# calendar & activities

# Heron House Embrace Neighborhood-Love is in the Air - Reflect - Love is in the Air

# MAR 2019

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

### **LOCATIONS**

Assisted Living - AL Activity/Essence Room -AR Courtyard - CY **Dining Room-DR** Living Room - *LR* **Outing-O** 

#### **BIRTHDAYS**

3/12 Ms. Anita

SENIOR LIFESTYLE Come grow with us!

SENIOR LIFESTYLE Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM Activities are subject to change

#### March cont'd 9:00 • Non-Denominational Televised Worship

Service [LR] 9:00 • Positive Affirmations 9:30 • Daily Scoop & Funnies [LR]

SUNDAY

Balloon Exercise [AL] Morning Stretchercise [LR] 10:15

2:30 • Hymnal Sing-A-Long [LR] 3:30 • Fun Food Facts [LR]

5:15 • Movie Night [LR]

9:00 • Non-Denominational

Service [LR]

Televised Worship

Bingo [AL]

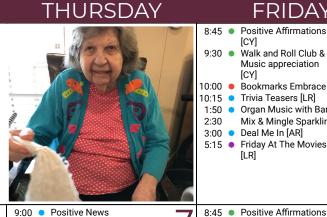


MONDAY

**TUESDAY** 

## "LIFE should not only be LIVED it should be CELEBRATED".

WEDNESDAY



8:45 • Positive Affirmations 9:30 Walk and Roll Club & Music appreciation

**FRIDAY** 

0:00 Bookmarks Embrace Program [AR] 0:15 • Trivia Teasers [LR] Mix & Mingle Sparkling Social

9:30 • Morning Stretch [LR] Balloon Exercise [AL] 10:00 • Pamper Group [DR] 10:45 Exercise w/ Mike [AL] 1:30 • Word Challenge [LR] 3:00 • Afternoon Stroll [CY]

SATURDAY

5:30 • Spelling Test Time [LR] 1:50 • Organ Music with Barbara [AL] 3:00 • Deal Me In [AR] 5:15 • Friday At The Movies & Popcorn

9:30 Walk and Roll Club &

3:00 • Bookmarks [AR]

Music appreciation

Mix & Mingle Sparkling Social

5:15 • Friday At The Movies & Popcorn

9:30 • Morning Stretch [LR] Balloon Exercise [AL]

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0:00 • Pamper Group [DR] 1:30 • Word Challenge [LR] 3:00 • Afternoon Stroll [CY]

0:00 • Bookmarks Embrace Program [AR] 5:30 • Back To Nature Channel [LR] 1:50 • Organ Music with Barbara [AL]

10:00

	8:45		Positive Affirmat
- ≺			[CY]
J	9:30	•	Walk and Roll Clu
			Music appreciation

2:30 • Thymeless

1:30 • What's in a Word [LR]

8:45 • Positive Affirmations

9:30 • Walk and Roll Club &

10:15 • Word Search [LR]

1:30 • It's All Trivia [LR]

2:30 • Jeopardy [LR]

2:30 • Thymeless

10:00

Music appreciation

5:15 • The Gangs All Here Sing-A-Long

Balloon Exercise

Daily Scoop & Funnies Balloon Exercise [AL] 10:00 Balloon Exercise

10:15 Morning Stretchercise [LR] Bingo [AL] 2:30 • Hymnal Sing-A-Long [LR]

3:30 • Fun Food Facts [LR] 5:15 • Movie Night [LR]

**Daylight Saving Time Begins** 

9:00 • Non-Denominational

Service [LR]

Bingo [AL]

3:30 • Fun Food Facts [LR]

5:15 • Movie Night [LR]

Televised Worship

9:30 • Daily Scoop & Funnies [LR]

10:15 Morning Stretchercise [LR]

2:30 • Hymnal Sing-A-Long [LR]

Balloon Exercise [AL]

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10:30 • Finish The Phrase [LR]

5:15 • The Gangs All Here Sing-A-Long

8

9:00

9:00

9:00

#### 10:30 • IN2L Family Feud [LR] Exercise w/ Mike [AL] 1:00 • Let It Grow [DR] 3:00 • Birthday Party with Victor! [LR]

Poerty on the Porch

10:15 • Reminiscing [LR]

10:30 • IN2L Family Feud [LR]

10:45 Exercise w/ Mike [AL]

1:00 • Pamper Group [LR]

5:15 • IN2L Karaoke [LR]

Poerty on the Porch

10:00 Remember When [CY]

5:15 • IN2L Karaoke [LR]

## 3:00 • Story Telling [LR] 5:15 • Getting To Know You [LR]

9:00 • Positive Affirmations

9:30 • Walk and Roll Club &

10:15 • Spelling Challenge [LR]

