</div><div>BT</div><div>CA</div><div>MDR</div><div>RR</div></div></div></div>	<div><div>March cont'd</div><div>31</div><div>Bible Study All Day on Channel 119 or 1657</div><div>Easter Easter!</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>10:30 🟢 Easter Egg Hunt on pods: staff and resident families welcome! [CA]</div><div>2:00 🟡 Our Daily Bread Devotion [RR]</div></div>	<div><div></div><div>“For behold, the winter is past; The rain is over and gone. The flowers appear on the earth; The time of singing has come.”</div><div>— Song of Solomon 2:11-12</div></div>	<div><div></div><div>OREO Day!</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>11:30 🎓 BHU Class 1 - Coordinated Hands& Cross Body Moves [CA]</div><div>3:00 🟡 Traveling Snack/Ice Cream Cart with OREOS! [RR]</div><div>6:00 🔴 Relaxation Time [RR]</div></div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:00 🟡 Catholic Communion Visits [RR]</div> <div>10:45 🟡 Bible Study with Crossroads Church [AR]</div> <div>2:30 🟢 Breathe, Stretch and Exercise: Chair Yoga [CA]</div> <div>3:00 🟠 Group Crossword Puzzle [AR]</div>	<div>8:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>9:15 🚌 Shopping Outing: Walmart [BT]</div> <div>1:30 🔴 Pretty and Polished [RR]</div> <div>4:00 🟡 Happy Hour with Ginger Clark [MDR]</div>	<div>Bible Study All Day on Channel 119 or 1657</div> <div>Cat In The Hat Day!</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟡 Cat In The Hat Books and Videos [AR]</div> <div>11:00 🎓 BHU Kick-Off Class [AR]</div>							
	<div><div>Bible Study All Day on Channel 119 or 1657</div><div>3</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>10:30 🟡 Game Time: Bunco [CA]</div><div>11:30 🟠 3.3.3 Day! [AR]</div><div>2:00 🟡 Our Daily Bread Devotion [RR]</div></div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise: Weights [CA]</div> <div>11:15 🟠 Library Group with Pam [AR]</div> <div>2:30 🟡 Recipes For A Good Life! [AR]</div> <div>3:00 🟠 Bingo [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟡 Program Committee Meeting [AR]</div> <div>2:30 🟢 Breathe, Stretch and Exercise; Bands [CA]</div> <div>3:00 🟡 Get To Know Your Neighbor [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>11:30 🎓 BHU Class 1 - Coordinated Hands& Cross Body Moves [CA]</div> <div>3:00 🟡 Traveling Snack/Ice Cream Cart with OREOS! [RR]</div> <div>6:00 🔴 Relaxation Time [RR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:00 🟡 Catholic Communion Visits [RR]</div> <div>10:45 🟡 Bible Study with Crossroads Church [AR]</div> <div>2:30 🟢 Breathe, Stretch and Exercise: Chair Yoga [CA]</div> <div>3:00 🟠 Group Crossword Puzzle [AR]</div>	<div>National Barbie Day!</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🔴 Liberty Wheel in Movie: The Barbie Movie [CA]</div> <div>1:30 🔴 Pretty and Polished [RR]</div> <div>4:00 🟡 Happy Hour with Charlie Katz [MDR]</div>	<div>Bible Study All Day on Channel 119 or 1657</div> <div>9</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟢 Seated Chair Exercise [CA]</div> <div>11:00 🔴 Pretty and Polished [RR]</div> <div>2:00 🔴 Creative Coloring [RR]</div>						
	<div><div>Bible Study All Day on Channel 119 or 1657</div><div>Day Light Savings</div><div>Advance Clock 1 Hour</div><div>Daylight Saving Time Begins</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>10:30 🎓 BHU Class 2: Dark Chocolate for the Brain & 2 Clue Trivia [AR]</div><div>2:00 🟡 Our Daily Bread Devotion [RR]</div></div> <div>10</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise: Weights [CA]</div> <div>11:30 🎓 BHU Class 3: LCR Dice Tournament [AR]</div> <div>2:30 🎓 BHU Class 4: Biography Poems [AR]</div> <div>3:00 🟠 Bingo [AR]</div>	<div>National Girl Scout Day!