Blair Ridge Health Campus Life Enrichment Assisted Liv	ng



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Artisans - C - Community Connections - C - Creative Cooking - G - Group Games - Inspirations - Just the Guys - Keeping it Sharp/Reminisce - Lifelong Learning - Music to My Ears - Out & About	Key Code: B-Basement HC-Health Center HCA-Health Center Activities Room HCL-Health Center Library MDR-Main Dining Room ML-Main Lobby	Birthdays: 3/1 Margaret S. 3/2 Elizabeth B. 3/6 Darlene K. 3/27 Marie N. 3/29 Karen H. 3/30 Pauline H. 3/31 Patricia H.	Theme: Go Green	Family Night/CSS return party will be 3/20 6p-7:30p. With a performance from the Swampwater Stompers.	1 K 10:00 Uno (MDR) V 1:30 Ski-ball (MDR) M 3:00 Happy Hour (HC) V 6:00 Horse Racing (MDR)	V 10:00 TrilogyFit-Strength (MDI 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar C:30 Brain Games (MDR) 4:00 Mystery Drive
- Constituto I Vonto	4	5 Mardi Gras	6	7	8	9
10:00 Espresso and Expressions (ML) 1:30 Balloon Volleyball (ML) 2:00 Christian Songs 3:00 Bingo (HCA)	S 10:00 Nails with Leslie (Bistro) M 10:00 Music Corner (ML) O 12:00 Hobby Lobby A 2:30 Three Cheese Pinwheels(MDR) S 4:00 Bingo Store (HCA)	V 10:00 TrilogyFit-Strength (MDR) K 1:45 Bingo (MDR) S 2:30 Pet Visit w/Sadie S 3:30 Wellness Check (ML) L 4:00 Healthy You (PDR)	10:00 Bingo (HCA) 1:30 Jean Pocket Hanger (MDR) 3:00 Skip-bo (MDR) 4:00 LifeShare Games (ML) 6:00 Spelling Bee (ML)	10:00 TrilogyFit (MDR) 1:00 CVS/ Walgreens 2:15 Chef's Corner (MDR) 2:30 Bingo (MDR) 3:30 "Stir up Love" (MDR)	10:00 Farkle (MDR) 1:30 Ski-ball (MDR) 3:00 Happy Hour (MDR) 6:00 Horse Racing (MDR)	10:00 TrilogyFit-Strength (MD 2:00 Name that Tune (ML) 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
Daylight Savings Begins	11	12	13	14	15	16
10:00 Espresso and Expressions (ML) 11:30 Sunday Brunch 1:30 Balloon Volleyball (ML) 2:00 Bunker Hill UM Church (B) 3:00 Bingo (HCA)	M 10:00 Music Corner (ML) 1:00 Kroger 2:30 Lemon Cookies (MDR) 3:30 Sequence (MDR)	V 10:00 TrilogyFit-Strength (MDR) I:45 Bingo (MDR) 2:30 Pet Visit w/Sadie 3:30 Wellness Check (ML) 4:00 Healthy You (PDR)	10:00 Bingo (HCA) 1:30 Lucky Pallet Sign (MDR) 3:00 Skip-bo (MDR) 4:00 Filing Pies (MDR) 6:00 Trivia (ML)	V 10:00 TrilogyFit (MDR) 0 12:00 Ollies 5 2:15 Chef's Corner (MDR) K 2:30 Bingo (MDR) CC 3:30 Car Diffuser (MDR)	10:00 Yahtzee (MRD) 1:30 Ski-ball (MDR) 3:00 Happy Hour (HC) 5:00 Dinner/Movie (PD)	V 10:00 TrilogyFit-Strength (MD 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
St. Patrick's Day	18	19	20 Spring Begins	21	22	23
10:00 Espresso and Expressions (ML) 1:30 Balloon Volleyball (ML) 2:00 Church w/Andrew 3:00 Bingo (HCA)	M 10:00 Music Corner (ML) 1:00 Aldi's 2:30 Black Bean Taco Salad (MDR) K 3:30 Dominos (PDR)	V 10:00 TrilogyFit-Strength (MDR) S 2:30 Pet Visit w/Sadie S 3:30 Wellness Check (ML) 4:00 Healthy You (PDR)	K 10:00 Bingo (MDR) S 11:30 Juliet's Club (B) S 12:00 Inspired Living Commitee (B) S 12:30 Resident Council (B) A 1:30 Painted Butterflies (MDR) GG 3:00 Skip-bo (MDR) K 4:00 LifeShare Games (ML)	V 10:00 TrilogyFit (MDR) 11:30 Dutch Cafe 5 2:15 Chef's Corner (MDR) CC 3:30 Bingo (MDR) CC 3:30 Community Connections (MDR)	10:00 Mystery Wheel (MDR) 1:30 Ski-ball (MDR) 3:00 Happy Hour (MDR) 6:00 Horse Racing (MDR)	V 10:00 TrilogyFit-Strength (MD 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
