

# March 2021

## Life Enrichment 1<sup>st</sup> Floor Gardens (MC)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 7:30 Breakfast 9:00 Qijong with Jo & Mandi 10:00 Junk Drawer Detective with Mandi 11:30 Lunch 1:00 Short Story: The Mysteries Knitters 2:30 Cardio Drumming w/Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>2</b> 7:30 Breakfast 9:00 Daily Chronicles & Chair Aerobics 10:00 Marge Ping Pong Toss w/Jo & Mandi 11:30 Lunch 1:00 Seven's Dice Game with Dan & Mandi 2:30 Meditation & Massage with Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>3</b> 7:30 Breakfast 9:00 Movin' & Shakin' Sing-along w/Dan & Mandi 10:45 Sit & Be Fit with Paige & Mandi 11:30 Lunch 1:00 It's a Wrap with Jo & Mandi 2:30 Easy as Pie w/Jo 3:30 1:1's with Jo 4:30 Dinner	<b>4</b> 7:30 Breakfast 9:00 Dotted Name Art with Mandi & Dan 10:00 Word Games with Mandi 11:30 Lunch 1:00 Hoy Game with Dan & Mandi 3:00 Cardio Drumming with Dan & Mandi 3:45 1:1's w/Mandi 4:30 Dinner	<b>5</b> 7:30 Breakfast 9:00 Chair Aerobics & Daily Chronicles 10:30 Worship with Chaplain Erin 11:30 Lunch 1:00 3,2,1 Go with Dan 2:30 Sing-along with Dan 3:30 1:1's with Dan 4:30 Dinner	<b>6</b> 8:00 Breakfast 9:00 Sit & Be Fit 10:00 Shoot for the Stars with Dan 11:30 Lunch 1:00 Big Six Dice Game 2:30 Movie Matinee: Lassie 4:30 Dinner
<b>7</b> 8:00 Breakfast 9:00 Sit & Be Fit 10:00 Hymn Sing 10:15 Walker Methodist Worship Service 11:30 Lunch 1:00 TV Show Bingo with Mandi 2:30 Movie Matinee: Footloose 4:30 Dinner	<b>8</b> 7:30 Breakfast 9:00 Qijong with Mandi 10:00 Winter Pick up Pairs with Mandi 11:30 Lunch 1:00 Remembering Avon with Jo 2:30 Cardio Drumming w/Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>9</b> 7:30 Breakfast 9:00 Daily Chronicles & Chair Aerobics 10:00 Bowling with Jo & Mandi 11:30 Lunch 1:00 5000 Dice Game with Dan & Mandi 2:30 Meditation & Massage with Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>10</b> 7:30 Breakfast 9:00 Movin' & Shakin' Sing-along w/Dan & Mandi 10:45 Sit & Be Fit with Paige & Mandi 11:30 Lunch 1:00 Shamrock Button w/Jo & Mandi 2:30 Puzzles & Pondering with Jo 3:30 1:1's with Jo 4:30 Dinner	<b>11</b> 7:30 Breakfast 9:00 Mason Jar Suncatcher with Dan & Mandi 10:00 Manicures with Mandi 11:30 Lunch 1:00 Bingo with Dan & Mandi 3:00 Cardio Drumming with Dan & Mandi 3:45 1:1's w/Mandi 4:30 Dinner	<b>12</b> 7:30 Breakfast 9:00 Chair Aerobics & Daily Chronicles 10:30 Worship with Chaplain Erin 11:30 Lunch 1:00 Card Bingo with Dan 2:30 Sing-along with Dan 3:30 1:1's with Dan 4:30 Dinner	<b>13</b> 8:00 Breakfast 9:00 Sit & Be Fit 10:00 Clover all Over with Dan 11:30 Lunch 1:00 Beat That with Dan 2:30 Movie Matinee: Pretty Woman 4:30 Dinner
<b>14</b> 8:00 Breakfast 9:00 Sit & Be Fit 10:00 Hymn Sing 10:15 Walker Methodist Worship Service 11:30 Lunch 1:00 Coffee Filter Butterfly w/Mandi 2:30 Movie Matinee: Funny Girl 4:30 Dinner	<b>15</b> 7:30 Breakfast 9:00 Qijong with Jo & Mandi 10:00 Senior Fun Pick up Pairs with Mandi 11:30 Lunch 1:00 Reminisce with Jo: Nat King Cole 2:30 Cardio Drumming w/Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>16</b> 7:30 Breakfast 9:00 Daily Chronicles & Chair Aerobics 10:00 Shoot for the Stars with Jo & Mandi 11:30 Lunch 1:00 Hoy Game with Dan & Mandi 2:30 Meditation & Massage with Jo & Mandi 3:30 1:1's with Mandi 4:30 Dinner	<b>17</b> 7:30 Breakfast 9:00 Movin' & Shakin' Sing-along w/Dan & Mandi 10:45 Sit & Be Fit with Paige & Mandi 11:30 Lunch 1:00 St. Patrick's Day Happy Hour w/Jo and Mandi 2:30 Travelogue w/Jo: Ireland 3:30 1:1's with Jo 4:30 Dinner	<b>18</b> 7:30 Breakfast 9:00 Canvas Bunny Painting with Dan & Mandi 10:00 Word Games with Mandi 11:30 Lunch 1:00 Tabletop Curling with Dan & Mandi 3:00 Cardio Drumming with Dan & Mandi 3:45 1:1's w/Mandi 4:30 Dinner	<b>19</b> 7:30 Breakfast 9:00 Chair Aerobics & Daily Chronicles 10:30 Worship with Chaplain Erin 11:30 Lunch 1:00 Word Finds with Dan 2:30 Sing-along with Dan 3:30 1:1's with Dan 4:30 Dinner	<b>20</b> 8:00 Breakfast 9:00 Sit & Be Fit 10:00 Deal the Dice with Dan 11:30 Lunch 1:00 Cover the Number with Dan 2:30 Movie Matinee: Carousel 4:30 Dinner

