


March 2020  
In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>9:30 <span>SS</span> Worship Service w/ Cassandra</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> <b>Music with Steve</b></div> <div>3:30 <span>LL</span> <b>yoga and balloon toss</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> <b>evening film</b></div> <div>1</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>PE</span> <b>Meaningful Monday</b></div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div> <div>2</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>PE</span> Hula Hoop basket ball</div> <div>3:30 <span>LL</span> <b>Music with Bonita</b></div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>3</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>10:30 <span>LL</span> Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> <b>Music &amp; Dancing w/Ann</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>4</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>PE</span> <b>High Tea</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>5</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Morning exercises</div> <div>11:00 Courtyard Cleanup &amp; Garden planning</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Happy Hour</div> <div>3:30 <span>PE</span> <b>Reading group</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Old Time film Night</div> <div>6</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>PE</span> <b>Bead suncatchers</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>7</div>
<div>Daylight Saving Time Begins</div> <div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>9:30 <span>SS</span> Worship Service w/ Cassandra</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> <b>Classic Piano with Jim</b></div> <div>3:30 <span>PE</span> <b>Finish the line</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> <b>evening film</b></div> <div>8</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> Music with Terri and Frank</div> <div>3:00 <span>CC</span> Meaningful Mondays</div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div> <div>9</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> <b>Music with Bonita</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>10</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>10:30 <span>LL</span> Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 Communion with West Presbyterian</div> <div>3:30 <span>LL</span> <b>Music &amp; Dancing w/Ann</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>11</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>PE</span> <b>Music &amp; Ice Cream with Ward</b></div> <div>4:15 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>12</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Morning exercises</div> <div>11:00 Planting in the garden</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Happy Hour</div> <div>3:30 <span>PE</span> <b>Reading group</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Old Time film Night</div> <div>13</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>PE</span> <b>white board games</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>14</div>
<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>9:30 <span>SS</span> Worship Service w/ Cassandra</div> <div>10:30 <span>PE</span> <b>Morning exercises</b></div> <div>11:00 Reading group with Jackie</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> <b>Music with Steve</b></div> <div>3:30 <span>LL</span> <b>yoga and balloon toss</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> <b>evening film</b></div> <div>15</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>CC</span> Meaningful Mondays</div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div> <div>16</div>	<div>St. Patrick's Day</div> <div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:00 <span>CC</span> Taste and Tell - Irish Theme</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>PE</span> Hula Hoop basket ball</div> <div>3:30 <span>LL</span> <b>St Patricks day party with Bonita</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>17</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>10:30 <span>LL</span> Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> <b>Music &amp; Dancing w/Ann</b></div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>18</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> Music &amp; Ice Cream with Ward</div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>19</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Morning exercises</div> <div>11:00 Fairy gardens</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>3:00 <span>LL</span> Springtime celebration!</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Old Time film Night</div> <div>20</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>PE</span> <b>Tape resist watercolors</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>21</div>
<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>9:30 <span>SS</span> Worship Service w/ Cassandra</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Piano with Jim</div> <div>3:30 <span>LL</span> <b>reading group</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> <b>evening film</b></div> <div>22</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>CC</span> Meaningful Mondays</div> <div>4:30 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div> <div>23</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>PE</span> Hula Hoop basket ball</div> <div>3:30 <span>LL</span> <b>Music with Bonita</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>24</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>CC</span> <b>Resident Council Meeting</b></div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:00 <span>LL</span> Scenic Drive</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> <b>Music &amp; Dancing w/Ann</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>25</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>LL</span> Music &amp; Ice Cream with Ward</div> <div>4:00 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>26</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Happy Hour</div> <div>3:30 <span>SS</span> Reading group</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Old Time film Night</div> <div>27</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>PE</span> <b>lemonade &amp; short stories in the courtyard</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>28</div>
<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>9:30 <span>SS</span> Worship Service w/ Cassandra</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:30 <span>LL</span> <b>Reading group</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> <b>evening film</b></div> <div>29</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>LL</span> Balloons &amp; Tunes</div> <div>3:00 <span>CC</span> Meaningful Mondays</div> <div>4:00 <span>SS</span> 15 min Meditation</div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div> <div>30</div>	<div>8:00 <span>LL</span> Morning Meditation and Cocoa</div> <div>10:00 <span>PE</span> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <span>PE</span> Mid Morning walk</div> <div>12:30 <span>LL</span> Lunchtime hot towel essential health service</div> <div>2:30 <span>CC</span> Taste and Tell - Fresh fruit cups</div> <div>3:30 <span>LL</span> <b>Music with Bonita</b></div> <div>5:00 <span>LL</span> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <span>LL</span> Evening Movie</div> <div>31</div>	<div></div> <div>3502 "K" Avenue Anacortes, WA 98221 360-399-7263</div>			<div><span>CC</span> <b>Community Connections</b></div> <div><span>CE</span> <b>Continuing Education</b></div> <div><span>LL</span> <b>Lifestyle &amp; Leisure</b></div> <div><span>PE</span> <b>Physical Engagement</b></div> <div><span>SS</span> <b>Spiritual Support</b></div>

Healthy Snacks &  
Hydration offered throughout  
each day!