

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

Assisted Living \*Activities may vary

# MARCH 2023

"Blossom by blossom the spring begins."

**Happy birthday Vicki V. Men's Club** 1

9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:15 Arts & Crafts- AR  
 2:30 Men's Club- House of Billiards- LBBY  
 2:30 Bingo- AR

**Happy Birthday Yoseph M. Happy Birthday Ken G.** 2

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:00 Western Bagel- LBBY  
 1:30 Bingo- AR  
 2:00 Super King Market & Ralph's Market- LBBY  
 3:15 Rummikub- AR

**National Anthem Day Shopping Day** 3

9:15 Morning Walk  
 10:15 Walmart, Ross & DD's-LBBY  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 12:00 Sing Nat'l Anthem- DR  
 1:15 Mardi Gras Celebration- CG  
 2:30 Poker- AR  
 3:45 Rummikub- AR

**National Oreo Cookie Day** 4

9:15 Morning Walk  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 Painting Lesson- AR

**Happy Birthday Isabel A.** 5

9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Grace Community Church Services- LR  
 1:30 Bingo- AR  
 3:15 Poker- AR

**Read Across America Day** 6

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:00 Book Club- LR  
 1:30 Bingo- AR  
 3:30 Show & Tell- LR

Purim Begins

7

9:15 Walk & Chat  
 10:45 Volleyball- LR  
 11:00 Green Apple Chinese Restaurant  
 11:15 Sit & Fit- LR  
 1:15 Bingo- AR  
 3:00 Trivia w/ Emma- AR

**International Women's Day** 8

9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:15 Arts & Crafts w/ Theresa- AR  
 3:15 Happy Hour! Celebrating Int'l Women's Day- LR

9

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:00 Celebration of Jewish Life w/Rabbi Jim  
 11:15 Sit & Fit- LR  
 1:30 Bingo- AR  
 3:15 Rummikub- AR  
 3:15 Documentary- Harriet Tubman- LR

**Happy Birthday Larry R. Happy Birthday Ralph K. Happy Birthday Brigham H. Harriet Tubman Day** 10

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 Yoga w/ Jenny- LR  
 2:30 Poker- AR  
 3:45 Rummikub- AR

11

9:15 Morning Walk  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 Spanish- AR

**National Plant a flower Day** 12

9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Bingo- AR  
 3:15 Poker- AR

Daylight Saving Time Begins

13

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:00 Book Club- LR  
 1:30 Bingo- AR  
 3:30 Show & Tell- AR

**Casino Day. Casino Outing** 14

8:30 Casino Outing  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 2:45 Bible Study w/ Rabbi Michal- AR  
 3:45 Rummikub- AR

**Root Beer Day** 15

9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:15 Root Beer Floats w/ Theresa- AR  
 3:15 Happy Hour- LR

**National Popcorn Lovers Day** 16

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:30 Bingo- AR  
 3:00 Arts & Crafts - AR

**Shopping Day** 17

9:15 Morning Walk  
 10:15 Sherman Oaks Mall  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 11:45 St. Patrick's Day w/ Michael Quest- DR  
 2:00 Poker- AR  
 3:45 Rummikub- AR

St. Patrick's Day

**Happy Birthday Linda W.** 18

9:15 Morning Walk  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 Painting Lesson- AR

19

9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Grace Community Church Services- LR  
 1:30 Bingo- AR  
 3:15 Poker- AR

**International Day of Happiness** 20

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:00 Book Club- LR  
 1:30 Bingo- AR  
 3:30 Arts & Crafts- AR

Spring Begins

**World Poetry Day** 21

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Theresa- AR  
 2:30 Rummikub- AR

**Shen Yun Show National Let's Laugh Day** 22

9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 12:30 Shen Yun Show- Outing  
 1:30 An Hour w/ Monique- AR  
 3:15 Happy Hour!- LR

Ramadan Begins

**The Gardens 2023 Dog Show** 23

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:00 Resident Council- LR  
 1:30 Towne Hall- LR  
 2:00 The Gardens Dog Show-RG  
 3:30 Suzanne's Travels- LR

**Wear Red for World Tuberculosis Day** 24

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 Yoga w/ Jenny- LR  
 2:30 Poker- AR  
 3:45 Arts & Crafts- AR

**National Medal of Honor Day** 25

9:15 Morning Walk  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 Spanish 101- AR

26

9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Bingo- AR  
 3:15 Poker- AR

