Melegacies Pacifica Memory Care

The Daily 7 Key:

(P) Physical Wellness

(R) Reminiscent

(S) Social

(C) Cognitive

(M) Music Related (L) Life Skill

(O) Outdoor Activity

MARCH 2018



	Pacifica Memor	y Care				NORTHRIDGE
Sunday 🤎	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome March! Hello Jpring!	LOVE OUR CAREGIVERS	ST. PATRICK'S DAY	Activities are subject to change. Please check with the concierge for	(RM) 9:00 Music & Memory (LCSR)10:00Parachute Game (RCMS)10:30 Music Therapy w/ Stephanie (PRCS)1:00 Dance With Music Social (RM) 3:00 Aroma Therapy (RSC) 5:00 Stories Galore	2 National Employee Appreciation Month (RM) 9:30 Music & Memory (SCL) 10:00 Holy Eucharist w/ Fr. Dan (PMS)10:30 Chair Exercise (RMSC) 1:00 Puzzle Social (RM) 4:00 Music & Memory	Rainbow Day (RM) 9:30 Music & Memoric (PSO) 10:00 Walkathon (SCLMR) 1:30 Shabbat with Cantor Ter (SMRO) 1:00Paint Day With Flor (CS) 5:00 News Update
4 RM) 9:30 Music & Memory PSO) 10:00 Walkathon PMS)10:30 Chair Exercise SC)1:30 Worship Service SCL) 2:30 Art Therapy w/Carla RSC) 5:00 Stories Galore	5 Beauty Parlor Open (RM) 9:30 Music & Memory (LCSR)10:30 Chair Exercise	(LSC) 9:30 Bunny Visits (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (PSML) 1:00 Make Your Own Bracelet (PRSM) 2:00 Music Therapy w/ Irby (RSC) 4:00 Stories Galore	7 (LSC) 9:30 Bunny Visits (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (PSLM) 1:00 Art Therapy w/Carla (MRSC) 2:00 Puzzle Social (SR) 5:00 Movie Matinee	International Women's Day (RM) 9:30 Music & Memory (PSO) 10:00 Walkathon LCSR)10:00Parachute Game (PRSML)1:00 Karaoke (RLOP) 2:00 Gardening Social w/Flor (PSC) 3:30 Massage Therapy	(RM) 9:30 Music & Memory (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (RMSL) 2:00 Sing Along w/ Allen (CSL) 3:00 Sensory Games (SR) 5:00 Movie Matinee	10 (RM) 9:30 Music & Memory (RMS)10:30 Music with Aa (SCLMR) 1:30 Shabbat w/ Cantor Ter (LSPM) 2:30 Nail Polish Social w/Flor (LCS) 3:30 Trivia Time
PMS) 9:30 Music & Memory PMS) 10:30 Chair Exercise SC) 1:30 Worship Service SCL) 2:30 Art Therapy w/Carla SCL) 4:00 Reading Rainbow MSR) 5:00 Relaxing Music	(RM) 9:30 Music & Memory (LCSR)10:30 Chair Exercise (PRMS)1:30-2:30 Music	13 (LSC) 9:30 Bunny Visits (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (CSL) 1:00 Sensory Games (RLOP) 2:00 Gardening Social (RSC) 5:00 Stories Galore	14 (LSC) 9:30 Bunny Visits (PSLO)9:30Park Excursion (PMS)10:30 