St. Mary Healthcar Activity Calendar	re Center		Ma			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>A - Artisans</li> <li>CC - Creative Cooking</li> <li>G - Generations</li> <li>I - Inspirations</li> <li>IG - Just the Guys</li> <li>K - Keeping it Sharp/Reminisce</li> <li>L - Lifelong Learning</li> <li>MM - Mindful Moments</li> <li>M - Music to My Ears</li> <li>O - Out &amp; About</li> </ul>	Ombudsman: Andrea Smothers (765) 423-5327 Theme of the Month - Visiting Switzerland in March Activities may change date and/or location due to unforeseen circumstances. Please watch Life Share for	Resident Mail is delivered Monday - Saturday to resident rooms. The Life Enrichment team would be happy to assist with outgoing mail, or it can be taken to the front office during regular business hours.	Resident Birthdays: Nancy C 03/09 Gloria L 03/25 Letha B 03/31	March is National Nutrition Month National Social Work Month Employee Appreciation Day - 1st National Doctor's Day - 30th	<ul> <li>10:00 Daily News and Donuts</li> <li>5 11:00 Inspired Living Committee</li> <li>1:30 Balloon Volley</li> <li>2:15 Theme Sensations - Aroma Therapy</li> <li>3:00 Happy Hour w/ Jeff Anderson</li> </ul>	2 K 10:00 Saturday Morning Movie K 11:45 March IQ M 1:15 Theme Sensations - Aroma Therapy K 2:00 Quarter Bingo S 3:15 Bingo Auction
<ul> <li>3</li> <li>I 0:00 Life Share Games or Colorama</li> <li>11:00 Morning Stretch</li> <li>1:30 Theme Sensations - Cooking</li> <li>2:30 Worship Services</li> <li>3:35 Senior Scenic Outing</li> </ul>	<ul> <li>4</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>MM 11:00 Theme Sensations - Spring Things</li> <li>V 11:30 Ce Ce at the Piano</li> <li>X 2:00 Quarter Bingo</li> <li>L 3:30 Life Long Learning - Ireland</li> </ul>	<ul> <li>Mardi Gras</li> <li>Mardi Gras</li> <li>Mardi Gras</li> <li>Senior Health and Fitness Class</li> <li>11:00 Theme Sensations - Gardening</li> <li>11:45 Tuesday Trivia</li> <li>Senior Walking Club</li> <li>Senior Walking Club</li> <li>CC 2:30 Creative Cooking</li> <li>6:30 Quarter Bingo</li> </ul>	<ul> <li>6</li> <li>✓ 10:15 Senior Health and Fitness Class</li> <li>MM 11:00 Theme Sensations</li> <li>✓ 1:30 Columbian Park Comfort Creatures</li> <li>M 2:30 VCC Singers</li> <li>S 3:00 Chefs Circle</li> <li>A 3:30 Artistic Flare</li> </ul>	<ul> <li>7</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations - Weddings</li> <li>A 1:00 Oil Painting Class w/ Bill Pattison</li> <li>V 1:30 Senior Walking Club</li> <li>O 2:35 Senior Scenic Travels</li> </ul>	<ul> <li>8</li> <li>K 10:00 Daily News and Donuts</li> <li>11:00 Swiss Trivia</li> <li>1:30 Balloon Volley</li> <li>2:15 Theme Sensations - Aroma Therapy</li> <li>M 3:00 Happy Hour w/ The Wildcat Creek Band - HC</li> </ul>	9 K 10:00 Saturday Morning Movie 11:45 Famous March Birthdays MM 1:15 Theme Sensattions - Aroma Therapy K 2:00 Quarter Bingo S 3:15 Bingo Auction
<ul> <li>10 Daylight Savings Begins</li> <li>K 10:00 Life Share Games or Colorama</li> <li>S 11:00 Sunday Brunch</li> <li>MM 1:30 Theme Sensations - Cooking</li> <li>I 2:30 Worship Services w/ Donna Shaw</li> </ul>	<ul> <li>11</li> <li>▼ 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations - Spring Things</li> <li>▼ 11:30 Ce Ce at the Piano</li> <li>¥ 2:00 Quarter Bingo</li> <li>↓ 3:30 Life Long Learning - Ireland</li> </ul>	<ul> <li>12</li> <li>▼ 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations - Gardening</li> <li>K 11:45 Tuesday Trivia</li> <li>I2:00 Just the Guys Luncheon</li> <li>C 2:30 Creative Cooking</li> <li>K 6:30 Quarter Bingo</li> </ul>	<ul> <li>13</li> <li>10:15 Senior Health and Fitness Class</li> <li>11:00 Theme Sensations</li> <li>1:30 Afternoon Workout</li> <li>2:00 Chefs Circle</li> <li>3:30 Lala Pottery Class w/ Angela</li> <li>3:35 Club Geneations</li> </ul>	<ul> <li>14.