

# March 2019

## In The Moment – Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March cont'd</b> <b>31</b></p> <p>9:30 <b>PE</b> Seated Yoga Stretches            9:30 Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>	 <p>6161 West Spruce Avenue            Fresno, CA 93722            559-479-4700</p>	<p><b>AE</b> Artistic Expression  <b>CC</b> Community Connections  <b>CE</b> Continuing Education  <b>LL</b> Lifestyle &amp; Leisure  <b>PE</b> Physical Engagment  <b>SS</b> Spiritual Support</p>	<p>Healthy Snacks &amp;            Hydration offered throughout            each day!</p>	<p>9:30 <b>CE</b> Morning Breaths &amp; Cardio            10:00 The 40's Era &amp; Power snacks            11:00 A Walk in Faith/Bible Study            1:00 Name That Tune            1:30 Mid Day Inspirations            2:00 Tea Time &amp; Treats            2:30 Riddle Me This            3:00 Decade Journey            3:30 <b>CC</b> Cheers 2 Us            5:30 After Dinner Show</p>	<p>9:30 Lets Move It!            10:00 Memory Lane            11:00 <b>CE</b> A Walk in Faith/Bible Study            1:00 White Board Name Word            1:30 Saturday Moments            2:00 Ice Cream Saturday's            2:30 <b>LL</b> Ladies Salon Day &amp; Gents Choice            3:30 <b>LL</b> Vintage Days            5:30 After Dinner Show</p>	<p>9:30 <b>PE</b> Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>
<p><b>Daylight Saving Time Begins</b> <b>10</b></p> <p>9:30 <b>PE</b> Seated Yoga Stretches            9:30 Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>	<p><b>Johnny Appleseed Day</b> <b>11</b></p> <p>9:30 <b>PE</b> Leg warm ups            10:00 <b>CE</b> Monday Moments &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 A Day In History            1:30 Melodie Mondays            2:00 Soda Pop Function            2:30 Ball Toss Across            3:00 Board Game Mania            3:30 The Golden Era            5:30 After Dinner Show</p>	<p><b>Sit &amp; Be Fit</b> <b>12</b></p> <p>9:30 Sit &amp; Be Fit            10:00 Time Travel &amp; Treats            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Fun Facts            1:30 Tuesday Trivia            2:00 Across the states with Treats            2:30 Balloon Toss            3:00 <b>AE</b> Artist Corner            3:30 Get 2 Know Me            5:30 After Dinner Show</p>	<p><b>Music &amp; Meditation</b> <b>13</b></p> <p>9:30 <b>LL</b> Music &amp; Meditation            10:00 Daily Chronicles &amp; Doughnuts            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Decade Journey            1:30 Noodle Hockey            2:00 <b>CC</b> Scenic Drive &amp; Snack Packs            3:00 Travel Bingo            5:30 After Dinner Show</p>	<p><b>Alexander Grand Bell Day</b> <b>7</b></p> <p>9:30 <b>PE</b> Arm Stretches            10:00 Social Talk &amp; Nibbles            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>CE</b> History in Music            1:30 Going On A Stroll            2:00 Vintage Board Games &amp; Muffins            2:30 Chair Volleyball Tournament            3:00 Time Travel Trivia            3:30 Color Trivia            5:30 After Dinner Show</p>	<p><b>Morning Breaths &amp; Cardio</b> <b>8</b></p> <p>9:30 <b>CE</b> Morning Breaths &amp; Cardio            10:00 The 50's Era &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Name That Tune            1:30 Mid Day Inspirations            2:00 Tea Time &amp; Treats            2:30 Riddle Me This            3:00 Decade Journey            3:30 <b>CC</b> Cheers 2 Us            5:30 After Dinner Show</p>	<p><b>Lets Move It!</b> <b>9</b></p> <p>9:30 Lets Move It!            10:00 Memory Lane &amp; Morning Drinks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Mid Day Conversations            1:30 Saturday Moments            2:00 Ice Cream Saturdays            2:30 <b>LL</b> Ladies Salon Day &amp; Gents Choice            3:30 <b>LL</b> Vintage Days            5:30 After Dinner Show</p>