**National Joe Day** 27

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:00 Book Club- LR  
 1:30 Bingo- AR  
 3:30 Show & Tell- LR

28

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 3:00 Arts & Crafts- AR

**National Vietnam War Veterans Day** 29

9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:30 Bingo- AR  
 3:15 Happy Hour! Celebrating National Vietnam War Veterans Day- LR

**Spa Day Shopping Day** 30

9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Ralph's, CVS & Walgreens  
 1:30 Bingo- AR  
 3:00 Spa Day - AR

31

9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 Yoga w/ Jenny- LR  
 2:30 Poker- AR  
 3:45 Rummikub- AR

**Key Note**

Living Room= LR  
 Dining Room= DR  
 Center Garden= Center Garden  
 Lobby= LBBY  
 Activity Room= AR  
 Private Dining Room= PDR



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Safe Haven

\*Activities may vary

# March 2023

				1	2	3	4
				9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Show & Tell 12:45 Math with Rodrigo 1:45 Bullseye 3:30 Sing Alongs	9:15 Walk & Chat 9:30 Sit & Fit 10:30 Arts & Crafts 12:45 Sing Along 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	<u>National Anthem Day</u> 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show & Tell 1:15 <b>Mardi Gras- CG</b> 2:15 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You	<u>National Oreo Cookie Day</u> 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell
<u>Happy Birthday Caroline C.</u> 5	6	<u>Happy Birthday Diane A.</u> 7	8	<u>International Women's Day</u> 8	<u>Happy Birthday Donna Griffith</u> 9	10	11
9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing- A- Along 1:30 Bullseye 2:30 Racquetball 3:00 Pairing Socks	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Let's Bake Cookies Purim Begins	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Pretty Nails w/ Lina 3:30 Let's Dance	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Show & Tell 12:45 Math with Rodrigo 1:45 Bullseye 3:30 Happy Hour Celebrating Women's Day!	9:15 Walk & Chat 9:30 Sit & Fit 10:30 Arts & Crafts 12:45 Sing Along 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show & Tell 2:30 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell
<u>National Plant a Flower Day</u> 12	13	14	15	<u>Root Beer Day</u> 15	<u>National Popcorn Lovers Day</u> 16	<u>St. Patrick's Day</u> 17	18
9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 1:30 Grace Bible Study 2:30 <b>Plant Flowers</b> Daylight Saving Time Begins	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Racquetball 2:30 Art w/ Lina 3:30 Sing Along	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Show & Tell 12:45 Racquetball 1:15 Let's Make <b>Root Beer Floats</b> 3:30 Happy Hour	9:15 Walk & Chat 9:30 Sit & Fit 10:30 Arts & Crafts 12:45 Sing Along 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia 1:00 <b>St. Patrick's Celebration!</b> 2:30 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell
19	<u>Int'l Day of Happiness</u> 20	<u>World Poetry Day</u> 21	<u>National Let's Laugh Day</u> 22	23	<u>The Gardens 2023 Dog Show</u> 23	<u>Wear Red for World Tuberculosis Day</u> 24	<u>National Medal of Honor Day</u> 25
9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Long 1:00 Bullseye 2:30 Racquetball 3:00 Pairing Socks	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Let's Bake Cookies Spring Begins	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Pretty Nails w/ Lina 3:30 Let's Dance	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Show & Tell 12:45 Math with Rodrigo 1:45 Bowling 3:30 Happy Hour Ramadan Begins	9:15 Walk & Chat 9:30 Sit & Fit 10:30 Arts & Crafts 12:45 Sing Along 1:30 Balloon Volleyball 2:00 <b>Dog Show- RG</b> 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show & Tell 2:30 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell
26	27	<u>Spa Day</u> 28	29	30	<u>Happy Birthday Richard R.</u> 30	31	
9:15 Sit & Fit 10:30 Walk & Chat 11:00 Sing-A-Long 1:00 Bullseye 1:30 Grace Bible Study 2:30 Racquetball 3:00 Pairing Socks	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke w/ Lina 12:45 Poetry Writing 1:45 Racquetball 2:30 Spa Day	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Show & Tell 12:45 Math with Rodrigo 1:45 Bowling 3:30 Happy Hour	9:15 Walk & Chat 9:30 Sit & Fit 10:30 Arts & Crafts 12:45 Sing Along 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show & Tell 2:30 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show & Tell	