</li> <li>10:15 Senior Health and Fitness Class</li> <li>11:00 Theme Sensations - Weddings</li> <li>1:00 Oil Painting Class w/ Bill Pattison</li> <li>1:30 Senior Walking Club</li> <li>2:35 Senior Scenic Travels</li> </ul>	<ul> <li>15</li> <li>K 10:00 Daily News and Donuts</li> <li>K 11:00 Jeopardy Trivia</li> <li>I:30 Balloon Volley</li> <li>M 2:15 Theme Sensations - Aroma Therapy</li> <li>M 3:00 Happy Hour w/ Roy Carter - HC</li> </ul>	<ul> <li>16</li> <li>K 10:00 Saturday Morning Movie</li> <li>M 11:45 Theme Sensations - Aroma Therapy</li> <li>K 11:45 Searching for March Word Search</li> <li>K 2:00 Quarter Bingo</li> <li>S 3:15 Bingo Auction</li> </ul>
<ul> <li>17 St. Patrick's Day</li> <li>K 10:00 Life Share Games or Colorama</li> <li>V 11:00 Morning Stretch</li> <li>II:00 Theme Sensations - Cooking</li> <li>I 2:30 Worship Services w/ Sue</li> <li>M 3:30 St. Patrick's Day Celebration</li> </ul>	<ul> <li>18</li> <li>10:15 Senior Health and Fitness Class</li> <li>11:00 Theme Sensations - Spring Things</li> <li>11:30 Ce Ce at the Piano</li> <li>2:00 Quarter Bingo</li> <li>3:30 Life Long Learning - Switzerland</li> </ul>	<ul> <li>19</li> <li>✓ 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations - Gardening</li> <li>K 11:45 Tuesday Trivia</li> <li>✓ 1:30 Senior Walking Club</li> <li>CC 2:30 Creative Cooking</li> <li>K 6:30 Quarter Bingo</li> </ul>	<ul> <li>20 Spring Begins</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations</li> <li>V 1:30 Afternoon Workout</li> <li>S 2:00 Chefs Circle</li> <li>M 2:30 Monthly Birthday Celebration w/ Kent</li> <li>Artistic Flare</li> </ul>	<ul> <li>21</li> <li>10:15 Senior Health and Fitness Class</li> <li>11:00 Theme Sensations - Weddings</li> <li>1:00 Oil Painting Class w/ Bill Pattison</li> <li>1:30 Senior Walking Club</li> <li>2:35 Senior Scenic Travels</li> </ul>	<ul> <li>22</li> <li>10:00 Daily News and Donuts</li> <li>11:00 Random Trivia</li> <li>1:30 Balloon Volley</li> <li>M 2:15 Theme Sensations - Aroma Therapy</li> <li>3:00 Happy Hour w/ Surprise Guest - HC</li> </ul>	<ul> <li>23</li> <li>K 10:00 Saturday Morning Movie</li> <li>K 11:45 March Trivia</li> <li>M 1:15 Theme Sensations - Aroma Therapy</li> <li>K 2:00 Quarter Bingo</li> <li>S 3:15 Bingo Auction</li> </ul>
<ul> <li>24</li> <li>K 10:00 Life Share Games or Colorama</li> <li>V 11:00 Morning Stretch</li> <li>MN 1:30 Theme Sensations - Cooking</li> <li>I 2:30 Worship Services w/ Pastor Darlene</li> <li>S 3:35 Senior Scenic Outing</li> </ul>	<ul> <li>25</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>MM 11:00 Theme Sensations - Spring Things</li> <li>V 11:30 Ce Ce at the Piano</li> <li>K 2:00 Quarter Bingo</li> <li>L 3:30 Life Long Learning - Switzerland</li> </ul>	<ul> <li>26</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>MM 11:00 Theme Sensations - Gardening</li> <li>K 11:45 Tuesday Trivia</li> <li>S 12:00 RHS Diamond Divas Luncheon - HC</li> <li>V 1:30 Senior Walking Club</li> </ul>	<ul> <li>27</li> <li>V 10:15 Senior Health and Fitness Class</li> <li>M 11:00 Theme Sensations</li> <li>V 1:30 Afternoon Workout</li> <li>S 2:00 Chefs Circle</li> <li>2:30 Resident Council</li> <li>A 3:30 Artistic Flare</li> </ul>	<ul> <li>28</li> <li>10:15 Senior Health and Fitness Class</li> <li>11:00 Theme Sensations - Weddings</li> <li>1:00 Oil Painting Class w/ Bill Pattison</li> <li>1:30 Senior Walking Club</li> <li>2:35 Senior Scenic Travels</li> </ul>	<ul> <li>29</li> <li>K 10:00 Daily News and Donuts</li> <li>K 11:00 More Jeopardy Trivia</li> <li>Y 1:30 Balloon Volley</li> <li>M 2:15 Theme Sensations - Aroma Therapy</li> <li>M 3:00 Happy Hour w/ Kent Lane - HC</li> </ul>	30 K 10:00 Saturday Morning Movie 11:45 Fun Facts about March 1:15 Theme Sensations - Aroma Therapy K 2:00 Quarter Bingo S 3:15 Bingo Auction
