

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
|  |   |   | <b>Hair – All day with Linda 1</b><br>9:00 Bookmobile Delivers<br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Chicken Run Movie 1 <sup>st</sup> Half<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00 Chicken Run 2 <sup>nd</sup> Half | <b>2</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Drum on Buckets<br>1:00 Step It Up - Walkers<br>1:30 Rosary followed by<br>2:15 Holy Communion<br>2:30 Coffee & Snack Time<br>2:45-4:00 Left Center Right                                | <b>Hair – All day with Linda 3</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:15 UTube Exercise to Music<br>10:30 Strain the Brain Game<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo in AR   | <b>4</b><br>9:30 Let's Watch a Movie<br>1:00 Step it Up Walkers<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO with Care Partner               |
| <b>5</b><br>9:30 Catholic Mass<br>10:30 Social Time<br>1:00 Step it Up<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO with Care Partner  | <b>6</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Week 1 Lenten If Not Now...When (SR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo (AR)<br>2:30 Half Time Happy Hands<br><small>Purim Begins</small>   | <b>7</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Pitty Pat Card Game (AR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 UNO (AR)<br>2:00-4:00 Oldies but Goodies For Residents not in UNO | <b>Hair – All day with Linda 8</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Residents Choice Utube Videos<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo  | <b>9</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Drum on Buckets<br>1:00 Step It Up - Walkers<br>1:30 Rosary followed by<br>2:15 Holy Communion<br>2:30 Coffee & Snack Time<br>2:45-4:00 Crazy 8's  | <b>Happy Birthday Tina</b><br><b>Hair – All day with Linda 10</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:15 Moving to the Oldies Chair Exercise to Music<br>10:30 Left Center Right<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo in AR       | <b>11</b><br>9:30 Social Time<br>10:30 Step it Up Walkers<br>1:00 Puzzle Time<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO                   |
| <b>Happy Birthday Barbara</b><br>9:30 Catholic Mass<br>10:30 Social Time<br>1:00 Step it Up<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 POKENO with Care Partner<br>6:00 Set Clocks Forward<br><small>Daylight Saving Time Begins</small> | <b>12</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30 Senior to Senior Program with students<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:30 Week 2 Guest Speaker Lenten If Not Now...When (SR)                                | <b>Happy Birthday Lucy</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30 – Catholic Mass with Father Anthony<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Music with Joe Barbara (SR)                | <b>Hair – All day with Linda 15</b><br>9:00 Bookmobile Delivers<br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 St. Charles Nursing Home Ministry - SR<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo                      | <b>16</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Drum on Buckets<br>1:00 Step It Up - Walkers<br>1:30 Rosary followed by<br>2:15 Holy Communion<br>2:30 Coffee & Snack Time<br>2:45-4:00 Left Center Right Game                          | <b>Hair – All day with Linda 17</b><br>Wear GREEN DAY<br>9:15 Spiritual Prayer Time<br>9:30- 10:15 UTube Chair Exercise<br>10:30 Making Green Snacks<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00 St. Patrick's Social<br><small>St. Patrick's Day</small> | <b>18</b><br>9:30 Let's Watch a Movie<br>1:00 Step it Up Walkers<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO with Care Partner              |
| <b>19</b><br>9:30 Catholic Mass<br>10:30 Social Time<br>1:00 Step it Up<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO with Care Partner   | <b>20</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Week 3 Lenten If Not Now...When (SR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo (AR)<br>2:30 Half Time Happy Hands<br><small>Spring Begins</small> | <b>21</b><br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Spiritual Reflections with Linda<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 UNO (AR)<br>2:00-4:00 Oldies but Goodies For Residents not in UNO                      | <b>Hair – All day with Linda 22</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Left Center Right<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo<br><small>Ramadan Begins</small>                                      | <b>23</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Drum on Buckets<br>1:00 Step It Up - Walkers<br>1:30 Rosary followed by<br>2:15 Holy Communion<br>2:30 Coffee & Snack Time<br>2:45-4:00 Crazy 8's                                       | <b>Hair – All day with Linda 24</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:15 Moving to the Oldies Chair Exercise to Music<br>10:30-11:30 Pitty Pat Card Game (AR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 POKENO (AR)                        | <b>25</b><br>9:30 Social Time<br>10:30 Step it Up Walkers<br>1:00 Puzzle Time<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 BINGO with Care Partner |
| <b>26</b><br>9:30 Catholic Mass<br>10:30 Social Time<br>1:00 Step it Up<br>2:00 Coffee/Snack Time<br>2:30 – 3:30 POKENO with Care Partner  | <b>27</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Week 4 Lenten If Not Now...When (SR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo (AR)<br>2:30 Half Time Happy Hands                                 | <b>28</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Pitty Pat Card Game (AR)<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 POKENO (AR)  | <b>Hair – All day with Linda 29</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Crazy Game<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>1:30 Music in Sunroom with Joe Barbara   | <b>Happy Birthday Jeanne</b><br><b>30</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:30 Exercise (SR)<br>10:30-11:30 Drum on Buckets<br>1:00 Step It Up - Walkers<br>1:30 Rosary followed by<br>2:15 Holy Communion<br>2:30 Coffee & Snack Time<br>2:45-4:00 Easter Crafting | <b>Hair – All day with Linda 31</b><br>9:15 Spiritual Prayer Time<br>9:30- 10:15 UTube Exercise to Music<br>10:15 Strain the Brain Game<br>1:00 Step It Up - Walkers<br>1:30 Coffee & Snack Time<br>2:00-4:00 Bingo in AR  |  |