<p><b>St. Patrick's Day</b> <b>17</b></p> <p>9:30 <b>PE</b> Seated Yoga Stretches            9:30 Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time/St. Patty's Day Fun, Green Cider            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>	<p><b>Leg warm ups</b> <b>18</b></p> <p>9:30 <b>PE</b> Leg warm ups            10:00 <b>CE</b> Monday Moments &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 A Day In History            1:30 Melodie Mondays            2:00 Soda Pop Function            2:30 Ball Toss Across            3:00 Board Game Mania            3:30 The Golden Era            5:30 After Dinner Show</p>	<p><b>Sit &amp; Be Fit</b> <b>19</b></p> <p>9:30 Sit &amp; Be Fit            10:00 Time Travel &amp; Treats            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Fun Facts            1:30 Tuesday Trivia            2:00 Across the states with Treats            2:30 Balloon Toss            3:00 <b>AE</b> Artist Corner            3:30 Get 2 Know Me            5:30 After Dinner Show</p>	<p><b>Music &amp; Meditation</b> <b>20</b></p> <p>9:30 <b>LL</b> Music &amp; Meditation            10:00 Daily Chronicles &amp; Doughnuts            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Decade Journey            1:30 Noodle Hockey            2:00 <b>CC</b> Scenic Drive &amp; Snack Packs            3:00 Travel Bingo            5:30 After Dinner Show</p>	<p><b>Potato Chip Day</b> <b>14</b></p> <p>9:30 <b>PE</b> Arm Stretches            10:00 Social Talk &amp; Nibbles            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>CE</b> History in Music            1:30 Going On A Stroll            2:00 Vintage Board Games &amp; Muffins            2:30 Chair Volleyball Tournament            3:00 Time Travel Trivia            3:30 Color Trivia            5:30 After Dinner Show</p>	<p><b>Morning Breaths &amp; Cardio</b> <b>15</b></p> <p>9:30 <b>CE</b> Morning Breaths &amp; Cardio            10:00 The 60's Era &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Name That Tune            1:30 Mid Day Inspirations            2:00 Tea Time &amp; Treats            2:30 Riddle Me This            3:00 Decade Journey            3:30 <b>CC</b> Cheers 2 Us            5:30 After Dinner Show</p>	<p><b>Lets Move It!</b> <b>16</b></p> <p>9:30 Lets Move It!            10:00 Memory Lane &amp; Morning Drinks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Mid Day Conversations            1:30 Saturday Moments            2:00 Ice Cream Saturdays            2:30 <b>LL</b> Ladies Salon Day &amp; Gents Choice            3:30 <b>LL</b> Vintage Days            5:30 After Dinner Show</p>
<p><b>Chocolate Covered Raisin Day</b> <b>24</b></p> <p>9:30 <b>PE</b> Seated Yoga Stretches            9:30 Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>	<p><b>Waffle Day</b> <b>25</b></p> <p>9:30 <b>PE</b> Leg warm ups            10:00 <b>CE</b> Monday Moments &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 A Day In History            1:30 Melodie Mondays            2:00 Soda Pop Function            2:30 Ball Toss Across            3:00 Board Game Mania            3:30 The Golden Era            5:30 After Dinner Show</p>	<p><b>Sit &amp; Be Fit</b> <b>26</b></p> <p>9:30 Sit &amp; Be Fit            10:00 Time Travel &amp; Treats            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Fun Facts            1:30 Tuesday Trivia            2:00 Across the states with Treats            2:30 Balloon Toss            3:00 <b>AE</b> Artist Corner            3:30 Get 2 Know Me            5:30 After Dinner Show</p>	<p><b>Music &amp; Meditation</b> <b>27</b></p> <p>9:30 <b>LL</b> Music &amp; Meditation            10:00 Daily Chronicles &amp; Doughnuts            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Decade Journey            1:30 Noodle Hockey            2:00 <b>CC</b> Taste &amp; Tell with Juan            3:00 Travel Bingo            5:30 After Dinner Show</p>	<p><b>Common Courtesy Day</b> <b>21</b></p> <p>9:30 <b>PE</b> Arm Stretches            10:00 Social Talk &amp; Nibbles            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>CE</b> History