	25	26	27	28	29	30
2:00 Bingo (HCA) 3:30 Balloon Volleyball (ML)	M 10:00 Music Corner (ML) 1:00 Kroger A 2:30 Fruit Dip (MDR) 4:00 Mind and Meditation (PD) M 6:00 New Jerusalem (MDR)	V 10:00 TrilogyFit-Strength (MDR) L:45 Bingo (MDR) S 2:30 Pet Visit w/Sadie S 3:30 Wellness Check (ML) L 4:00 Healthy You (PDR)	10:00 Bingo (HCA) 12:00 Romeo's Club (PD) 1:30 Acrylic Frames (MDR) 3:00 Creature Comforts (MDR) 4:00 LifeShare Games (ML) 6:00 Timeless Treasures (ML)	V 10:00 TrilogyFit (MDR) 1:00 Walmart S 2:15 Chef's Corner (MDR) CC 3:30 Bingo (MDR) CC 3:30 "Black & White" (MDR)	 K 10:00 Uno (MDR) V 1:30 Ski-ball (MDR) M 3:00 Happy Hour (HC) V 6:00 Horse Racing (MDR) 	V 10:00 TrilogyFit-Strength (MD 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
10:00 Espresso and Expressions (ML) 2:00 Bingo (HCA) 3:30 Balloon Volleyball (ML) 4:00 Church w/Warrell (B)	Our Ombudsman: Terry Holtz 574-737-2169	Please remember with the cold temperatures outings may be cancelled	BrainFit will resume for another 5 week course. If you have not done it and are interested see LE.	Pi Day will be 3/14 join us in celebrating with some delicious pies!	Fun Facts: The birthstone for March is the aquamarine. The zodiac signs for March are Aries (March 21 - April 19) and Pisces (February 19 - March 20) The birth flower for March is	Fun Facts: American Red Cross Month Fire Prevention Month Women's History Month

Blair Ridge Health Campus	
Life Enrichment Health Cent	er



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GG - Crea GG - Grou I - Insp JG - Just K - Kee L - Lifel MM - Mino	sans mmunity Connections ative Cooking up Games birations the Guys ping it Sharp/Reminisce long Learning dful Moments sic to My Ears	Key Code: B-Basement HC-Health Center HCA-Health Center Activities Room HCL-Health Center Library MDR-Main Dining Room ML-Main Lobby	Theme: Go Green	Birthdays: 3/1 Margaret S. 3/2 Elizabeth B. 3/6 Darlene K. 3/27 Marie N. 3/29 Karen H. 3/30 Pauline H. 3/31 Patricia H.	Our Ombudsman: Terry Holtz 574-737-2169	1 K 10:00 Uno (MDR) V 1:30 Ski-ball (MDR) M 3:00 Happy Hour (HC) 3:30 Mindful Moments (HC) V 6:00 Horse Racing (MDR)	V 10:40 Golden Age Movers (HC) M 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar K 2:30 Brain Games (MDR) O 4:00 Mystery Drive
3		4	5 Mardi Gras	6	7	8	9
V 1:30 M 2:00	 Espresso and Expressions (HC) Balloon Volleyball (ML) Christian Songs Bingo (HCA) 	 5 10:00 Nails with Leslie (Bistro) M 10:00 Music Corner (ML) O 12:00 Hobby Lobby K 1:30 Let's Keep it Sharp (HCA) A 2:30 Three Cheese Pinwheels(MDR) MM 3:30 Mindful Moments (HC) 5 4:00 Bingo Store (HCA) 	V 10:40 Golden Age Movers (HC) I:45 Bingo (MDR) S 2:00 Pet Visits w/Sadie (HC) MIN 3:30 Mindful Moments (HC)	10:00 Bingo (HCA) 1:30 Jean Pocket Hanger (MDR) 3:00 Skip-bo (MDR) 3:30 Mindful Moments (HC) 4:00 LifeShare Games (ML) 6:00 Spelling Bee (ML)	V 10:40 Golden Age Movers (HC) 1:00 CVS/ Walgreens 2:15 Chef's Corner (MDR) 2:30 Bingo (MDR) 3:30 "Stir up Love" (MDR) MM 3:30 Mindful Moments (HC)	K 10:00 Farkle (MDR) 1:30 Ski-ball (MDR) 3:00 Happy Hour (MDR) 3:30 Mindful Moments (HC) K 6:00 Horse Racing (MDR)	V 10:40 Golden Age Movers (HC) M 2:00 Name that Tune (ML) S 2:00 Pet Visits w/Skylar K 2:30 Brain Games (MDR) O 4:00 Mystery Drive
