

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



MARCH 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

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

Meeting Places

- A** Your Apartment
- DR** Dinning Room
- GP** Gathering Place
- ML** Main Lobby
- AR** Activity Room
- GS** General Store
- HC** Hall Cart

Please Speak with Activities or Reception to help set up family visits. You must be off quarantine.

When out of your room, please wear a mask and wash your hands

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Resident Council is for everyone to participate. A survey will be shared with everyone who is unable to attend because they are finishing their quarantine.</p>	<p>01</p> <p>09:00a Small Group Chair Exercise GP</p> <p>10:30a Building Yahtzee: Round 11, 12 & 13 A</p> <p>02:00p World Compliment Day: Lets pass out smiles DR</p>	<p>02</p> <p>10:00a Word Play: Word/Letter Puzzle Packets A</p> <p>01:00p Crazy About Craft Day: DIY Projects DR</p> <p>03:00p Cat in the Hat Coloring Pages A</p>	<p>03</p> <p>09:30a Independent Chair Exercise GP</p> <p>10:00a Independent Card Games A</p> <p>02:00p Cake Mix Day: Snack with History A</p>	<p>04</p> <p>08:00a Four Leaf Clover Hunt ML</p> <p>10:00a My Life Story: Biography Project A</p> <p>01:00p Resident Council DR</p> <p>03:00p Small Group Bingo DR</p>	<p>05</p> <p>10:00a General Store Open GS</p> <p>01:00p Employee Appreciation: DIY Thank You Cards DR</p> <p>03:00p Weekend Packet-Passed Out A</p>	<p>06</p> <p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>
<p>07</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>08</p> <p>09:00a Small Group Chair Exercise A</p> <p>11:30a Independent Card Games A</p> <p>03:00p International Women's Day: HERstory Readings A</p>	<p>09</p> <p>10:00a General Store Open GS</p> <p>10:00a Word Play: Puzzle Packets A</p> <p>11:00a Four Leaf Clover Hunt ML</p> <p>03:00p Ford Mustang Day: Ford History A</p>	<p>10</p> <p>09:30a Independent Chair Exercise A</p> <p>10:00a Independent Card Games A</p> <p>04:00p Four Leaf Clover Hunt ML</p>	<p>11</p> <p>10:00a Small Group Bingo DR</p> <p>01:00p Johnny Appleseed: History of the Apple Tree A</p> <p>03:30p Fun with Mad-Libs A</p>	<p>12</p> <p>10:00a Weekend Packet-Passed Out A</p> <p>01:00p Plant A Flower Day: Vivera Standing Gardens ML</p> <p>03:00p Garden Stepping Stone: Craft AR</p>	<p>13</p> <p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>
<p>14</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>15</p> <p>09:00a Small Group Chair Exercise A</p> <p>11:30a Independent Card Games A</p> <p>02:00p Make your Own Clothing Protector DR</p>	<p>16</p> <p>10:00a Word Play: Word/Letter Puzzle Packets A</p> <p>01:00p Activity Cart: Pick Your Project HC</p> <p>03:00p March Madness: Make your Bracket A</p>	<p>17</p> <p>07:00a Wear Green Day A</p> <p>10:00a Independent Card Games A</p> <p>02:00p Independent Chair Exercise A</p>	<p>18</p> <p>10:00a My Life Story: Biography Project A</p> <p>02:00p Small Group Yahtzee DR</p> <p>03:00p Small Group Bingo DR</p>	<p>19</p> <p>10:00a General Store Open GS</p> <p>12:00p Irish Themed Lunch DR</p> <p>03:00p Weekend Packet-Passed Out A</p>	<p>20</p> <p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>
<p>21</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>22</p> <p>09:00a Small Group Chair Exercise A</p> <p>11:30a Independent Card Games A</p> <p>02:00p Common Myths and Stories GP</p>	<p>23</p> <p>10:00a General Store Open GS</p> <p>10:00a Word Play: Word/Letter Puzzle Packets A</p> <p>02:00p Small Group Yahtzee AR</p>	<p>24</p> <p>09:00a Independent Chair Exercise A</p> <p>11:00a Independent Card Games A</p> <p>02:00p Make Your Own Cartoon A</p>	<p>25</p> <p>10:00a Small Group Bingo DR</p> <p>01:30p General Store ToGo A</p> <p>03:30p Fun with Mad-Libs A</p>	<p>26</p> <p>08:00a Funny Friday: Wear A Goofy Outfit A</p> <p>11:00a Weekend Packet-Passed Out A</p> <p>03:00p Fun with Karaoke GP</p>	<p>27</p> <p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>
<p>28</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>29</p> <p>09:00a Small Group Chair Exercise A</p> <p>11:30a Independent Card Games A</p> <p>01:00p Pen Pals: Kindergarten Class AR</p>	<p>30</p> <p>10:00a Word Play: Word/Letter Puzzle Packets A</p> <p>01:00p Crayon Day: Crayon Melt Project AR</p> <p>03:00p General Store ToGo HC</p>	<p>31</p> <p>09:00a Independent Chair Exercise A</p> <p>10:00a Independent Card Games A</p> <p>03:00p Bingo Packet A</p>	<p>Religious Service listings: First Christian Church: Online on FCCOC.org or on the Radio 91.1 FM 11:30-12pm North Christian Church: Follow on Facebook and Youtube for online services.</p>	<p>All small group activities must be signed up for, call reception to be put on the list.</p> <p>Look forward to your monthly wellness check with the nursing department</p>	<p>Please schedule a daily walk with Peyton in activities or Donna at the front desk. Lets get out and explore</p>