Bible Study [AL]

1:15 • Shuffleboard [AR]

3:00 • Story Telling [LR]

2:30 • Let's Get Crafty [AR]

Music appreciation [CY]

Catholic Communion

5:15 • Trip Down Memory Lane [LR]

9:30 • Dancercize [LR]

8:45 • Positive Affirmations

9:30 Walk and Roll Club &

10:15 • Spelling Challenge [LR]

Bible Study [AL]

2:30 • Tia Chi/ Meditation [LR]

1:15 
Bowling [LR]

10:00

2.00

2.00

Music appreciation

Catholic Communion

9:00 • Positive Affirmations 9:00 • Positive News UPDATE [LR]

UPDATE [LR]

10:00 Remember When [CY]

10:30 IN2L Family Feud [LR]

1:00 • Pamper Group [DR]

1:30 • Timeless Trivia [LR]

5:15 • World News [LR]

3:00 Bookmarks Embrace Program [CY

1:00 Bingo [AL]

10:15 • Give Me 5 [LR] 10:30 IN2L Family Feud [LR] 1:00 Bingo [AL]

5:15 • World News [LR]

9:00 • Positive News UPDATE [LR]

1:00 Bingo [AL]

10:00 • Remember When [CY]

10:30 IN2L Family Feud [LR]

1:00 • Pamper Group [DR]

1:30 • Timeless Trivia [LR]

9:00 • Positive Affirmations

UPDATE [LR]

9:00 • Positive News

10:15 • Give Me 5 [LR]

5:15 • World News [LR]

1:00 • Pamper Group [DR] 1:30 • Timeless Trivia [LR]

9:00 Positive Affirmations 9:00 • Positive Affirmations 9:30 • Walk and Roll Club & 9:30 • Morning Stretch [LR] Music appreciation 0:00 Balloon Exercise [AL] 0:00 • Bookmarks Embrace Program [AR] 10:15 Trivia Teasers [LR]

10:00 • Pamper Group [DR] 1:30 • Word Challenge [LR] 3:00 • Afternoon Stroll [CY] 1:50 • Organ Music with Barbara [AL] 3:00 • Musical Memories with Jerry! [LR] Mix & Mingle Sparkling Social 5:30 • Spelling Test Time [LR]

3:00 • Deal Me In [AR] 5:15 • Friday At The Movies & Popcorn

9:00 • Positive Affirmations

#### St. Patrick's Day 9:00 • Non-Denominational

Televised Worship Service [LR] 9:00 • Positive Affirmations [CY]

9:30 • Daily Scoop & Funnies [LR] Balloon Exercise [AL]

10:15 • Morning Stretchercise [LR] Bingo [AL]

2:30 • Hymnal Sing-A-Long [LR] 3:30 • Fun Food Facts [LR] 5:15 • Movie Night [LR]

9:00 • Positive Affirmations

9:30 • Walk and Roll Club & Music appreciation

Balloon Exercise 10:30 • Finish The Phrase [LR] 1:30 • What's in a Word [LR]

2:30 • Thymeless 5:15 • The Gangs All Here Sing-A-Long

#### Poerty on the Porch 9:00 9:00 • Positive Affirmations

10:00 • Remember When [CY] 10:30 IN2L Family Feud [LR]

10:45 Exercise w/ Mike [AL] 1:00 • Let It Grow [DR] 5:15 • IN2L Karaoke [LR]

9:00 • Positive Affirmations 9:30 • Walk and Roll Club & Music appreciation

Catholic Communion 10:15 • Spelling Challenge [LR] 1:00 • Musical Melodies with Victor [LR]

Bible Study [AL] 2:30 • Tia Chi/ Meditation [LR] 3:00 • Story Telling [LR] 5:15 • Getting To Know You [LR] 9:00 • Positive Affirmations

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0:00 • Bookmarks Embrace Program [AR] 1:50 • Organ Music with Barbara [AL] Mix & Mingle Sparkling Social 3:00 • Bookmarks [AR] 5:15 • Friday At The Movies & Popcorn

9:30 • Morning Stretch [LR] 10:00 Balloon Exercise [AL] 10:00 • Pamper Group [DR] 1:30 • Word Challenge [LR]

3:00 • Afternoon Stroll [CY] 5:30 • Back To Nature Channel [LR]

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Catholic Communion 10:15 • Spelling Challenge [LR] 1:15 • Horse Racing [AR] Bible Study [AL] 2:30 • Let's Get Crafty [AR]

5:15 • Trip Down Memory Lane [LR]

3:00 • Story Telling [LR]

10:30 • IN2L Family Feud [LR] 1:00 Bingo [AL] 1:00 • Pamper Group [DR] 1:30 • Timeless Trivia [LR] 5:15 • World News [LR]

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