10 Day	ylight Savings Begins	11	12	13	14	15	16
S 11:30 V 1:30 L 2:00	 Espresso and Expressions (HC) Sunday Brunch Balloon Volleyball (ML) Bunker Hill UM Church (B) Bingo (HCA) 	M 10:00 Music Corner (ML) 1:00 Kroger 1:30 Let's Keep it Sharp (HCA) 2:30 Lemon Cookies (MDR) MM 3:30 Mindful Moments (HC)	10:40 Golden Age Movers (HC) 1:45 Bingo (MDR) 2:00 Pet Visits w/Sadie (HC) 3:30 Mindful Moments (HC)	10:00 Bingo (HCA) 1:30 Lucky Pallet Sign (MDR) 3:00 Skip-bo (MDR) 3:30 Mindful Moments (HC) 4:00 Filing Pies (MDR) 6:00 Trivia (ML)	V 10:40 Golden Age Movers (HC) 12:00 Ollies 2:15 Chef's Corner (MDR) 2:30 Bingo (MDR) CC 3:30 Car Diffuser (MDR) MM 3:30 Mindful Moments (HC)	10:00 Yahtzee (MRD) 1:30 Ski-ball (MDR) 3:00 Happy Hour (HC) 3:30 Mindful Moments (HC) 5:00 Dinner/Movie (PD)	V 10:40 Golden Age Movers (HC) 2:00 Name that Tune (ML) 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
17	St. Patrick's Day	18	19	20 Spring Begins	21	22	23
V 1:30 1 2:00	Espresso and Expressions (HC) Balloon Volleyball (ML) Church w/Andrew Bingo (HCA)	M 10:00 Music Corner (ML) 1:00 Aldi's 1:30 Let's Keep it Sharp (HCA) 2:30 Black Bean Taco Salad (MDR) MN 3:30 Mindful Moments (HC)	V 10:40 Golden Age Movers (HC) 1:45 Bingo (MDR) 2:00 Pet Visits w/Sadie (HC) 3:30 Mindful Moments (HC)	 K 10:00 Bingo (MDR) S 10:30 Resident Council (HCA) S 11:30 Juliet's Club (B) S 12:00 Inspired Living Commitee (B) A 1:30 Painted Butterflies (MDR) GG 3:00 Skip-bo (MDR) MM 3:30 Mindful Moments (HC) 	V 10:40 Golden Age Movers (HC) 11:30 Dutch Cafe 2:15 Chef's Corner (MDR) K 2:30 Bingo (MDR) MM 3:30 Mindful Moments (HC) CC 3:30 Community Connections (MDR)	K 10:00 Mystery Wheel (MDR) 1:30 Ski-ball (MDR) 3:00 Happy Hour (MDR) 3:30 Mindful Moments (HC) 6:00 Horse Racing (MDR)	V 10:40 Golden Age Movers (HC) 2:00 Name that Tune (ML) 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
24		25	26	27	28	29	30
K 2:00 K 3:30	 Espresso and Expressions (HC) Bingo (HCA) Balloon Volleyball (ML) Erie UM Church (B) 	M 10:00 Music Corner (ML) 1:00 Kroger 1:30 Let's Keep it Sharp (HCA) 2:30 Fruit Dip (MDR) 3:30 Mindful Moments (HC) 4:00 Mind and Meditation (PD) M 6:00 New Jerusalem (MDR)	V 10:40 Golden Age Movers (HC) 1:45 Bingo (MDR) 2:00 Pet Visits w/Sadie (HC) 3:30 Mindful Moments (HC)	10:00 Bingo (HCA) 12:00 Romeo's Club (PD) 1:30 Acrylic Frames (MDR) 3:00 Creature Comforts (MDR) 3:30 Mindful Moments (HC) 4:00 LifeShare Games (ML) 6:00 Timeless Treasures (ML)	V 10:40 Golden Age Movers (HC) 1:00 Walmart 2:15 Chef's Corner (MDR) K 2:30 Bingo (MDR) CC 3:30 "Black & White" (MDR) MM 3:30 Mindful Moments (HC)	K 10:00 Uno (MDR) V 1:30 Ski-ball (MDR) M 3:00 Happy Hour (HC) MM 3:30 Mindful Moments (HC) V 6:00 Horse Racing (MDR)	V 10:40 Golden Age Movers (HC) 2:00 Name that Tune (ML) 2:00 Pet Visits w/Skylar 2:30 Brain Games (MDR) 4:00 Mystery Drive
