

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2024

Station #1 Activities Calendar

10:00 Sunday News Stories 10:30 Music & Movement 11:00 Hydration Station! 11:15 Vocal Cord Stretch! 1:15 Room Visits & Mail Delivery 2:00 Name 10 Game! 3:00 Afternoon Social & Comedy Hour 4:00 Scrapbooking Memories! 5:00 Dinner to Classic Country Hits	3	10:00 Morning Gathering/ Chronicle 10:30 Fit for Life Exercise 11:00 Harmonizing Together 1:15 Afternoon Room Visits & 1:1's 2:00 Belmont Garden Club (Trellises) 3:00 Refreshments & Reminiscing 4:00 Monday Manicures, Hand Massages & Aromatherapy 5:00 Dinner to Beautiful Celtic Music	4	10:00 Greetings & News Headlines 10:30 Balloon Toss & Gentle Stretch 11:00 Musical Memories 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Famous Faces Guessing Game! 3:00 Resident Social & Reading Together 4:00 Which One Doesn't Belong? 5:00 Dinner to Relaxing Classical	5	10:00 News & Weather Update 10:30 Live Entertainment with Patrick Hoye! (St. 3) 11:00 Group Sing-Along & Photographic Memories 1:15 Room Visits/Chronicle/Mail 2:00 Traveling the World Ball 3:00 Refreshments & Reminiscing 4:00 Musical Concert Series	6	10:00 Daily Chronicle & Stories 10:30 Conversation Ball Toss 11:00 Reminiscence with Music! 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Namaste Art Studio 3:00 Resident Social: Assorted Cookies 4:00 Guided Meditation & Relaxation 5:00 Dinner to Contemporary Fav's	7	10:00 Morning Gathering & Greetings 10:30 Live Entertainment with Ted Powers! (St. 3) 11:00 Sensational Sing-Along with Friends 1:15 Afternoon Room Visits & 1:1's 2:00 Let's Play Bingo! 3:00 Refreshments & Reminiscing 4:00 Group Storytelling 5:00 Dinner to Cozy Jazz Music	8	10:00 Weekend News Articles 10:30 Chair Dancing & Deep Breathing 11:00 Musical Mornings! 1:15 Room Visits & Mail Delivery 2:00 Which One Doesn't Belong? 3:00 Light Refreshments & Table Topics 4:00 Photographic Memories of Historic Events Series 5:00 Dinner to Smooth Bossa Nova	9
10:00 Sunday News Stories 10:30 Music & Movement 11:00 Hydration Station! 11:15 Vocal Cord Stretch! 1:15 Room Visits & Mail Delivery 2:00 Name 10 Game! 3:00 Afternoon Social & Comedy Hour 4:00 Scrapbooking Memories! Ramadan Begins Daylight Saving Time Begins	10	10:00 Morning Gathering/ Chronicle 10:30 Fit for Life Exercise 11:00 Harmonizing Together 1:15 Afternoon Room Visits & 1:1's 2:00 Namaste Art Corner & Concert 3:00 Refreshments & Reminiscing 4:00 Monday Manicures, Hand Massages & Aromatherapy 5:00 Dinner to Beautiful Celtic Music	11	10:00 Greetings & News Headlines 10:30 Live Entertainment with Denise Doucette! (St. 3) 11:00 Musical Memories 11:30 Hydration Station 1:15 Room Visits & Mail Delivery 2:00 Famous Faces Guessing Game! 3:00 Resident Social & Reading Together 4:00 Categories & Sorting	12	10:00 News & Weather Update 10:30 Chair Yoga & Mindful Meditation 11:00 Group Sing-Along & Photographic Memories 1:15 Room Visits/Chronicle/Mail 2:00 Traveling the World Ball 3:00 Refreshments & Reminiscing 4:00 Musical Concert Series 5:00 Dinner to Inspirational Music	13	10:00 Daily Chronicle & Stories 10:30 Conversation Ball Toss 11:00 Reminiscence with Music! 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Live Entertainment with Eddie Marando! (St. 3) 3:00 Resident Social: Cheese & Crackers 4:00 Guided Meditation & Relaxation	14	10:00 Morning Gathering & Greetings 10:30 Range of Motion Stretch 11:00 Sensational Sing-Along with Friends 1:15 Afternoon Room Visits & 1:1's 2:00 Live Entertainment with Bill Shontz! (Trellises) 3:00 Refreshments & Reminiscing 4:00 Group Storytelling	15	10:00 Weekend News Articles 10:30 Chair Dancing & Deep Breathing 11:00 Musical Mornings! 1:15 Room Visits & Mail Delivery 2:00 Which One Doesn't Belong? 3:00 Light Refreshments & Table Topics 4:00 Photographic Memories of Historic Events Series 5:00 Dinner to Smooth Bossa Nova	16
