March 2021 Monthly Activities Somewhere Over The RAINBOW!!! Tuesday Wednesday Thursday Sunday Monday Friday Saturday 4 11:00 • Chair Yoga 3 11:00 5 10:00 Sing & Walk Lunch Hour 2 11:00 • Chair Yoga 11:15 • Mind Jogger 11:00 10:00 • Sing & Walk Stretch and Indoor MARCH BIRTHDAY'S walking 11:15 • Finish that 11:00 • Chair Yoga Flex 11:15 • Sing and Walk 12:00 Lunch Hour 11:15 • Good News 11:30 Sing Along Phrase 1:00 • Hydration 11:30 Painting Social 1:00 • Hydration Hour Lunch Hour and Tea Time 12:00 Lunch Hour 12:00 Hour LUIGI ULLIO - 3/1 11:30 • Riddles 12:00 Lunch Hour 1:00 • Hydration Hour 2:30 • Card Games!! 1:00 • Hydration Hour 2:00 • Art & Reflection CHERYL RODGERS - 3/22 12:00 Lunch Hour 1:00 • Hydration Hour 2:30 • Paint Social 2:30-3 • Nails and Spa (one- on 2:00 • Popcorn!!! 2:30 • Hall Bowling (Lily and Lilac)- weather 1:00 • Hydration Hour 2:30 • Margarita Tuesday - one) 2:30 • Movie Madness 3:00 • Storytelling & trivia permitting outdoor 2:30 • Hall Bowling 3:00 • Puzzle Time! 3:30 • Sing and Walk 3:30 • Storytelling & trivia Hour WWW.SENIORLIFESTYLE.COM bowling 3:00 • Storytelling & trivia Activities are subject to change "What-a-Ya Know" 4:00 Hour Trivia!!! 8 11:00 **→** 10:00 • Sing & Walk Indoor 11:00 • Chair Yoga 11:00 Stretch and 11:00 • Chair Yoga 10:00 • Sing & Walk 10:30 • Indoor/ 11:00 • Chair Yoga Outdoor walking 11:15 • Mind Jogger Flex 11:15 • Finish that Lunch Hour 12:00 Walking 11:15 • Good News 11:30 Painting Sing Along Lunch Hour Phrase 11:30 12:00 1:00 • Hydration 10:45 • Praise and Sing Along and Tea Time Social Lunch Hour 1:00 • Hydration Hour Lunch Hour 12:00 12:00 Hour **PEACHTREE** Lunch Hour 11:30 • Riddles 12:00 Lunch Hour 2:30 • Card Games!! 1:00 • Hydration Hour 2:00 • Pancake and Music 1:00 • Hydration Hour **CREEK** 1:00 • Hydration Hour 12:00 1:00 • Hydration Hour 2:30-3 • Nails and Spa (one- on Lunch Hour 2:00 • Popcorn!!! 2:30 • Extreme Close Up 2:30 • Paint Social 2:30 • Color & Trivia!! 2:30 • Card Games!! 1:00 • Hydration Hour one) 2:30 • Movie Madness "What-a-Ya Know" 3:30 • Storytelling & trivia 4:00 3:00 • Riddles and Rhymes 3:00 • Puzzle Time! 2:30 • Ice Cream Social 3:30 • Sing and Walk 3:30 • Storytelling & trivia Trivia!!! Hour a Senior Lifestyle community Indoor Walking 3:30 • Sing and Walk Hour 3:30 • Storytelling & trivia Hour 5 11:00 8 **Daylight Saving Time** 10:00 • Sing & Walk Indoor St. Patrick's Day 11:00 Stretch and 11:00 • Chair Yoga 10:00 • Sing & Walk 4 11:00 • Chair Yoga 11:15 • Finish that **Begins** walking 11:00 • Chair Yoga Flex 12:00 Lunch Hour CONNECT 11:15 • Good News 11:30 Rainbow Art 11:15 • Mind Jogger 12:00 Lunch Hour Phrase 