




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 World Wildlife Day 10:00 Words of hope, hymns & sermons 11:00 Exercise and Hydration 2:00 Baby Animals in the wild 3:00 Gardening with Heather 4:30 Stretch your muscles 6:00 Relaxation & Music	4 10:00 Coffee and Chat 10:30 Drumming with Shirsten 1:45 Scenic Ride 3:00 Travel Video 4:30 Stretch your muscles 6:00 Relaxation & Music	5 Happy Mardi Gras! 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:15 Will Ogmundson 🎵 4:30 Stretch your muscles 6:00 Relaxation & Music	6 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:30 Bingo 4:30 Stretch your muscles 6:00 Relaxation & Music	7 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:30 Nail Salon 4:30 Stretch your muscles 6:00 Relaxation & Music	1 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Birthday party Social 3:30 Old Time Shows 4:30 Stretch your muscles 6:00 Relaxation & Music	2 Happy Birthday Phyllis! 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Movie Matinee 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
10 10:00 Words of hope, hymns & sermons 11:00 Exercise and Hydration 2:00 Movie Matinee 4:30 Stretch your muscles 6:00 Relaxation & Music	11 Happy Birthday Anna! 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old Time Shows 4:30 Stretch your muscles 6:00 Relaxation & Music	12 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:15 Dave Stone 🎵 4:30 Stretch your muscles 6:00 Relaxation & Music	13 Chicken noodle soup day! 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Cooking with Heather 3:30 Movie Matinee 6:00 Relaxation & Music	14 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:30 Happy Hour 4:30 Stretch your muscles 6:00 Relaxation & Music	15 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:00 Word Search fun 4:30 Stretch your muscles 6:00 Relaxation & Music	16 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Movie Matinee 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
17 Happy St. Patrick's Day! 10:00 Words of hope, hymns & sermons 11:00 Exercise and Hydration 2:00 Baking with Heather 4:30 Stretch your muscles 6:00 Relaxation & Music 🍀 🍀 🍀	18 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 2:00 Present Company 🎵 4:00 Stretch your muscles 6:00 Relaxation & Music	19 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:30 Reading with Bill 2:30 Movie Matinee 4:30 Stretch your muscles 6:00 Relaxation & Music	20 International day of happiness! 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Collages 3:30 Old Time Shows 4:30 Stretch your muscles 6:00 Relaxation & Music	21 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:30 Nail Salon 4:30 Stretch your muscles 6:00 Relaxation & Music	22 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:30 Book Marks 4:30 Stretch your muscles 6:00 Relaxation & Music	23 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Movie Matinee 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
24 10:00 Words of hope, hymns & sermons 11:00 Exercise and Hydration 2:30 Mike McCarthy 🎵 4:30 Stretch your muscles 6:00 Relaxation & Music	25 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old Time Shows 4:30 Stretch your muscles 6:00 Relaxation & Music	26 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:00 Old Time Shows 4:30 Stretch your muscles 6:00 Relaxation & Music	27 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Stained glass rainbows 4:30 Stretch your muscles 6:00 Relaxation & Music	28 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:30 Happy hour 4:30 Stretch your muscles 6:00 Relaxation & Music	29 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:30 Photo albums 4:30 Stretch your muscles 6:00 Relaxation & Music	30 10:00 Coffee and Chat 10:30 Travel video 11:00 Exercise and Hydration 2:00 Movie Matinee 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
31 10:00 Words of hope, hymns & sermons 11:00 Exercise and Hydration 2:00 Old time shows 4:30 Stretch your muscles 6:00 Relaxation & Music						