


Essentials





March

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joy Ride - LR 11:00am Cranium Crunches- A&C 12:00pm Lunch 1:30pm Ukulele Performance-TR 1:30pm Monthly Gazette- A&C 2:30pm Desserts with Sarah- CK 3:30pm Armchair Travel- TR 5:00pm Dinner 6:15pm Movie Night- TR	2 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Sound of Music Sing-along 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:15pm Movie Night- TR
3 World Wildlife Day 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am Craft: Wildlife Photos- A&C 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm Baking Club: Monkey Bread 5:00pm Dinner 6:15pm Movie Night- TR	4 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Lucky Charm Minute to Win It- A&C 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm What does your name mean? - Bis 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	 5 Mardi Gras 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Mardi Gras Mask Making- A&C 12:00pm Lunch 1:30pm Bingo- A&C 2:00pm Sensory Outings- LR 3:00pm Musical Minds & Sing Along - LR 5:00pm Dinner 5:30pm Mardi Gras with Gary White- BIS 6:00pm Viewer's Choice TV- TR	6 Ash Wednesday 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Fire Side Chat- Hall 222 12:00pm Lunch 1:00pm Museum of Contemporary Art- BUS 1:30pm The Devine Michelangelo Biography- TR 2:30pm Hands and Nails- A&C 3:30pm Root Beer Floats- BIS 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	7 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Bible Study- PDR 11:00am Resident Council Meeting- TR 12:00pm Lunch 1:30pm Cool Circles & Warm Squares Watercolor Weaving- A&C 3:30pm Monthly Resident Birthday Celebration and Happy Hour- BIS 5:00pm Dinner 6:00pm Bingo- A&C	8 International Women's Day 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joy Ride - LR 11:00am Mad Libs- TR 12:00pm Lunch 1:30pm Knitting Club- LV 1:30pm Daily Chronicle- A&C 2:30pm Desserts with Sarah- CK 3:30pm Armchair Travel- TR 5:00pm Dinner 6:15pm Movie Night- TR	9 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Barbie Trivia- A&C 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:15pm Movie Night- TR
10 Daylight Savings Time 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am YouTube: Animals in Clothing- TR 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm The History of Daylight Savings- A&C 5:00pm Dinner 6:15pm Movie Night- TR	11 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Cranium Crunches- A&C 11:30am Dale the Mountain Man- DR 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm Word Search- TR 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	12 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am St. Patrick's Day Pictionary- A&C 12:00pm Lunch 1:30pm Bingo- A&C 1:30pm Penny Toss- Bis 3:00pm Musical Minds & Sing Along - LR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	13 Foot Clinic 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Lunch Outing: Torchy's Tacos- BUS 11:00am Puzzles- Atrium 12:00pm Lunch 1:30pm Hands and Nails- A&C 2:30pm Fire Side Chat- Hall 222 3:30pm Pineapple Banana Smoothies- BIS 5:00pm Dinner 6:00pm Viewer's Choice TV- TR	14 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:30am Chef Chat- PDR 11:00am Bible Study- PDR 11:00am Connect the Dots: St. Paddy's Day Edition- A&C 12:00pm Lunch 1:00pm Drawing with Julie- A&C 1:30pm Curious DragonFly Newsletter- TR 3:30pm Happy Hour with Mary Mitchell - Bis 6:00pm Dinner 6:00pm Bingo- A&C	15 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joy Ride - LR 11:00am Crossword- TR 12:00pm Lunch 1:30pm Daily Chronicle- A&C 2:30pm Desserts with Sarah- CK 3:30pm Armchair Travel- TR 5:00pm Dinner 6:15pm Movie Night- TR	16 9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Before they were famous- A&C 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:15pm Movie Night- TR