1:00 • Hydration 10:30 • Indoor/ Day 1:00 • Hydration Hour **Outdoor Walking** and Tea Time 12:00 Lunch Hour Sing Along Hour 11:30 FEEL 12:00 Lunch Hour 1:00 • Hydration Hour 2:00 • Art & Reflection 10:45 Praise and Sing Along 11:30 • Riddles 2:30 • Card Games!! Lunch Hour 12:00 2:30 • Hall Bowling (Lily and 1:00 • Hydration Hour 12:00 Lunch Hour 12:00 Lunch Hour 2:30-3 • Nails and Spa (one- on 2:00 • Popcorn!!! 1:00 • Hydration Hour GROW 2:30 • Card Games!! 2:30 • Movie Madness Lilac)- weather 1:00 • Hydration Hour - one) 1:00 • Hydration Hour 2:30 • Paint Social permitting outdoor 3:00 • Puzzle Time! 3:30 • Sing and Walk MOVE 3:30 • Storytelling & trivia 2:30 • Color & Trivia!! 2:30 • Ice Cream Social 3:30 • Storytelling & trivia bowling 3:30 • Sing and Walk 3:00 • Riddles and Rhymes 3:30 • Storytelling & trivia Hour REFLECT "What-a-Ya Know" Hour Indoor Walking Trivia!!! 23 11:00 • Chair Yoga 11:15 • Mind Jogger 10:00 • Sing & Walk 22 11:00 11:00 • Chair Yoga 11:00 26 10:00 • Sing & Walk 10:30 • Indoor/ Indoor Stretch and walking 11:15 • Mind Jogger 11:15 • Finish that Outdoor 11:00 • Chair Yoga Flex 12:00 Lunch Hour Walking Lunch Hour 11:15 • Good News 11:30 Painting 11:30 Sing Along Phrase 1:00 • Hydration 10:45 • Praise and Sing Along Social 1:00 • Hydration Hour Lunch Hour and Tea Time 12:00 Lunch Hour 12:00 Hour Lunch Hour 12:00 12:00 Lunch Hour 2:30 • Card Games!! 1:00 • Hydration Hour 11:30 • Riddles 1:00 • Hydration Hour 2:00 • Pancake and Music 1:00 • Hydration Hour 1:00 • Hydration Hour 12:00 Lunch Hour 2:30 • Paint Social 2:30-3 • Nails and Spa (one- on 2:00 • Popcorn!!! 2:30 • Extreme Close Up Card Games!! 2:30 • Color & Trivia!! 1:00 • Hydration Hour 2:30 3:30 • Storytelling & trivia one) 2:30 • Movie Madness 4:00 "What-a-Ya Know" 3:30 • Sing and Walk 3:00 • Riddles and Rhymes 3:00 • Puzzle Time! 3:30 • Storytelling & trivia Trivia!!! 2:30 • Ice Cream Social Hour Indoor Walking 3:30 • Sing and Walk Hour 3:30 • Storytelling & trivia Hour 28 11:00 • Chair Yoga 11:15 • Good News 29 11:00 10:30 • Indoor/ Indoor 11:00 • Chair Yoga 31 Outdoor 11:15 • Good News walking 11:15 • Mind Jogger Walking and Tea Time 11:30 • Painting Sing Along 11:30 10:45 • Praise and Sing Along 11:30 • Riddles Social 12:00 Lunch Hour 12:00 Lunch Hour Lunch Hour 12:00 Lunch Hour 12:00 1:00 • Hydration Hour 1:00 • Hydration Hour 1:00 • Hydration Hour 1:00 • Hydration Hour 2:30 • Paint Social 2:30 • Color & Trivia!! 2:30 • Card Games!! 2:30 • Ice Cream Social 3:30 • Storytelling & trivia 3:00 • Riddles and Rhymes 3:00 • Puzzle Time! 3:30 • Storytelling & trivia Hour Indoor Walking 3:30 • Sing and Walk Hour 4:00 • Sing & Walk