

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>World Compliment Day</u> <u>King Kong Anniversary</u> <b>1</b> 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Bullseye 2:30 Art & Sensory Activity 3:30 Trivia	<b>2</b> 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Card match 1:30 Math 101 2:30 Bingo! 3:30 Folding Fun Purim Begins	<u>National Black Women in Jazz and Arts Day</u> <b>3</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:00 Balloon Volleyball 1:30 Kickball 2:30 Memory In A Jar 3:30 Comfort & Conversation	<b>4</b> 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Arts & Crafts 1:30 Racquetball 2:30 Bingo 3:30 Happy Hour!	<u>A Rose Is A Rose Day</u> <b>5</b> 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! 1:45 Poetry Reading <b>4:00 Ageless Strength</b>	<u>Employee Appreciation Day</u> <u>We Are The World Day</u> <b>6</b> 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Music & Smiles <b>2:30 Yoga w/ Jenny!</b> 3:30 Getting To Know You	<b>7</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 1:00 Home Trivia 1:30 Creative Time 2:30 Ice Cream Social 3:30 Reading 101
<b>8</b> 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:30 Bullseye 2:30 Sing-along 3:30 Ice Cream Social Daylight Saving Time Begins	<u>Ford Mustang Day</u> <b>9</b> 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Bingo! 2:30 Memory In A Jar 3:30 Manicure Monday	<b>10</b> 9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia 101 1:30 Reminiscing 2:30 Fun with Letters <b>3:30 Unity In Motion</b>	<u>International Women's Day</u> <b>11</b> 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:30 Celebrating Women's Day 3:30 Happy Hour!	<u>National Alfred Hitchcock Day</u> <b>12</b> 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Warm Chocolate Social 1:00 Memory In A Jar 1:30 Balloon Volleyball 2:30 History Time <b>4:00 Ageless Strength</b>	<u>Red Carpet Day Oscars</u> <b>13</b> 9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Sing-Along <b>2:30 Yoga w/ Jenny!</b> 3:30 Garden Gathering	<b>14</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation
<u>Folktales and Fables Week</u> <u>Oscar Sunday</u> <b>15</b> 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Folktales & Fables 3:30 Racquetball	<b>16</b> 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Let's Bake Cookies! 3:30 Reminiscing Comfort	<u>Green For A Day</u> <u>St. Patrick's Day</u> <b>17</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory In A Jar 2:30 Art Sensory Activity <b>3:30 St. Patrick's Celebration</b>	<u>Employee Spirit Day</u> <b>18</b> 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Folding Fun 2:30 Bingo 3:30 Comfort & Conversation	<u>World Poetry Day</u> <b>19</b> 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Read Aloud 1:00 Sing-along 1:30 Creative Art Time <b>2:45 Memory In Rhyme</b> <b>3:30 Mindful Puzzle</b>	<u>International Day of Happiness</u> <u>Celebrate French Language</u> <b>20</b> 9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory In A Jar 1:00 Trivia w/ Emma 1:30 Art Sensory Activity <b>2:30 Yoga w/ Jenny!</b> 3:30 Lots of Dots Spring Begins	<u>Equality and Equity Day</u> <b>21</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Read Aloud 2:30 Music History 3:30 Reminiscing
<u>Anniversary of Tuskegee Airmen Activation</u> <b>22</b> 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation	<u>National Puppy Day</u> <b>23</b> 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Manicure Monday	<u>Art League Day</u> <b>24</b> 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 Art Day 3:30 Comfort & Conversation	<u>Baseball's Official Opening Day</u> <b>25</b> 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Music & Smiles <b>1:00 Town Hall Meeting- LR</b> <b>1:30 Resident Council Meeting-LR</b> 1:30 Volleyball <b>2:30 Memory In A Jar</b> <b>3:30 Happy Hour!</b>	<u>Greek Independence Day</u> <b>26</b> 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Puzzle Pieces 1:00 Sing-along 1:30 Lots of Dots Art 2:30 Math 101 3:30 Folding Fun <b>4:00 Ageless Strength</b>	<u>World Poetry Day</u> <u>LGBT History Day</u> <b>27</b> 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Sensory Activity <b>1:30 Drawing 101</b> <b>2:30 Yoga w/ Jenny!</b> 3:30 Poetry 101	<u>Jesse Owens Posthumous Congressional Gold Medal Day</u> <b>28</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 1:00 History Lesson 1:30 Creative Time 2:30 Let's Bake Cookies 3:00 Show & Tell
<b>29</b> 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 History 101 3:30 Racquetball Palm Sunday	<b>30</b> 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Let's Bake Cookies! 3:30 Reminiscing	<b>31</b> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Show & Tell 2:30 Art Sensory Activity <b>3:30 Puzzle Time</b>	Memory Care			Activities may vary

