


March 2024

Sabal Palms Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March cont'd</div> <div>31</div> <div>Easter</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:30 🎵 Hymn Sing-A-Long [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends [PL]</div> <div>3:30 🎮 Game Time [GR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div></div> <div>SABAL PALMS</div> <div>ASSISTED LIVING &amp; MEMORY CARE</div> <div>A Protea Senior Living Community</div>	<div>DA *Discover Adventure</div> <div>FB *Find Balance</div> <div>GB *Give Back</div> <div>LI *Live Inspired</div> <div>MC *Maintain Connections</div> <div>SK *Seek Knowledge</div> <div>SS *Stay Strong</div> <div>🧠 Intellectual</div> <div>🍴 Meal</div> <div>➡ Physical</div> <div>⭐ Purposeful</div> <div>🌿 Social</div> <div>🦋 Spiritual</div>	<div>Location Keys</div> <div>Activities Room AR</div> <div>Dining Room DR</div> <div>Front Lobby FL</div> <div>Game Room GR</div> <div>Movie Theater MT</div> <div>Piano Lounge PL</div>		<div>1</div> <div>8:00 🍴 Breakfast [AR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00pi 🕒 Balloon Volleyball [GR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 🎮 Turner Classic Movies [MT]</div>	<div>2</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:00 ➡ Exercise [AR]</div> <div>11:00 🕒 Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Movie Matinee [MT]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div> <div>6:15 SK Resident Led Card Games [GR]</div>
<div>3</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:30 🎵 Hymn Sing-A-Long [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends [PL]</div> <div>3:30 🎮 Game Time [GR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>4</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:30 🎵 Catholic Communion [PL]</div> <div>11:15 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>12:45 DA Shopping Trip: WalMart [FL]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>5</div> <div>8:00 🍴 Breakfast [DR]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 SK Trivia [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 SK Pre-Need Seminar by Dignity Memorial [PL]</div> <div>6:30 ⭐ Turner Classic Movies [MT]</div>	<div>6</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Resident Activity Meeting [AR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>7</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 MC FYI: Movie Memorabilia with George Betts [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:15 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>8</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00pi 🕒 F.Y.I. Story Time [AR]</div> <div>3:00 MC Wine and Friends w/ Entertainment Johnathan Brady [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 🎮 Turner Classic Movies [MT]</div>	<div>9</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:00 ➡ Exercise [AR]</div> <div>11:00 🕒 Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Movie Matinee [MT]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div> <div>6:15 SK Resident Led Card Games [GR]</div>
<div>Daylight Saving Time Begins</div> <div>10</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:30 🎵 Hymn Sing-A-Long [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends [PL]</div> <div>3:30 🎮 Game Time [GR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>11</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:30 🎵 Catholic Communion [PL]</div> <div>11:15 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>12:45 DA Bus Ride [FL]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>12</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🎮 Pet Therapy Visits</div> <div>11:00 SK Trivia [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends/Music w/ The Main Event [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>13</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 ⭐ Chef Chat [AR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>14</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:45 ⭐ Nail Envy [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:15 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>15</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo called by Dignity Memorial/Craig Flagler [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00pi 🕒 F.Y.I. Story Time [AR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 🎮 Turner Classic Movies [MT]</div>	<div>16</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:00 ➡ Exercise [AR]</div> <div>11:00 🕒 Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Movie Matinee [MT]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div> <div>6:15 SK Resident Led Card Games [GR]</div>
<div>St. Patrick's Day</div> <div>17</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:30 🎵 Hymn Sing-A-Long [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🎮 St. Patrick's Day Celebration with Skip, The One Man Band [PL]</div> <div>3:30 🎮 Game Time [GR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>18</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:30 🎵 Catholic Communion [PL]</div> <div>11:15 🕒 Quarter Bingo [AR]</div> <div>11:45 🍴 Lunch Bunch Outing [FL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>19</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 SK Trivia [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends w/ DJ Debbie &amp; Tony</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>20</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 ⭐ Resident Council Meeting [AR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>21</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 MC Crafts [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:15 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>22</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00pi 🕒 F.Y.I. Story Time [AR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 🎮 Turner Classic Movies [MT]</div>	<div>23</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:00 ➡ Exercise [AR]</div> <div>11:00 🕒 Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Movie Matinee [MT]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div> <div>6:15 SK Resident Led Card Games [GR]</div>
<div>Palm Sunday</div> <div>24</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:30 🎵 Hymn Sing-A-Long [PL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:00 🍷 Wine and Friends [PL]</div> <div>3:30 🎮 Game Time [GR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>25</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:30 🎵 Catholic Communion [PL]</div> <div>11:15 🕒 Quarter Bingo [AR]</div> <div>11:30 🍴 Nail Salon [FL]</div> <div>12:00 🍴 Lunch [DR]</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>26</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 SK Trivia [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:15 MC Wine and Friends</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>27</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>11:00 🕒 Quarter Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🎮 LRC - Left, Right, Center Dice Game</div> <div>3:00pi FB Wine and Friends Birthday Celebration w/ Johnathan Brady [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>28</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:45 ⭐ Nail Envy [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Quarter Bingo [AR]</div> <div>3:15 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div>	<div>Good Friday</div> <div>29</div> <div>8:00 🍴 Breakfast [DR]</div> <div>9:00 ⭐ Coffee &amp; Chit Chat [FL]</div> <div>10:00 ➡ Morning Exercise [AR]</div> <div>10:45 🎵 Good Friday Sermon [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 🕒 Double Bingo [AR]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 🎮 Turner Classic Movies [MT]</div>	<div>30</div> <div>8:00 🍴 Breakfast and/or Waffles [DR]</div> <div>10:00 ➡ Exercise [AR]</div> <div>11:00 🕒 Bingo [AR]</div> <div>12:00 🍴 Lunch [DR]</div> <div>2:00 DA Easter Egg Hunt</div> <div>3:00 MC Wine and Friends [PL]</div> <div>4:30 🍴 Dinner [DR]</div> <div>6:00 ⭐ Turner Classic Movies [MT]</div> <div>6:15 SK Resident Led Card Games [GR]</div>

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