



March 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DAILY ACTIVITIES</p> <p>9:00 Morning Exercise 9:30 Morning Social & Headlines/News 1:30 to 2:30 In-room Visits/1:1 Bedside Activities 10:00 & 2:00 Snack Time 10:00 to 3:00 Please refer to this calendar</p>						
 5 10:00 Karaoke Time! 10:30 Ring Toss 1:30 Hanafuda Club 3:00 Chair Yoga	 6 10:00 BINGO! 1:30 Movie Day 3:00 Silver Sneakers	 7 10:00 Bean Bag Toss 1:30 Manicure Day! 3:00 Chair Zumba	8 10:00 BINGO! 1:30 Euro Tour! 3:00 Toss Ball	9 10:00 Birthday Party! 10:30 Party Games! 1:30 Blackjack club! 3:00 Thera Band Exercise 	 10 10:00 BINGO! 1:30 Mini Games 3:00 Afternoon Stretch	 11 10:00 Sing-along 10:30 Beach Ball Toss 1:30 Puzzles 3:00 Dancercise
12 10:00 Virtual Catholic Svc. 11:00 Let's Talk Stories 1:30 Massage Therapy 3:00 Thera Band Exercise 	13 10:00 BINGO! 1:30 Word Find 3:00 Toss Ball	14 10:00 Painting Class 1:30 Casino Games 3:00 Silver Sneakers 	15 10:00 BINGO! 1:30 Picture Match 3:00 Dancercise 	16 10:00 Food Demo 1:30 Arts & Crafts 3:00 Afternoon Stretch	17 St. Patrick's Day! 10:00 BINGO! 1:30 Color Therapy 3:00 Thera Band Exercise 	18 10:00 Sing-along 10:30 Let's go Fishing! 1:30 Mini Games 3:00 Toss Ball
19 10:00 Karaoke Time! 10:30 Bullseye Target Toss 1:30 Puzzles 3:00 Afternoon Stretch 	20 First day of Spring 10:00 BINGO 1:30 Arts & Crafts 3:00 Dancercise 	21 10:00 Gardening 1:30 Manicure Day! 3:00 Chair Yoga	22 10:00 BINGO! 1:30 Rock Painting 3:00 Toss Ball	23 10:00 Spelling Bee 10:30 Bean Bag Toss 1:30 Card Games 3:00 Chair Zumba 	24 10:00 BINGO 1:30 Movie Day! 3:00 Afternoon Stretch	25 10:00 Sing-along 10:30 Trivia 1:30 Color Therapy 3:00 Thera Band Exercise 
26 10:00 Virtual Buddhist Svc. 11:00 Let's Talk Stories 1:30 Movie Day 3:00 Dancercise	27 10:00 BINGO! 1:30 Card Games 3:00 Chair Yoga	28 10:00 Bowling 1:30 Color Therapy 3:00 Chair Zumba 	29 10:00 BINGO! 1:30 Music Therapy 3:00 Afternoon Stretch 	30 10:00 Ring Toss 11:00 Lets Visit the Garden 1:30 Mini Games 3:00 Silver Sneakers	31 10:00 BINGO 1:30 Puzzles 3:00 Toss Ball 	