# March 2026

"May your day be filled with smiles."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<u>World Compliment Day</u> <u>King Kong Anniversary</u> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 3:15 Rummikub- AR 5:30 Movie Night- LR (See Posting)	9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 CVS</b> 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>1:30 Dollar Tree</b> <b>2:45 Limericks w/ Lou- AR</b> 3:30 Poker- AR  Purim Begins	<u>National Black Women in Jazz and the Arts Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR <b>11:00 Brent's Deli</b> 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 Happy Feet- LR <b>1:30 Target</b> <b>2:15 Nat'l Black Women in Jazz-LR</b> 3:30 Poker-AR	9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Arts & Crafts-AR <b>2:30 The Olympics Ceremony- CG</b> <b>3:30 Happy Hour- LR</b>	<u>A Rose Is A Rose Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>2:45 Ageless Strength- LR</b> 4:00 Voices in Poetry- LR	<u>Employee Appreciation Day</u> <u>We Are The World Day</u> 9:15 Walk for Wellness 10:30 Volleyball- LR. <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>1:30 Target</b> 2:15 Introduction to AI- LR 3:30 Poker- AR	9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR (See Posting)		
<u>Daylight Saving Time Begins</u> 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 3:15 Rummikub- AR 5:30 Movie Night- LR (See Posting)	<u>Ford Mustang Day</u> 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>1:30 Mid Valley Library</b> <b>2:45 Limericks w/ Lou- AR</b> 3:30 Poker- AR	<u>Casino Day</u> <b>8:00 Casino Outing</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 Happy Feet- LR <b>2:30 Unity In Motion- LR</b> 3:30 Poker-AR	<u>International Women's Day</u> 9:15 Walk for Wellness 10:30 Volleyball- LR <b>10:30 Chase Bank / BofA</b> 11:15 Stretch & Flex- LR 1:15 Arts & Crafts- AR <b>2:30 Int'l Women's Day Obs.- LR</b>	<u>Nat'l Alfred Hitchcock Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR <b>12:30 Celebration of Jewish Life w/ Rabbi Jim- AR</b> 1:30 Bingo- AR <b>1:30 Wells Fargo Bank</b> <b>2:45 Ageless Strength- LR</b> 4:00 Jewelry Making- LR	<u>Red Carpet Day Oscars</u> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Trader Joe's</b> 11:15 Stretch & Flex- LR <b>12:00 Academy Awards Celebration- DR</b> <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>1:30 Ross &amp; DD'S Store</b> <b>2:15 Tech Spotlight- AI-LR</b> 3:30 Poker- AR	<u>Baseball Cap Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR (See Posting)		
<u>Folktales and Fables Week</u> <u>Oscar Sunday</u> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 3:15 Rummikub- AR 5:30 Movie Night- LR (See Posting)	9:15 Morning Walk <b>10:00 Dollar King</b> 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>2:45 Limericks w/ Lou- AR</b> 3:30 Poker- AR	<u>St. Patrick's Day</u> 9:15 Walk & Chat <b>9:30 Starmoon Dental- LR</b> 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 Happy Feet- LR 2:30 Poker- AR <b>3:30 St. Patrick's Day Party w/ Celso- LR</b>	<u>Employee Spirit Day</u> <u>Water Conservation Day</u> 9:15 Walk for Wellness 10:30 Volleyball- LR <b>10:30 Post Office</b> 11:15 Stretch & Flex - LR 1:15 Spanish- AR <b>1:30 Happy Nails</b> <b>2:15 Spa Day- AR</b> 3:30 Rummikub- AR	<u>Goof Off Glam Day</u> <u>World Poetry Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR <b>1:30 Yogurtland</b> <b>2:30 Voices of Poetry- LR</b> 3:30 Rummikub for Beginners- AR	<u>International Day of Happiness</u> <u>Spring Begins</u> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>1:30 Marshall's</b> <b>2:30 Arts &amp; Crafts- AR</b> 3:30 Poker- AR	<u>Equality and Equity Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR (See Posting)		
<u>Anniv. of Tuskegee Airmen Activation</u> <u>Greek Independence Day</u> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 3:15 Rummikub- AR 5:30 Movie Night- LR (See Posting)	<u>National Puppy Day</u> <u>Mommie Dearest Day</u> 9:15 Morning Walk <b>9:45 Strathern Historical Park</b> 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>3:00 Limericks w/ Lou- AR</b> 3:30 Poker- AR	<u>Art League Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR <b>11:15 Green Apple Restaurant</b> <b>1:15 Vision Serv. Presentation- LR</b> <b>2:00 Thrift Shopping</b> 2:30 Trivia Tuesday- AR 3:00 Happy Feet- LR 3:30 Poker- AR	<u>Baseball's Official Opening Day</u> <u>Nat'l Medal of Honor Day</u> 9:15 Walk for Wellness <b>9:15 Balboa Park Outing</b> 10:30 Volleyball- LR 11:15 Stretch & Flex- LR <b>1:00 Res. Council Meeting- LR</b> <b>1:30 Town Hall Meeting- LR</b> <b>1:30 Ralph's Market</b> 2:00 BB Opening Day Spirit- LR <b>3:00 Happy Hour- LR</b>	<u>Greek Independence Day</u> <u>Queen of Soul Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR <b>2:45 Ageless Strength- AR</b> 4:00 Soulful Sounds & Stories- LR	<u>World Poetry Day</u> <u>LGBT History Day</u> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Nethercutt Museum</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>1:30 Walmart</b> 2:30 World Poetry Day- AR 3:30 Poker- AR	<u>Jesse Owens Posthumous Congressional Gold Medal Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR (See Posting)		
<u>Coca-Cola Day</u> <u>Palm Sunday</u> 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 3:15 Rummikub- AR 5:30 Movie Night- LR (See Posting)	<u>Jeopardy! Day</u> 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Five Below</b> 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>3:00 Limericks w/ Lou- AR</b> 3:30 Poker- AR	<u>National Doctor's Day</u> 9:15 Walk & Chat 10:30 Volleyball- LR <b>11:00 More Than Waffles &amp; Movie Outing</b> 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 Happy Feet- LR <b>2:30 Ice Cream Social w/ Theresa- LR</b> 3:30 Poker-AR	Assisted Living 				Activities may vary 	

# March 2026

"Happiness is in the little things."