Chair Exercise MRSC) 1:00 Sing-A-Long w/ Arshag (MSRC) 1:30 Woody James Orchestra Performs Jazz	15 (RM) 9:30 Music & Memory (PSO) 10:00 Walkathon (PMS)10:30 Exercise (PSML) 1:00 Karaoke Social (CSLR) 3:00 BINGO Social (RSC)5:00News Update	16 (RM) 9:30 Music & Memory (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (RMSL) 1:00 Reading Story (PSC) 2:30 Puzzle Game (RM) 3:00 Music & Memory	17 St. Patrick's Day (RM) 9:30 Music & Memory (POLS)10:30 Garden Visit (LSMRO)1:00-2:30 Garden Social w/Flor (LSMR)2:30-3:30 St. Patri Social with Danni Shand (CS) 5:00 News Update
Puzzle Day RM) 9:30 Music & Memory PSO) 10:00 Walkathon PMS)10:30 Chair Exercise SC)1:30 Worship Service SCL) 2:30 Art Therapy w/Carla SCL) 3:00 Solving Puzzle	(LCSR)10:30 Chair Exercise (SRM)10:45Matthew Performs (MLSC)1:00 Drawstring Bag Decorating (MSR)2:30 Massage Therapy (RSC) 5:00 Stories Galore	(PSCL) 1:00 Stuffed Rainbow Hearts	(PSRL) 1:00 Heart Suncatcher Making	22 (RM) 9:30 Music & Memory (RCMS)10:30 Music Therapy w/ Stephanie (OPSMR) 1:30 Baby Bathing Social w/Flor (RM) 3:00 Music & Memory (RSC) 5:00 Stories Galore	23 (RM) 9:30 Music & Memory (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (RMSL) 2:00 Sing Along w/ Allen (RPOSL) 3:00 Watering Plants Social (SR) 5:30 Movie Matinee	PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercis (SRM)10:45Matthew Perfo (MSLR) 1:00 Karaoke So (RCS) 2:30 Puzzle Social (CLRS) 3:30 News Updat
25 RM) 9:30 Music & Memory PSO) 10:00 Walkathon PMS)10:30 Chair Exercise SCLR)1:00 Broadway Musical Play SCL) 3:00 Karaoke Social RSC) 5:00 Stories Galore	(PMS)10:30 Chair Exercise (PRMS)1:30 Music by Lynn	LSC) 9:30 Bunny Visits (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (RCS)1:00 Design Your Card (CLS) 2:30 BINGO (RM) 3:30 Music & Memory	28 (LSC) 9:30 Bunny Visits (PSLO)10:00Park Excursion (PMS)10:30 Chair Exercise (MORS)1:00 Pet Therapy (MRSC) 2:15 Sing-A-Long w/ Arshag (RSC) 5:00 Stories Galore w/Angeles	(RM) 9:30 Music & Memory (PMS) 10:00 Chair Exercise (SRM)10:45MatthewPerforms (RCS)1:00Movie Monday (CLS) 3:00-4:30 BINGO	30 (RM) 9:30 Music & Memory (PSO) 10:00 Walkathon (PMS)10:30 Chair Exercise (MPSL)1:00 Coloring w/Flor (RSC) 3:00 Reading Book (RSC) 5:00 Stories Galore w/Flor	31 Birthday Bash (RM) 9:30 Music & Memor (PMLSO)10:30 Chair Exer (SCLMR) 1:30 Shabbat w/Cantor Ter (CLSMR)2:00 Monthly Birthday Bash w/ Nos (PRSML)3:00Karaoke So (SR) 5:30 Movie Matinee