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>  <b>8:00</b> Breakfast <b>9:00</b> Sit & Be Fit <b>10:00</b> Hymn Sing <b>10:15</b> Walker Methodist Worship Service <b>11:30</b> Lunch <b>1:00</b> Tape Canvas Paint with Mandi <b>2:30</b> Movie Matinee: Rudy <b>4:30</b> Dinner	<b>22</b>  <b>7:30</b> Breakfast <b>9:00</b> Qijong with Jo & Mandi <b>10:00</b> Clover All Over with Mandi <b>11:30</b> Lunch <b>1:00</b> Puzzles & Pondering with Jo <b>2:30</b> Cardio Drumming w/Jo & Mandi <b>3:30</b> 1:1's with Mandi <b>4:30</b> Dinner	<b>23</b>  <b>7:30</b> Breakfast <b>9:00</b> Daily Chronicles & Chair Aerobics <b>10:00</b> Bingo with Mandi <b>11:30</b> Lunch <b>1:00</b> Marge Ping Pong Toss w/Dan & Mandi <b>2:30</b> Meditation & Massage with Jo & Mandi <b>3:30</b> 1:1's with Mandi <b>4:30</b> Dinner	<b>24</b>  <b>7:30</b> Breakfast <b>9:00</b> Movin' & Shakin' Sing-along w/Dan & Mandi <b>10:45</b> Sit & Be Fit with Paige <b>11:30</b> Lunch <b>1:00</b> Easter Egg Wreath With Mandi & Jo <b>2:30</b> Edelweiss Music Trivia with Jo <b>3:30</b> 1:1's with Jo <b>4:30</b> Dinner	<b>25</b>  <b>7:30</b> Breakfast <b>9:00</b> Spring Bird Craft with Dan & Mandi <b>10:00</b> Manicures with Mandi <b>11:30</b> Lunch <b>1:00</b> 5000 Dice Game with Dan & Mandi <b>3:00</b> Cardio Drumming with Dan & Mandi <b>3:45</b> 1:1's w/Mandi <b>4:30</b> Dinner	<b>26</b>  <b>7:30</b> Breakfast <b>9:00</b> Chair Aerobics & Daily Chronicles <b>10:30</b> Worship with Chaplain Erin <b>11:30</b> Lunch <b>1:00</b> Big 6 with Dan <b>2:30</b> Sing-along with Dan <b>3:30</b> 1:1's with Dan <b>4:30</b> Dinner	<b>27</b>  <b>8:00</b> Breakfast <b>9:00</b> Sit & Be Fit <b>10:00</b> Aqua Painting with Dan <b>11:30</b> Lunch <b>1:00</b> 5000 Dice Game with Dan <b>2:30</b> Movie Matinee: Sister Act <b>4:30</b> Dinner
<b>28</b>  <b>8:00</b> Breakfast <b>9:00</b> Sit & Be Fit <b>10:00</b> Hymn Sing <b>10:15</b> Walker Methodist Worship Service <b>11:30</b> Lunch <b>1:00</b> Bingo Dotter Painting w/Mandi <b>2:30</b> Movie Matinee: South Pacific <b>4:30</b> Dinner	<b>29</b>  <b>7:30</b> Breakfast <b>9:00</b> Qijong with Jo & Mandi <b>10:00</b> Paint by Numbers with Mandi <b>11:30</b> Lunch <b>1:00</b> Reminisce with Jo <b>2:30</b> Cardio Drumming w/Jo & Mandi <b>3:30</b> 1:1's with Mandi <b>4:30</b> Dinner	<b>30</b>  <b>7:30</b> Breakfast <b>9:00</b> Daily Chronicles & Chair Aerobics <b>10:00</b> Shoot for the Stars with Mandi <b>11:30</b> Lunch <b>1:00</b> Easter Bingo with Dan & Mandi <b>2:30</b> Meditation & Massage with Jo & Mandi <b>3:30</b> 1:1's with Mandi <b>4:30</b> Dinner	<b>31</b>  <b>7:30</b> Breakfast <b>9:00</b> Movin' & Shakin' Sing-along w/Dan & Mandi <b>10:45</b> Sit & Be Fit with Paige <b>11:30</b> Lunch <b>1:00</b> Easter Bunny Topiary <b>2:30</b> Music Trivia with Jo <b>3:30</b> 1:1's with Jo <b>4:30</b> Dinner			
			(		Please note all activities are subject to change. Please check daily calendars located on bulletin board.	