



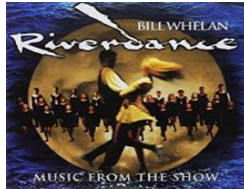






## Personal Care March 2019

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|--|---|---|--|---|
| <p><b>Calendar<br/>subject to<br/>change at<br/>any time</b></p>  |  | <p><b>LOCATION</b><br/> <b>TR</b> – TV room in<br/>the Lobby<br/> <b>MC</b> – Memory<br/>Care<br/> <b>UA</b> – Upstairs<br/>Activity Room<br/> <b>DR</b> – Dining Room<br/> <b>P</b> – Patio<br/> <b>OF</b> – Out Front</p>                                |   |    | <p><b>1</b><br/> <b>9:30</b> Errand Run –<br/><b>Walmart</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>10:00</b> <i>Dynamic<br/>Balance Class</i> <b>DR</b><br/> <b>2:00</b> <i>Brain Fitness</i><br/> <b>3:00</b> Birthday<br/>Party<br/> <b>6:30</b> <b>JINGO UA</b></p>                  | <p><b>2</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>2:00</b> Hand and<br/>Foot <b>UA</b><br/> <b>6:30</b> Sing Along <b>TR</b></p>   |
| <p><b>3</b><br/> <b>10:00</b> Hymn Sing <b>TR</b><br/> <b>11:30</b> Catholic<br/>Service <b>MC</b><br/> <b>2:00</b> Rummikub <b>UA</b><br/> <b>6:30</b> Bingo <b>DR</b></p>  | <p><b>4</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>10:00</b> <b>Fox Fitness</b><br/><b>DR</b><br/> <b>1:30</b> Crafts <b>UA</b><br/> <b>3:00</b> Hausy <b>UA</b><br/> <b>6:30</b> Nail Salon <b>UA</b></p>                                       | <p><b>5</b><br/> <b>9:30</b> Walking Club<br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>11:00</b> Sit &amp; Fit <b>DR</b><br/> <b>2:00</b> <b>Movie:</b> The<br/>Quiet Man<br/> <b>3:30</b> Men’s Club<br/> <b>6:30</b> <b>Parcheesi UA</b></p> | <p><b>6</b><br/> <b>10:00</b> <b>Fox Fitness</b><br/><b>DR</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>1:30</b> Left Right<br/>Center <b>UA</b><br/> <b>3:00</b> Happy Hour<br/><b>DR</b><br/> <b>6:30</b> Bingo <b>DR</b></p> | <p><b>7</b><br/> <b>National Cereal Day</b><br/> <b>9:30</b> Walking Club<br/> <b>10:00</b> Church <b>DR</b><br/> <b>11:00</b> Sit &amp; Fit <b>DR</b><br/> <b>1:30</b> Rosary <b>MC</b><br/> <b>1:45</b> Auction <b>DR</b><br/> <b>3:00</b> <b>Cereal Tasting</b><br/> <b>3:30</b> Pinochle <b>UA</b><br/> <b>6:30</b> Documentary:<br/>Signs &amp; Rhymes</p> | <p><b>8</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>10:00</b> Dynamic<br/>Balance Class <b>TR</b><br/> <b>11:00</b> <i>The Other<br/>Farm</i><br/> <b>2:00</b> Brain Fitness<br/><b>TR</b><br/> <b>2:30</b> <i>Fox Health<br/>Topic</i> <b>TR</b><br/> <b>6:30</b> <b>Po-Ke-No UA</b></p> | <p><b>9</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>2:00</b> Dominoes<br/> <b>6:30</b> Sing along</p>                                        |
| <p><b>10</b><br/> <b>10:00</b> Hymn Sing <b>TR</b><br/> <b>11:30</b> Catholic<br/>Service <b>MC</b><br/> <b>2:00</b> Bean Bag toss<br/> <b>6:30</b> Bingo</p>               | <p><b>11</b><br/> <b>8:00</b> <b>Saville’s Diner</b><br/> <b>10:00</b> <b>Fox Fitness</b><br/><b>DR</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>1:30</b> Seed Planting<br/> <b>3:00</b> Hausy <b>UA</b><br/> <b>6:30</b> Nail Salon <b>UA</b></p> | <p><b>12</b><br/> <b>9:30</b> Walking Club<br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>11:00</b> Sit &amp; Fit <b>DR</b><br/> <b>2:15</b> <b>Leprechaun<br/>Racing</b><br/> <b>6:30</b> <b>UNO</b></p>  | <p><b>13</b><br/> <b>10:00</b> <b>Fox Fitness</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>1:30</b> Rummikub <b>UA</b><br/> <b>3:00</b> Happy Hour/<br/><b>Town Meeting</b><br/> <b>6:30</b> Bingo <b>DR</b></p>                | <p><b>14</b><br/> <b>9:30</b> Walking Club<br/> <b>10:00</b> Church <b>DR</b><br/> <b>11:00</b> Sit &amp; Fit <b>DR</b><br/> <b>1:30</b> Tom and Merry<br/> <b>1:30</b> Rosary <b>MC</b><br/> <b>3:15</b> Pinochle <b>UA</b><br/> <b>6:30</b> Penny Anta</p>  | <p><b>15</b><br/> <b>9:00</b> Errand Run<br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>10:00</b> <b>Dynamic<br/>Balance Class</b> <b>DR</b><br/> <b>2:00</b> Brain Fitness<br/><b>TR</b><br/> <b>6:30</b> Irish<br/>singalong</p>   | <p><b>16</b><br/> <b>10:00</b> Diane’s<br/>Exercise <b>TR</b><br/> <b>1:30</b> Hand and<br/>Foot <b>UA</b><br/> <b>6:30</b> Riverdance<br/>The Show DVD</p>  |