<p>17</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am Pointillism Shamrocks 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm Truth or Blarney A&C 5:00pm Dinner 5:30pm Irish Step Dancers- BIS 6:15pm Movie Night- TR</p>	<p>18</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Weird but True- A&C 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm Puzzles- A&C 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p>	<p>19 Ear Clinic</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am YouTube: A True Story about Planet Pluto- TR 12:00pm Lunch 1:30pm Bingo- A&C 2:00pm Sensory Outings- LR 3:00pm Musical Minds & Sing Along - LR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p>	<p>20 First Day of Spring</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joyride to Estes Park/Boxed Lunch- BUS 11:00am Cranium Crunches- A&C 12:00pm Lunch 1:30pm Hands and Nails- A&C 2:30pm Fire Side Chat- Hall 222 3:30pm Orange Creamsicle Shirley Temples- BIS 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p> 	<p>21</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Bible Study- PDR 11:00am Activities Meeting- A&C 12:00pm Lunch 1:30pm Scherenschnitte (Swiss Paper Cutting)-A&C 3:00pm All Staff Meeting- Dining Room Closed 4:30pm Happy Hour with Gino- BIS 5:00pm Dinner 6:00pm Bingo- A&C</p>	<p>22</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joy Ride - LR 11:00am Mix & Match: First Wives- TR 12:00pm Lunch 1:30pm Daily Chronicle 2:30pm Desserts with Sarah- CK 3:30pm Armchair Travel- TR 5:00pm Dinner 6:15pm Movie Night- TR</p>	<p>23 National Puppy Day</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Name that Dog- TR 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:15pm Movie Night- TR</p>
<p>24</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am YouTube: Kid History- LR 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm Celebrities in the Military- A&C 5:00pm Dinner 6:15pm Movie Night- TR</p>	<p>25</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Do you know all the Capitals? - A&C 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Joy Ride- BUS 1:30pm Cherry Blossom Prints- A&C 3:30pm News Currents- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p>	<p>26</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Abbott and Costello Show- TR 12:00pm Lunch 1:30pm Bingo- A&C 2:00pm Ice Cream Social- LR 3:00pm Steve & Dawn performing Mary Poppins- TR 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p>	<p>27</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Fire Side Chat- Hall 222 12:00pm Lunch 1:30pm Outing: City Donuts- BUS 1:30pm Hands and Nails- A&C 2:30pm Puzzles- TR 3:30pm Root Beer Floats- BIS 5:00pm Dinner 6:00pm Viewer's Choice TV- TR</p>	<p>28</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Bible Study- PDR 11:00am Hospitality Meeting- BIS 12:00pm Lunch 1:30pm Flying Spring Birds- A&C 3:30pm Happy Hour with Don D' Angelo- BIS 5:00pm Dinner 6:00pm Bingo- A&C</p>	<p>29</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 10:00am Joy Ride - LR 11:00am Coca-Cola Trivia and Social- TR 12:00pm Lunch 1:30pm Daily Chronicle 2:30pm Desserts with Sarah- CK 3:30pm Armchair Travel- TR 5:00pm Dinner 6:15pm Movie Night- TR</p>	<p>30</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Group Exercise- Gym 11:00am Scrapbook the Week- A&C 12:00pm Lunch 1:30pm Jeopardy!- TR 3:30pm Beer and Bingo *free bingo*- Bis 5:00pm Dinner 6:15pm Movie Night- TR</p>
<p>31</p> <p>9:00am Breakfast 9:00am Coffee Chat- Bis 10:00am Chair Yoga- Gym 10:30-11:00am- Catholic Communion- TR 11:00am YouTube: FRD's First Fireside Chat- TR 12:00pm Lunch 1:30pm Replay Matinee- TR 1:30pm Bingo- A&C 3:00pm True Confessions Day, Share interesting facts about yourself-A&C 5:00pm Dinner 6:15pm Movie Night- TR</p>						 <p>Pat M. 03/02 Carol D. 03/06 Marilyn L. 03/07 Billie B. 03/09 Bert B. 03/10 John F. 03/22 Stan M. 03/29 Marge S. 03/29 Barbara A. 03/29 Fran N. 03/30 Doreen O. 03/30</p>