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome March! Hello Jpring!	LOVE OUR CAREGIVERS	ST. PATRICK'S DAY	Activities are subject to change. Please check with the concierge for updates	(RCMS)9:45 Music Therapy w/ Stephanie (SRM)10:45Matthew Performs (PMSL)1:30 Purim Clebration (MSLR) 2:30 Appreciation Note for Employees (SC) 3:30 Puzzle Social		3 (PSOL) 9:30 Walkathon (PMS)10:30 Chair Exercise (SCL) 11:00 Trivia Time (SCLMR) 1:30 Shabbat w/ Cantor Ter (LSM) 2:30 Auction Day (RSCL) 3:30 Austin Performs
4 (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SCL) 11:00 Trivia Time (CSRML)1:30 Worship Service (SCPRL) 3:00 Bowling (CSLR) 4:00 Brain Quest	Beauty Parlor Open (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs (RMS)1:00 Arts And Crafts Make your Snowflakes (CLS) 3:00-4:30 BINGO	6 (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs (PSRM)1:30 Puzzle Game w/Frieda (PSLM) 3:00 Bowling Social (RSCL) 4:00 Trivia Afternoon	7 (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SRM)10:45Matthew Performs (PSL) 1:00 Ping-Pong Social (MRSC) 3:30-4:30 Music Therapy w/CSUN Students	(PMS) 10:30 Chair Exercise (OPRS) 1:00 Shopping (OPSRM)1:30 Outdoor	9 (PSOL) 9:30 Walkathon (SCL) 10:30 Chair Exercise (RSM) 10:30 Music w/Maggi (RCSL) 1:00 Gardening Social (RLCS)2:30-4:00 Bingo Social	10 (PSOL) 9:30 Walkathon (RMS)10:30Music with Aaro 10:45Family Council Meetin (SCLRM)1:30 Shabbat w/ Cantor Ter (LSPM) 2:30 Nail Polish Social w/Angeles (RSC) 4:00 Trivia Game
11 Daylight Saving Time (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (CSRML)1:30Worship Service (SMRO)2:30 Happy Hour Afternoon (SCPRL)3:00 Bowling Social	12 Beauty Parlor Open (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs (PRMS)1:30 Music by Lynn (CLS) 3:00-4:30 BINGO	13 (LSC) 9:30 Bunny Visits (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs (PSRM)1:30 Puzzle Game	14 Music Day (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs (MSRC) 1:30 Woody James Orchestra Performs Jazz (MRSC) 3:15 Sing-A-Long w/ Arshag	(SRM)10:45Matthew Performs (OPRS) 11:00 Lunch Outing (OPSRM)1:30 Outdoor Activity	(RCSL) 1:00 Make your Irish Hats Social (SCML) 2:30 Trivia Time (CLS) 3:00-4:30 BINGO	17 St. Patrick's Day (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (LSMR)2:30-3:30 St. Patrick Social with Danni Shannon (SML) 3:45 Social Time
Puzzle Day (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SCL) 11:00 Trivia Time (CSRML)1:30Worship Service (MLSC) 3:00 Puzzle Game Social	19 Beauty Parlor Open (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SRM)10:45Matthew Performs (RMS)1:00 Name that Song (CLS) 3:00-4:15 BINGO Social	(SRM)10:45Matthew Performs	(PMS) 10:30 Chair Exercise	Therapy w/ Stephanie (OPSRM)11:00 Movie Outing (SRM)10:45Matthew Performs (OPSRM)1:30 Outdoor	23 National Puppy Day (PSOL) 9:30 Walkathon (RSM) 10:30 Music w/Maggi (PMSL)1:00 Selfie Day with Jackson (SCL) 2:00 Board Game (CSRL) 3-4:00 BINGO Social	24 (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SCLRM)1:30 Shabbat w/ Cantor Ter (LSPM) 2:30 Arts And Crafts Social (PRSO) 3:30 Story telling
25 (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (CSRML)1:30Worship Service (SCL) 3:00 Bowling Time/AL (RSC) 4:00 What's in the Box Game	26 (PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SRM)10:45Matthew Performs ((PRMS)1:30 Music by Lynn (CLS) 3:00-4:30 BINGO Social	27 (PSOL) 9:30 Walkathon (PMS) 10:00 Chair Exercise (SRM)10:45Matthew Performs ((PSRM)1:30 Puzzle Game w/Frieda (PSLM) 3-4 Bowling Social w/Frieda	28(PSOL) 9:30 Walkathon (PMS) 10:30 Chair Exercise (SRM)10:45Matthew Performs (MSLR) 1:30 Karaoke Social (MRSC) 3:15 Sing-A-Long w/ Arshag (MRSC) 3:30-4:30 Music Therapy w/CSUN Students	(PRSO)10:15 Chair Exercise (PRSO)10:30 La Brea Tar Pits (SRM)10:45Matthew Performs	30 Good Friday (RM) 9:30 Music & Memory (PMLS)10:30 Chair Exercise (SCLMR) 1:30 Arts And Crafts CLSMR)2:00 Puzzle Game (RLCS)2:30-4:00 Bingo Social	31 Birthday Bash Day (RM) 9:30 Music & Memory (PMLS)10:30 Chair Exercise (SCLMR) 1:30 Shabbat w/ Cantor Ter (CLSMR)2:00 Monthly Birthday Bash w/ Noel (LSMRO)3:30 Fun trivia

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