



March 2021
Somewhere Over The RAINBOW!!!

Monthly Activities

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div> <div><p>a Senior Lifestyle community</p></div> <div><p>● CONNECT</p><p>● FEEL</p><p>● GROW</p><p>● MOVE</p><p>● REFLECT</p></div>	<div>MARCH BIRTHDAY'S</div> <div>LUIGI ULLIO - 3/1</div> <div>CHERYL RODGERS - 3/22</div>	<div>10:00 ● Sing & Walk</div> <div>11:00 ● Chair Yoga</div> <div>11:15 ● Good News and Tea Time</div> <div>11:30 ● Riddles</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Hall Bowling</div> <div>3:00 ● Storytelling & trivia Hour</div> <div>1</div>	<div>11:00 Indoor walking</div> <div>11:15 ● Sing and Walk</div> <div>11:30 ● Painting Social</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Margarita Tuesday</div> <div>3:00 ● Puzzle Time!</div> <div>2</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Mind Jogger</div> <div>11:30 Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Paint Social</div> <div>3:00 ● Storytelling & trivia Hour</div> <div>3</div>	<div>11:00 Stretch and Flex</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>2:30-3 ● Nails and Spa (one- on - one)</div> <div>3:30 ● Sing and Walk</div> <div>4</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Finish that Phrase</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Popcorn!!!</div> <div>2:30 ● Movie Madness</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>5</div>	<div>10:00 ● Sing & Walk</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Art & Reflection</div> <div>2:30 ● Hall Bowling (Lily and Lilac)- weather permitting outdoor bowling</div> <div>4:00 "What-a-Ya Know" Trivia!!!</div> <div>6</div>
	<div>10:30 ● Indoor/ Outdoor Walking</div> <div>10:45 ● Praise and Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Color & Trivia!!</div> <div>3:00 ● Riddles and Rhymes</div> <div>— Indoor Walking</div> <div>7</div>	<div>10:00 ● Sing & Walk</div> <div>11:00 ● Chair Yoga</div> <div>11:15 ● Good News and Tea Time</div> <div>11:30 ● Riddles</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Ice Cream Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>8</div>	<div>11:00 Indoor walking</div> <div>11:30 ● Painting Social</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>3:00 ● Puzzle Time!</div> <div>3:30 ● Sing and Walk</div> <div>9</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Mind Jogger</div> <div>11:30 Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Paint Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>10</div>	<div>11:00 Stretch and Flex</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>2:30-3 ● Nails and Spa (one- on - one)</div> <div>3:30 ● Sing and Walk</div> <div>11</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Finish that Phrase</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Popcorn!!!</div> <div>2:30 ● Movie Madness</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>12</div>	<div>10:00 ● Sing & Walk</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Pancake and Music</div> <div>2:30 ● Extreme Close Up</div> <div>4:00 "What-a-Ya Know" Trivia!!!</div> <div>13</div>
	<div>Daylight Saving Time Begins</div> <div>10:30 ● Indoor/ Outdoor Walking</div> <div>10:45 ● Praise and Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Color & Trivia!!</div> <div>3:00 ● Riddles and Rhymes</div> <div>— Indoor Walking</div> <div>14</div>	<div>10:00 ● Sing & Walk</div> <div>11:00 ● Chair Yoga</div> <div>11:15 ● Good News and Tea Time</div> <div>11:30 ● Riddles</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Ice Cream Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>15</div>	<div>11:00 Indoor walking</div> <div>11:30 ● Rainbow Art Day</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>3:00 ● Puzzle Time!</div> <div>3:30 ● Sing and Walk</div> <div>16</div>	<div>St. Patrick's Day</div> <div>11:00 ● Chair Yoga</div> <div>11:15 ● Mind Jogger</div> <div>11:30 Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Paint Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>17</div>	<div>11:00 Stretch and Flex</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>2:30-3 ● Nails and Spa (one- on - one)</div> <div>3:30 ● Sing and Walk</div> <div>18</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Finish that Phrase</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Popcorn!!!</div> <div>2:30 ● Movie Madness</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>19</div>	<div>10:00 ● Sing & Walk</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Art & Reflection</div> <div>2:30 ● Hall Bowling (Lily and Lilac)- weather permitting outdoor bowling</div> <div>4:00 "What-a-Ya Know" Trivia!!!</div> <div>20</div>
	<div>10:30 ● Indoor/ Outdoor Walking</div> <div>10:45 ● Praise and Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Color & Trivia!!</div> <div>3:00 ● Riddles and Rhymes</div> <div>— Indoor Walking</div> <div>21</div>	<div>10:00 ● Sing & Walk</div> <div>11:00 ● Chair Yoga</div> <div>11:15 ● Good News and Tea Time</div> <div>11:30 ● Riddles</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Ice Cream Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>22</div>	<div>11:00 Indoor walking</div> <div>11:30 ● Painting Social</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>3:00 ● Puzzle Time!</div> <div>3:30 ● Sing and Walk</div> <div>23</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Mind Jogger</div> <div>11:30 Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Paint Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>24</div>	<div>11:00 Stretch and Flex</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>2:30-3 ● Nails and Spa (one- on - one)</div> <div>3:30 ● Sing and Walk</div> <div>25</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Finish that Phrase</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Popcorn!!!</div> <div>2:30 ● Movie Madness</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>26</div>	<div>10:00 ● Sing & Walk</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:00 ● Pancake and Music</div> <div>2:30 ● Extreme Close Up</div> <div>4:00 "What-a-Ya Know" Trivia!!!</div> <div>27</div>
	<div>10:30 ● Indoor/ Outdoor Walking</div> <div>10:45 ● Praise and Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Color & Trivia!!</div> <div>3:00 ● Riddles and Rhymes</div> <div>— Indoor Walking</div> <div>28</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Good News and Tea Time</div> <div>11:30 ● Riddles</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Ice Cream Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>4:00 ● Sing & Walk</div> <div>29</div>	<div>11:00 Indoor walking</div> <div>11:30 ● Painting Social</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Card Games!!</div> <div>3:00 ● Puzzle Time!</div> <div>3:30 ● Sing and Walk</div> <div>30</div>	<div>11:00 ● Chair Yoga</div> <div>11:15 ● Mind Jogger</div> <div>11:30 Sing Along</div> <div>12:00 Lunch Hour</div> <div>1:00 ● Hydration Hour</div> <div>2:30 ● Paint Social</div> <div>3:30 ● Storytelling & trivia Hour</div> <div>31</div>			