Happy St. Patrick's Day! 10:00 Sunday News Stories 10:30 Music & Movement 11:00 Hydration Station! 11:15 Vocal Cord Stretch! 1:15 Room Visits & Mail Delivery 2:00 Name 10 Game! 3:00 Riverdance & Refreshments! 4:00 Scrapbooking Memories! 5:00 Dinner to Classic Country Hits St. Patrick's Day	17	10:00 Morning Gathering/ Chronicle 10:30 Fit for Life Exercise 11:00 Harmonizing Together 1:15 Afternoon Room Visits & 1:1's 2:00 Namaste Art Corner & Concert 3:00 Refreshments & Reminiscing 4:00 Monday Manicures, Hand Massages & Aromatherapy 5:00 Dinner to Beautiful Celtic Music	18	1st Day of Spring! 10:00 Greetings & News Headlines 10:30 Balloon Toss & Gentle Stretch 11:00 Musical Memories 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Famous Faces Guessing Game! 3:00 Resident Social: Fruit Parfaits 4:00 Which One Doesn't Belong? 5:00 Dinner to Relaxing Classical Spring Begins	19	10:00 News & Weather Update 10:30 Chair Yoga & Mindful Meditation 11:00 Group Sing-Along & Photographic Memories 1:15 Room Visits/Chronicle/Mail 2:00 Traveling the World Ball 3:00 Refreshments & Reminiscing 4:00 Musical Concert Series 5:00 Dinner to Inspirational Music	20	10:00 Daily Chronicle & Stories 10:30 Conversation Ball Toss 11:00 Reminiscence with Music! 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Namaste Art Studio 3:00 Resident Social: Assorted Cookies 4:00 Guided Meditation & Relaxation 5:00 Dinner to Contemporary Fav's	21	10:00 Morning Gathering & Greetings 10:30 Range of Motion Stretch 11:00 Sensational Sing-Along with Friends 1:15 Afternoon Room Visits & 1:1's 2:00 Let's Play Bingo! 3:00 Refreshments & Reminiscing 4:00 Group Storytelling 5:00 Dinner to Cozy Jazz Music	22	Purim Begins 10:00 Weekend News Articles 10:30 Chair Dancing & Deep Breathing 11:00 Musical Mornings! 1:15 Room Visits & Mail Delivery 2:00 Which One Doesn't Belong? 3:00 Light Refreshments & Table Topics 4:00 Photographic Memories of Historic Events Series 5:00 Dinner to Smooth Bossa Nova	23
10:00 Sunday News Stories 10:30 Music & Movement 11:00 Hydration Station! 11:15 Vocal Cord Stretch! 1:15 Room Visits & Mail Delivery 2:00 Name 10 Game! 3:00 Afternoon Social & Comedy Hour 4:00 Scrapbooking Memories! 5:00 Dinner to Classic Country Hits Palm Sunday	24	10:00 Morning Gathering/ Chronicle 10:30 Fit for Life Exercise 11:00 Harmonizing Together 1:15 Afternoon Room Visits & 1:1's 2:00 Namaste Art Corner & Concert 3:00 Refreshments & Reminiscing 4:00 Monday Manicures, Hand Massages & Aromatherapy 5:00 Dinner to Beautiful Celtic Music	25	10:00 Greetings & News Headlines 10:30 Laughter Yoga with Joanie! (St. 3) 11:00 Musical Memories 11:30 Hydration Station 1:15 Room Visits & Mail Delivery 2:00 Famous Faces Guessing Game! 3:00 Resident Social & Reading Together 4:00 Categories & Sorting 5:00 Dinner to Relaxing Classical	26	10:00 News & Weather Update 10:30 Chair Yoga & Mindful Meditation 11:00 Group Sing-Along & Photographic Memories 1:15 Room Visits/Chronicle/Mail 2:00 Traveling the World Ball 3:00 March Birthday Celebration! 4:00 Musical Concert Series 5:00 Dinner to Inspirational Music	27	10:00 Daily Chronicle & Stories 10:30 Conversation Ball Toss 11:00 Reminiscence with Music! 11:30 Hydration Station! 1:15 Room Visits & Mail Delivery 2:00 Namaste Art Studio 3:00 Resident Social: Cheese & Crackers 4:00 Guided Meditation & Relaxation 5:00 Dinner to Contemporary Fav's	28	10:00 Morning Gathering & Greetings 10:30 Range of Motion Stretch 11:00 Sensational Sing-Along with Friends 1:15 Afternoon Room Visits & 1:1's 2:00 Live Entertainment with Jodi! (Trellises) 3:00 Refreshments & Reminiscing 4:00 Group Storytelling	29	10:00 Weekend News Articles 10:30 Chair Dancing & Deep Breathing 11:00 Musical Mornings! 1:15 Room Visits & Mail Delivery 2:00 Which One Doesn't Belong? 3:00 Light Refreshments & Table Topics 4:00 Photographic Memories of Historic Events Series 5:00 Dinner to Smooth Bossa Nova	30
Happy Easter! 10:00 Sunday News Stories 10:30 Music & Movement 11:00 Hydration Station! 11:15 Vocal Cord Stretch! 1:15 Room Visits & Mail Delivery 2:00 History of the White House Easter Egg Roll 3:00 Afternoon Social & Funny Bunny Jokes! 4:00 Scrapbooking Memories! 5:00 Dinner to Classic Country Hits Easter Sunday	31	 <p><i>Easter is the only time when it is Perfectly safe to put all of your eggs in one basket.</i></p>											