in Music            1:30 Chair Yoga            2:00 Vintage Board Games &amp; Muffins            2:30 Chair Volleyball Tournament            3:00 Time Travel Trivia            3:30 Color Trivia            5:30 After Dinner Show</p>	<p><b>Morning Breaths &amp; Cardio</b> <b>22</b></p> <p>9:30 <b>CE</b> Morning Breaths &amp; Cardio            10:00 The 70's Era &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Name That Tune            1:30 Mid Day Inspirations            2:00 Tea Time &amp; Treats            2:30 Riddle Me This            3:00 Decade Journey            3:30 <b>CC</b> Cheers 2 Us            5:30 After Dinner Show</p>	<p><b>Lets Move It!</b> <b>23</b></p> <p>9:30 Lets Move It!            10:00 Memory Lane &amp; Morning Drinks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Mid Day Conversations            1:30 Saturday Moments            2:00 Ice Cream Saturdays            2:30 <b>LL</b> Ladies Salon Day &amp; Gents Choice            3:30 <b>LL</b> Vintage Days            5:30 After Dinner Show</p>
<p><b>Chocolate Covered Raisin Day</b> <b>24</b></p> <p>9:30 <b>PE</b> Seated Yoga Stretches            9:30 Seated Yoga Stretches            10:00 <b>CE</b> In The News &amp; Great Munchies            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>LL</b> Sunday Drivers            1:30 Farmers Market            2:00 Socialize &amp; Bake            2:30 Trivia Time            3:00 Noodle Olympics            3:30 Country Craze            5:30 After Dinner Show</p>	<p><b>Waffle Day</b> <b>25</b></p> <p>9:30 <b>PE</b> Leg warm ups            10:00 <b>CE</b> Monday Moments &amp; Power snacks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 A Day In History            1:30 Melodie Mondays            2:00 Soda Pop Function            2:30 Ball Toss Across            3:00 Board Game Mania            3:30 The Golden Era            5:30 After Dinner Show</p>	<p><b>Sit &amp; Be Fit</b> <b>26</b></p> <p>9:30 Sit &amp; Be Fit            10:00 Time Travel &amp; Treats            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Fun Facts            1:30 Tuesday Trivia            2:00 Across the states with Treats            2:30 Balloon Toss            3:00 <b>AE</b> Artist Corner            3:30 Get 2 Know Me            5:30 After Dinner Show</p>	<p><b>Music &amp; Meditation</b> <b>27</b></p> <p>9:30 <b>LL</b> Music &amp; Meditation            10:00 Daily Chronicles &amp; Doughnuts            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Decade Journey            1:30 Noodle Hockey            2:00 <b>CC</b> Taste &amp; Tell with Juan            3:00 Travel Bingo            5:30 After Dinner Show</p>	<p><b>Arm Stretches</b> <b>28</b></p> <p>9:30 <b>PE</b> Arm Stretches            10:00 Social Talk &amp; Nibbles            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 <b>CE</b> History in Music            1:30 Going On A Stroll            2:00 Vintage Board Games &amp; Muffins            2:30 Chair Volleyball Tournament            3:00 Time Travel Trivia            3:30 Color Trivia            5:30 After Dinner Show</p>	<p><b>Morning Breaths &amp; Cardio</b> <b>29</b></p> <p>9:30 <b>CE</b> Morning Breaths &amp; Cardio            10:00 Name That Tune            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Name That Tune            1:30 Mid Day Inspirations            2:00 Tea Time &amp; Treats            2:30 Riddle Me This            3:00 Decade Journey            3:30 <b>CC</b> Cheers 2 Us            5:30 After Dinner Show</p>	<p><b>Lets Move It!</b> <b>30</b></p> <p>9:30 Lets Move It!            10:00 Memory Lane &amp; Morning Drinks            11:00 <b>SS</b> A Walk in Faith/Bible Study            1:00 Mid Day Conversations            1:30 Saturday Moments            2:00 Ice Cream Saturdays            2:00 Support Group            2:30 <b>LL</b> Ladies Salon Day &amp; Gents Choice            3:30 <b>LL</b> Vintage Days            5:30 After Dinner Show</p>

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