| <b>Sunday</b>   | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>  |
|---|--|--|---|--|---|--|
| <b>17</b><br><b>10:00</b> Hymn Sing TR<br><b>11:30</b> Catholic Service MC<br><b>3:00</b> St. Patrick's Day Party<br><b>6:30</b> Bingo DR<br> | <b>18</b><br><b>10:00</b> Fox Fitness<br><b>10:00</b> Diane's Exercise TR<br><b>1:30</b> Crafts UA<br><b>3:00</b> Hausy UA<br><b>6:30</b> Nail Salon UA    | <b>19</b><br><b>9:30</b> Walking Club<br><b>10:00</b> Diane's Exercise TR<br><b>10:30</b> Red Lobster<br><b>11:00</b> Sit & Fit DR<br><b>2:00</b> Movie: Little Women (The remake)<br><b>3:30</b> Men's Club<br><b>6:30</b> Parcheesi UA | <b>20</b><br><b>10:00</b> Fox Fitness<br><b>DR10:00</b> Diane's Exercise TR<br><b>1:30</b> Scattergories<br><b>3:00</b> Ice Cream Social DR<br><b>6:30</b> Bingo DR | <b>21</b><br><b>9:30</b> Walking Club<br><b>9:45</b> Bingo walk<br><b>10:00</b> Church DR<br><b>11:00</b> Sit & Fit DR<br><b>1:30</b> Rosary MC<br><b>2:00</b> Spring St. Songsters<br><b>3:00</b> Pinochle UA<br><b>6:30</b> Documentary: | <b>22</b><br><b>10:00</b> Diane's Exercise TR<br><b>10:00</b> Dynamic Balance Class DR<br><b>2:00</b> Brain Fitness TR<br><b>6:30</b> Po-Ke-No UA                           | <b>23</b><br><b>10:00</b> Diane's Exercise TR<br><b>2:00</b> Dominoes<br><b>6:30</b> Sing along<br> |
| <b>24</b><br><b>10:00</b> Hymn Sing TR<br><b>11:30</b> Catholic Service MC<br><b>2:00</b> Bean Bag toss<br><b>6:30</b> Bingo DR   | <b>25</b><br><b>10:00</b> Diane's Exercise TR<br><b>10:00</b> Fox Fitness DR<br><b>1:30</b> Crafts UA<br><b>3:00</b> Hausy UA<br><b>6:30</b> Nail Salon UA | <b>26</b><br><b>9:30</b> Walking Club<br><b>10:00</b> Diane's Exercise TR<br><b>10:30</b> Olive Garden<br><b>11:00</b> Sit & Fit DR<br><b>2:00</b> Movie: First Man<br><b>3:30</b> Men's Club<br><b>6:30</b> UNO                         | <b>27</b><br><b>10:00</b> Fox Fitness<br><b>10:00</b> Diane's Exercise TR<br><b>1:30</b> Bake Shop<br><b>3:00</b> Happy Hour<br><b>6:30</b> Bingo DR                | <b>28</b><br><b>9:30</b> Walking Club<br><b>10:00</b> Church DR<br><b>11:00</b> Sit & Fit DR<br><b>1:00</b> Good Shepherd UA<br><b>1:30</b> Rosary MC<br><b>2:00</b> Maria Damore<br><b>3:00</b> Pinochle UA<br><b>6:30</b>                | <b>29</b><br><b>9:00</b> Errand Run<br><b>10:00</b> Diane's Exercise TR<br><b>10:00</b> Dynamic Balance Class DR<br><b>2:00</b> Brain Fitness TR<br><b>6:30</b> Po-Ke-No UA | <b>30</b><br><b>10:00</b> Diane's Exercise TR<br><b>1:30</b> Music -<br><b>6:30</b> Domino UA  |
| <b>31</b><br><b>10:00</b> Hymn Sing TR<br><b>11:30</b> Catholic Service MC<br><b>2:00</b> Rummikub UA<br><b>6:30</b> Bingo DR   |  |   |   |   |   | <b>Room to Room Beverage Cart Daily at 10:00AM and 2pm</b>   |