K 2:00 V 3:30	Espresso and Expressions (HC) Bingo (HCA) Balloon Volleyball (ML) Church w/Warrell (B)	Please remember with the cold temperatures outings may be cancelled	Family Night/CSS retum party will be 3/20 6p-7:30p. With a performance from the Swampwater Stompers.	Pi Day will be 3/14 join us in celebrating with some delicious pies!	Fun Facts: The birthstone for March is the aquamarine. The zodiac signs for March are Aries (March 21 - April 19) and Pisces (February 19 - March 20) The birth flower for March is daffodil.	Fun Facts: American Red Cross Month Fire Prevention Month Women's History Month	Don't forget to wear your green on 3/17 for St. Patrick's day.

Blair Ridge Health Camp	
Life Enrichment Legacy I	Lane



			Market Ma		MA ALLANDER	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality	EVERY MORNING (Times may vary) 9:30 Vitality 10:00 Keeping it Sharp 10:15 Moming Refresher 10:30 Housekeeping 10:45 Creative Cooking 11:30 Lunch Prep	12:45 Relax & Recharge 2:00 Artisans Late Afternoon 3:00 Musical Celebration 3:30 Afternoon Refresher 4:00 Connections: Group Games (Cognitive/Physical) 4:30 Dinner Prep	Theme: Go Green	Our Ombudsman Terry Holtz 574-737-2169	Noodle Hockey Card Suit Showdown Co Oatmeal Bread Relax & Recharge A Clay Exploration Mardi Gras Happy Hour GG Animal Bingo Healthy Hands	Z V Snowball Fight K Superlatives! CC Bean Dip Relax & Recharge A Tissue Art M Saturday Night Fever GG Price is Right Healthy Hands
3	4	5 Mardi Gras	6	7	8	9
 W Breathing In Life K Spell It! Peanut Butter Cookies Relax & Recharge Spring Coloring Songs of Faith Clover All Over Healthy Hands 	Whole Body Fitness Story Words CC Apple Pie Dessert Relax & Recharge Mardi Gras Beads M Marching Monday GG All About "Birds" Healthy Hands	Pancake Day Race Categories CBanana Wheat Bread Relax & Recharge A Abstract Tape Paint M On the Road Again GB Basketball Healthy Hands	Wednesday Wellness Walk Unpack a Winter Bag Butterscotch Apple Crisp Relax & Recharge A Floral Arrangements M Goin' to the Chapel GG Color Wheel Healthy Hands	Ping Pong Double the Fun CC Chicken Bean Soup Relax & Recharge Fly Swatter Painting M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands	Noodle Hockey Card Suit Showdown CC Chocolate Chip Bars Relax & Recharge A Rainy Day Painting M Beatlemania! Happy Hour GG Animal Bingo Healthy Hands	V Snowball Fight K Superlatives! CC Pepperoni Dip Relax & Recharge A Alphabet Collage M Saturday Night Fever GG Price is Right Healthy Hands
10 Daylight Savings Begins	11	12	13	14	15	16
 W Breathing In Life K Spell It! C Oatmeal Kiss Cookies Relax & Recharge A Oil Pastel Collage M Songs of Faith G Clover All Over Healthy Hands 	Whole Body Fitness Story Words Sunrise Coffee Cake Relax & Recharge Thematic Door Wreath Marching Monday GG All About "Birds" Healthy Hands	80s Flashback Categories Lemon Bread Relax & Recharge Watercolor Weaving On the Road Again Basketball Healthy Hands	Wednesday Wellness Walk Unpack a Winter Bag Blueberry Muffins Relax & Recharge A Floral Arrangements M Goin' to the Chapel GG Color Wheel Healthy Hands	Ping Pong Double the Fun Slow Cooked Chili Relax & Recharge Rockin' Dominoes Sugar Pie, Honey Bunch Fly Swatter Volleyball Healthy Hands	Noodle Hockey Card Suit Showdown CC Golden Wheat Bread Relax & Recharge Flying Spring Birds M Sham-Rockin' Happy Hour GG Animal Bingo Healthy Hands	V Snowball Fight K Superlatives! CC Reuben Spread Relax & Recharge A Celtic Eternity Knot Charm Saturday Night Fever GC Price is Right Healthy Hands