<ul> <li>31</li> <li>K 10:00 Life Share Games or Colorama</li> <li>V 11:00 Morning Stretch</li> <li>M 1:30 Theme Sensations - Cooking</li> <li>I 2:30 Worship Services w/ Pastor Darlene</li> <li>S 3:35 Senior Scenic Outing</li> </ul>	Legacy Lane 2nd Annual Art Show 3/21 - 3/25/19 Pi Day - 03/14/19	Apply For Honor Flight through our Live a Dream Program Dream.TheTrilogyFoundation.com				

# St. Mary Healthcare Legacy Lane Daily Rhythms Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>A - Artisans</li> <li>C - Creative Cooking</li> <li>G - Gathering of Friends</li> <li>G - Gathering of Friends</li> <li>G - Generations</li> <li>G - Group Games</li> <li>I - Inspirations</li> <li>J - Just the Guys</li> <li>K - Keeping it Sharp/Reminisce</li> <li>M - Music to My Ears</li> </ul>	Every Moming (approx. times) 9:00 Get Up & Go 9:30 Brain Ticklers 11:00 Creative Cooking	Every Aftemoon (approx. times) 1:00 Reminisce 1:30 Creative Hands 2:30 Music Celebration 3:00 Group Games 3:30 Aftemoin Pick Me Up	Every Evening (approx. times) 6:00 Gathering of Friends Key Code: HC - Health Center	Resident Birthdays Barb S 3/18 Dee F 3/20 Amanda C 3/30	<ul> <li>Noodle Hockey</li> <li>Card Suit Showdown</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Balloon Volley</li> <li>Clay Exploration</li> <li>Happy Hour w/ Jeff Anderson</li> <li>Animal Bingo</li> </ul>	2 V Snowball Fight K Superlatives! C Bake Cake Relax & Recharge A Paint aand Draw to Music M Saturday Night Fever G Price is Right Healthy Hands
	4	5 Mardi Gras	6	7	8	9
Breathing In Life Spell It! Bake Muffins Relax & Recharge Spring Coloring Worship Services - HC Songs of Faith Senior Scenic Outing	<ul> <li>Whole Body Fitness</li> <li>Story Words</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Mardi Gras Beads</li> <li>Marching Monday</li> <li>All About "Birds" Healthy Hands</li> </ul>	<ul> <li>Pancake Day Race</li> <li>Categories</li> <li>Fresh Fruit Relax &amp; Recharge</li> <li>Paint and Draw to Music</li> <li>On the Road Again</li> <li>Basketball Healthy Hands</li> </ul>	<ul> <li>Wednesday Wellness Walk</li> <li>Unpack a Winter Bag</li> <li>Bake Cupcakes Relax &amp; Recharge</li> <li>Vegetable Flowers</li> <li>VCC Singers</li> <li>Goin' to the Chapel</li> <li>Color Wheel</li> </ul>	<ul> <li>V Ping Pong</li> <li>Double the Fun</li> <li>C Fruited Jello Relax &amp; Recharge</li> <li>V Senior Walking Club</li> <li>A Fly Swatter Painting</li> <li>I Worship Services - HC</li> <li>O Senior Scenic Travels</li> </ul>	<ul> <li>Noodle Hockey</li> <li>Card Suit Showdown</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Balloon Volley</li> <li>Rainy Day Painting</li> <li>Happy Hour w/ The Wildcat Creek Band - HC</li> </ul>	<ul> <li>Snowball Fight</li> <li>Superlatives!</li> <li>Bake Cake</li> <li>Relax &amp; Recharge</li> <li>Paint aand Draw to Music</li> <li>Saturday Night Fever</li> <li>Price is Right</li> <li>Healthy Hands</li> </ul>
Daylight Savings Begins	11	12	13	14	15	16