</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise; Bands [CA]</div> <div>11:30 🟡 Gentlemen's Points Black Jack [AR]</div> <div>3:00 🟡 Craft Corner with Girl Scout Cookies! [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🔴 Gordon Johnson Hymn Singing [MDR]</div> <div>3:00 🟡 Traveling Snack/Ice Cream Cart [RR]</div> <div>6:00 🎓 BHU Class 5: Making Sleep Masks& Tapping for Relaxation [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟡 Bible Study with Crossroads Church [AR]</div> <div>2:30 🟢 Breathe, Stretch and Exercise: Chair Yoga [CA]</div> <div>3:00 🟢 Basketball Toss Game for March Maddness! [CA]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🔴 Celtic Step Irish Dancers in AL [MDR]</div> <div>1:30 🔴 Pretty and Polished [RR]</div> <div>4:00 🟡 Happy Hour with Diane Thomas [MDR]</div>	<div>Bible Study All Day on Channel 119 or 1657</div> <div>9</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟢 Seated Chair Exercise [CA]</div> <div>11:00 🔴 Pretty and Polished [RR]</div> <div>2:00 🔴 Creative Coloring [RR]</div>						
	<div><div>Bible Study All Day on Channel 119 or 1657</div><div>St. Patrick's Day</div><div>St. Patrick's Day! Wear Green!</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>11:00 🟡 St. Patty's Celebration! [AR]</div><div>2:00 🟡 Our Daily Bread Devotion [RR]</div></div> <div>17</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise: Weights [CA]</div> <div>11:15 🟠 Library Group with Pam [AR]</div> <div>2:30 🎓 BHU Class 6: Daffodil Poem & Tell me Something Good [AR]</div> <div>3:00 🟠 Bingo [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>11:00 🚌 Dine-Out: Lazy Dog [BT]</div> <div>3:00 🟢 Breathe, Stretch and Exercise; Bands [CA]</div> <div>3:30 🟡 Resident Council Meeting [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>11:00 🎓 BHU Class7: Watercolor Painting [AR]</div> <div>3:00 🎓 BHU Class 8: Smarty Smoothies [AR]</div> <div>6:00 🔴 Relaxation Time [RR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:00 🟡 Catholic Communion Visits [RR]</div> <div>10:45 🟡 Bible Study with Crossroads Church [AR]</div> <div>3:00 🟡 Spring Family & Friends Festival 3-5pm [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>11:00 🟢 Seasonal Decorating Squad [AR]</div> <div>12:30 🟡 Lunch with a Liberty Heights Team Member</div> <div>4:00 🟡 Happy Hour with Gus Meza [MDR]</div>	<div>Bible Study All Day on Channel 119 or 1657</div> <div>9</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟢 Seated Chair Exercise [CA]</div> <div>11:00 🔴 Pretty and Polished [RR]</div> <div>2:00 🔴 Creative Coloring [RR]</div>						
	<div><div>Bible Study All Day on Channel 119 or 1657</div><div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div><div>11:00 🎓 BHU Class 9: Experiencing Nature Walk [AR]</div><div>2:00 🟡 Our Daily Bread Devotion [RR]</div></div> <div>24</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise: Weights [CA]</div> <div>11:30 🎓 BHU Class 10: Brain Blocks [AR]</div> <div>3:00 🟠 Bingo [AR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟢 Breathe, Stretch and Exercise; Bands [CA]</div> <div>11:15 🟡 Ladies Tea [AR]</div> <div>2:30 🎓 BHU Class: 11 Ice Breaker Style Game & Bio Poems [AR]</div> <div>3:30 🔴 Hymns of Faith with Gordon Johnson [MDR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>11:00 🎓 BHU Class 12: Progressive Muscle Relaxation [AR]</div> <div>3:00 🟡 Traveling Snack/Ice Cream Cart [RR]</div> <div>6:00 🔴 Relaxation Time [RR]</div>	<div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:45 🟡 Bible Study with Crossroads Church [AR]</div> <div>12:00 🟡 Dine-In: Zoup [MDR]</div> <div>2:30 🟢 Breathe, Stretch and Exercise: Chair Yoga [CA]</div> <div>3:00 🎓 BHU Graduation! [AR]</div>	<div>Good Friday!</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟡 Dining Committee Meeting [MDR]</div> <div>1:30 🔴 Pretty and Polished [RR]</div> <div>4:00 🟡 Happy Hour with George Whitesell [MDR]</div>	<div>Bible Study All Day on Channel 119 or 1657</div> <div>9</div> <div>9:30 🟡 Daily Program & Chronicle/Leisure Cart Pass-out [RR]</div> <div>10:30 🟡 Easter Egg Filling! [AR]</div> <div>11:00 🔴 Pretty and Polished [RR]</div> <div>2:00 🔴 Creative Coloring [RR]</div>						

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