17 St. Patrick's Day	18	19	20 Spring Begins	21	22	23
The Gold Game Irish Brown Bread Relax & Recharge A Ribbon Shamrock Pin Name that Irish Tune	Whole Body Fitness Story Words Peanut Butter Brownies Relax & Recharge Crafty St. Paddy's Day Puzzle Marching Monday GG All About "Birds" Healthy Hands	W 80s Flashback Categories CC Cherry Pear Buckle Relax & Recharge A Scalloped Coffee Filter Bowl M On the Road Again GG Basketball Healthy Hands	Wednesday Wellness Walk Unpack a Winter Bag CC Chocolate Chip Muffins Relax & Recharge A Floral Arrangements M Goin' to the Chapel GC Color Wheel Healthy Hands	Ping Pong Double the Fun Co Choc. Chip Oatmeal Bars Relax & Recharge Soft and Bright Edelweiss Ornament M A Bicycle Built for Two Go Fly Swatter Volleyball Healthy Hands	Noodle Hockey Card Suit Showdown CC Frosted Peanut Cookies Relax & Recharge Creative Storytelling M Beatlemania! Happy Hour GG Animal Bingo Healthy Hands	V Snowball Fight K Superlatives! CC Peanut Butter Dip Relax & Recharge A Foil Relief Art M Saturday Night Fever GG Price is Right Healthy Hands
24	25	26	27	28	29	30
K Spell It! C Cinnamon Oatmeal Cookies Relax & Recharge A Foil Relief Art M Songs of Faith	Whole Body Fitness Story Words CODoughnut Muffins Relax & Recharge Essential Oils Diffuser Necklace M Marching Monday GG All About "Birds" Healthy Hands	 80s Flashback Categories Peanut Butter Cup Cupcakes Relax & Recharge Abstract Expressionism On the Road Again Basketball Healthy Hands 	Wednesday Wellness Walk Unpack a Winter Bag CC Apple Pudding Cake Relax & Recharge A Floral Arrangements M Goin' to the Chapel GC Color Wheel Healthy Hands	Ping Pong Double the Fun Ham and Bean Soup Relax & Recharge Painting with Scissors A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands	Noodle Hockey Card Suit Showdown CC Amish Sugar Cookies Relax & Recharge A Sensory Spice Painting M Beatlemania! Happy Hour GG Animal Bingo Healthy Hands	 Snowball Fight Superlatives! Cherry Cheesecake Dip Relax & Recharge Salt and Watercolor Spring Scenes Saturday Night Fever Price is Right Healthy Hands
W Breathing In Life Spell It! CC Hot Cross Buns Relax & Recharge A Creative Storytelling Songs of Faith GC Clover All Over Healthy Hands	Birthdays: 3/1 Margaret S. 3/2 Elizabeth B. 3/6 Darlene K. 3/27 Marie N. 3/29 Karen H. 3/30 Pauline H. 3/31 Patricia H.	Family Night/CSS return party will be 3/20 6p-7:30p. With a performance from the Swampwater Stompers.	Pi Day will be 3/14 join us in celebrating with some delicious pies!	Fun Facts: The birthstone for March is the aquamarine. The zodiac signs for March are Aries (March 21 - April 19) and Pisces (February 19 - March 20) The birth flower for March is daffodil.	Fun Facts: American Red Cross Month Fire Prevention Month Women's History Month	Remember to wear your green on 3/17 for St. Patrick's