

If you would like an activity/service not reflected on the calendar, please see RSC/Administrator.

Activities are subject to change.

Monthly Wellness checks with nursing conducted the first thru the 10th of each month.

# HAPPY St. Patrick's DAY

MARCH 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



01	02	03	04	05	06
10:00 Sit & Be Fit ActRm 10:30 Wii-Sports TH 03:00 General Store 1 person @ a time CS	10:00 Balance Class ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 01:30 Knitting Class ActRm  Welcome new RSC Jane Smith!	10:00 Yoga Class ActRm 01:30 Bingo DR 03:00 General Store 1 person @ a time CS	10:00 Octaband Exercise w Music ActRm 01:30 Creative Art & Expression ActRm 03:00 Thirsty Thursday: Mobile Drink Cart RM 03:30 Wii-Bowl TH	10:00 Walking Club ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 02:00 Afternoon Movie w/ Popcorn To Go TH	10:00 Adult Coloring RM 01:00 Independent Word Search/Sudoku Puzzles RM 05:00 Indoor Walking MOB
07	08	09	10	11	12
10:30 Channel 8 Catholic Mass RM 01:00 Independent Activity Station ActRm 05:00 Independent Walking or Exercise RM	10:00 Sit & Be Fit ActRm 10:30 Wii-Sports TH 03:00 General Store 1 person @ a time CS	10:00 Balance Class ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 01:30 Knitting Class ActRm	10:00 Yoga Class ActRm 01:30 Bingo DR 03:00 General Store 1 person @ a time CS	10:00 Octaband Exercise w Music ActRm 01:30 Creative Art & Expression ActRm 03:00 Mobile Library RM 03:30 Wii-Bowl TH	10:00 Walking Club ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 02:00 Afternoon Movie w/ Popcorn To Go TH
14	15	16	17	18	19
Daylight Savings Time Begins 10:30 Channel 8 Catholic Mass RM 01:00 Independent Activity Station ActRm 01:30 Pi Day- Pie Cart delivery RM 05:00 Independent Walking or Exercise RM	10:00 Sit & Be Fit ActRm 10:30 Wii-Sports TH 03:00 General Store 1 person @ a time CS	10:00 Balance Class ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 01:30 Knitting Class ActRm	10:00 Yoga Class ActRm 01:30 Bingo DR 01:30 St. Patrick's Day Party ActRm  St Patrick's Day- wear green!	10:00 Octaband Exercise w Music ActRm 01:30 Creative Art & Expression ActRm 03:00 Thirsty Thursday: Mobile Drink Cart RM 03:30 Wii-Bowl TH	10:00 Walking Club ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 02:00 Afternoon Movie w/ Popcorn To Go TH
21	22	23	24	25	26
10:30 Channel 8 Catholic Mass RM 01:00 Independent Activity Station ActRm 05:00 Independent Walking or Exercise RM	10:00 Sit & Be Fit ActRm 10:30 Wii-Sports TH 03:00 General Store 1 person @ a time CS	10:00 Balance Class ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 01:30 Knitting Class ActRm	10:00 Yoga Class ActRm 01:30 Bingo DR 03:00 General Store 1 person @ a time CS	10:00 Octaband Exercise w Music ActRm 01:30 Creative Art & Expression ActRm 03:00 Mobile Library RM 03:30 Wii-Bowl TH	10:00 Walking Club ActRm 10:30 Meet & Greet w/ To go Coffee ActRm 02:00 Afternoon Movie w/ Popcorn To Go TH
28	29	30	31		
Palm Sunday 10:30 Channel 8 Catholic Mass RM 01:00 Independent Activity Station ActRm 05:00 Independent Walking or Exercise RM	10:00 Sit & Be Fit ActRm 10:30 Wii-Sports TH 03:00 General Store 1 person @ a time CS	10:00 Balance Class ActRm 10:30 Men's Group ActRm 02:00 Resident Council Meeting DR	10:00 Yoga Class ActRm 01:30 Bingo DR 03:00 General Store 1 person @ a time CS		

Please sign up for scheduled family visits at the reception desk.



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- ActRm Activity Room
- TH Theater
- CS Country Store
- DR Dining Room
- RM Room
- MOB Mobile

Please wear your mask and practice social distancing at all times when outside your apartment.

Please sign up for all activities you wish to attend.

Welcome new Resident Services Coordinator Jane Smith on March 2nd!

Spring your clocks forward one hour March 14th!