gull creek
A Senior Living Community

MARCH 2024

Dimensions of Wellness
- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places
- AR — Activity Room
- All — All Floors
- LIB — Library
- I — Independent
- LOB — Lobby
- OG — Outside Grounds
- SR — Sunroom

Please see the Daily Activity Sheets posted in the lobby for any changes.

Happy Birthday!

- 3/2 Virginia
- 3/8 Miriam
- 3/13 Jim
- 3/14 Terry
- 3/19 Pat A.
- 3/30 Joyce

Family Bingo Night 3/12

Entertainment 3/14

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 31 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Morning Social AR 2:00 Po-Ke-No Game AR	*Earth Day*	*March 17th - Happy St. Patrick's Day*		**March 10th** **Set your clocks an hour ahead before you go to bed.**	**01** Nat'l Dress in Blue Day All 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Ball Toning Exercises AR 11:00 The Daily Chronicles & Discussion AR 2:00 Bingo Bonanza AR	**02** 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 2:00 Rummikub Game AR 3:15 Game Show Network AR
03 National Anthem Day All 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Morning Social AR 1:30 Singing of the National Anthem LOB 2:00 Shut the Box Game AR	**04** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Stretch & Flex AR 11:00 Who Am I? Trivia Game AR 1:00 Pet Visit with Sasha (Poodle) LOB 2:00 Bingo Bonanza AR	**05** 8:00 Morning News AR 9:00 Ocean Downs Casino Trip AR 10:00 Food Lion Outing OG 1:15 Bible Study with Betty LIB 2:00 Yahtzee Game AR	**06** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Working out with Weights AR 11:00 March IQ AR 2:00 Bingo w/ Enhabit AR	**07** 8:00 Morning News AR 10:30 Coffee & Trivia Social AR 2:00 Travelogue- New Jersey AR 3:15 OP Community Church - Communion Offered SR	**08** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Ball Toning Exercises AR 11:00 The Daily Chronicles & Discussion AR 2:00 Bingo Bonanza AR 6:00 First Baptist Hymn Singing SR	**09** 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Easter Egg Critters Craft AR 2:00 Po-Ke-No Game AR 3:15 Game Show Network AR
10 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Morning Social AR 2:00 Mini Foil Balloon Craft AR	**11** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Stretch & Flex AR 11:00 Star of the Month- Rex Harrison AR 2:00 Bingo Bonanza AR	**12** Nat'l Plant a Flower Day All 8:00 Morning News AR 10:00 Food Lion Outing OG 10:30 Working out with Weights AR 11:00 Good Luck, Bad Luck Superstitions AR 2:00 Flower Seed Planting SR 5:30 Family Bingo Night SR	**13** 8:00 Morning News AR 8:30 Hymn Singing LIB 9:00 Scenic Ride OG 12:30 Pop Up Library Visit AR 2:00 Bingo Bonanza AR	**14** 8:00 Morning News AR 11:00 Out to Lunch Trip OG 2:00 Earth Day Seed Project AR 6:30 Entertainment by Peter's Voice AR	**15** Wear Your Green Day All 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Ball Toning Exercises AR 11:00 The Daily Chronicles & Discussion AR 2:00 Bingo Bonanza AR	**16** 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Yahtzee Game AR 1:30 Afternoon Movie Matinee AR 3:15 Game Show Network AR
St. Patrick's Day 17 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Morning Social AR 2:00 St. Patrick's Day Social AR	**18** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Stretch & Flex AR 11:00 What Am I? Trivia Game AR 2:00 Bingo Bonanza AR	**19** First Day of Spring All 8:00 Morning News AR 10:00 Food Lion Outing OG 10:30 Tea for Two Social AR 1:15 Bible Study with Betty LIB 2:30 Spring Slushie Social OG	**20** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Working out with Weights AR 11:00 "Sum" Punny Math Humor AR 2:00 Bingo Bonanza AR	**21** 8:00 Morning News AR 10:30 Ball Toning Exercises AR 11:00 Trivia Social AR 2:00 St. John Neuman - Communion Offered AR 2:45 Absolutely Irish Showing AR	**22** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:00 Easter Egg Hunt OG 2:00 Bingo Bonanza AR	**23** 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Time to Bake AR 2:00 March Birthday Social AR 3:15 Game Show Network AR
24 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 10:30 Morning Social AR 2:00 Paper Carrots Door Decor Craft AR	**25** Maryland Day All 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Whole Health Brain Fitness AR 2:00 Bingo Bonanza AR	**26** Wear a Hat Day All 8:00 Morning News AR 10:00 Ocean Downs Casino & Lunch Trip LOB 10:00 Food Lion Outing OG 2:00 Resident Council AR	**27** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Working out with Weights AR 11:00 Modern Jeopardy Trivia AR 2:00 Bingo Bonanza AR	**28** 7:30 Men's Breakfast AR 8:00 Morning News AR 10:30 Coffee & Trivia Social AR 2:00 Ice Cream Outing LOB	**29** 8:00 Morning News AR 8:30 Hymn Singing LIB 10:30 Ball Toning Exercises AR 11:00 The Daily Chronicles & Discussion AR 2:00 Bingo Bonanza AR	**30** 8:00 Morning News AR 9:00 Exercise Time I 9:30 Pinochle Game/Learn to Play AR 2:00 Shut the Box Game AR 3:15 Game Show Network AR