Breathing In Life Spell It! Bake Muffins Sunday Brunch Relax & Recharge Oil Pastel Collage Worship Services - HC Songs of Faith	<ul> <li>Whole Body Fitness</li> <li>Story Words</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Artisans</li> <li>Marching Monday</li> <li>All About "Birds" Healthy Hands</li> </ul>	<ul> <li>80s Flashback</li> <li>Categories</li> <li>Fresh Fruit</li> <li>Just the Guys Luncheon Relax &amp; Recharge</li> <li>Paint and Draw to Music</li> <li>On the Road Again</li> <li>Basketball</li> </ul>	<ul> <li>Wednesday Wellness Walk</li> <li>Unpack a Winter Bag</li> <li>Bake Cupcakes Relax &amp; Recharge</li> <li>Watercolor Weaving</li> <li>Goin' to the Chapel</li> <li>Club Geneations</li> <li>Color Wheel</li> </ul>	<ul> <li>V Ping Pong</li> <li>C Double the Fun</li> <li>C Fruited Jello Relax &amp; Recharge</li> <li>V Senior Walking Club</li> <li>A Rockin' Dominoes</li> <li>I Worship Services - HC</li> <li>O Senior Scenic Travels</li> </ul>	<ul> <li>Noodle Hockey</li> <li>Card Suit Showdown</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Balloon Volley</li> <li>Flying Spring Birds</li> <li>Happy Hour w/ Roy Carter - HC</li> <li>Animal Bingo</li> </ul>	<ul> <li>Snowball Fight</li> <li>Superlatives!</li> <li>Bake Cake Relax &amp; Recharge</li> <li>Paint aand Draw to Music</li> <li>Saturday Night Fever</li> <li>Price is Right Healthy Hands</li> </ul>
St. Patrick's Day	18	19	20 Spring Begins	21	22	23
Breathing In Life The Gold Game Bake Muffins Relax & Recharge Ribbon Shamrock Pin Worship Services - HC Name that Irish Tune St. Patrick's Day Celebration	<ul> <li>Whole Body Fitness</li> <li>Story Words</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Artisans</li> <li>Marching Monday</li> <li>All About "Birds" Healthy Hands</li> </ul>	<ul> <li>80s Flashback</li> <li>Categories</li> <li>Fresh Fruit Relax &amp; Recharge</li> <li>Paint and Draw to Music</li> <li>On the Road Again</li> <li>Gasketball Healthy Hands</li> </ul>	<ul> <li>Wednesday Wellness Walk</li> <li>Unpack a Winter Bag</li> <li>Bake Cupcakes</li> <li>Relax &amp; Recharge</li> <li>Purim Paper Jewelry</li> <li>Goin' to the Chapel</li> <li>Color Wheel</li> <li>Healthy Hands</li> </ul>	<ul> <li>V Ping Pong</li> <li>K Double the Fun</li> <li>C Fruited Jello Relax &amp; Recharge</li> <li>V Senior Walking Club</li> <li>A Soft and Bright Edelweiss Ornament</li> <li>I Worship Services - HC</li> <li>O Senior Scenic Travels</li> </ul>	<ul> <li>Noodle Hockey</li> <li>Card Suit Showdown</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Balloon Volley</li> <li>Creative Storytelling</li> <li>Happy Hour w/ Surprise Guest - HC</li> <li>GG Animal Bingo</li> </ul>	<ul> <li>Snowball Fight</li> <li>Superlatives!</li> <li>Bake Cake</li> <li>Relax &amp; Recharge</li> <li>Paint aand Draw to Music</li> <li>Saturday Night Fever</li> <li>Price is Right</li> <li>Healthy Hands</li> </ul>
	25	26	27	28	29	30
Breathing In Life Spell It! Bake Muffins Relax & Recharge Foil Relief Art Worship Services - HC Songs of Faith Senior Scenic Outing	<ul> <li>Whole Body Fitness</li> <li>Story Words</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Artisans</li> <li>Marching Monday</li> <li>All About "Birds" Healthy Hands</li> </ul>	<ul> <li>80s Flashback</li> <li>Categories</li> <li>Fresh Fruit</li> <li>RHS Diamond Divas Luncheon - HC Relax &amp; Recharge</li> <li>Paint and Draw to Music</li> <li>On the Road Again</li> <li>GG Basketball</li> </ul>	<ul> <li>Wednesday Wellness Walk</li> <li>Unpack a Winter Bag</li> <li>Bake Cupcakes Relax &amp; Recharge</li> <li>Ink Blot Art</li> <li>Goin' to the Chapel</li> <li>Color Wheel Healthy Hands</li> </ul>	<ul> <li>V Ping Pong</li> <li>K Double the Fun</li> <li>C Fruited Jello Relax &amp; Recharge</li> <li>V Senior Walking Club</li> <li>A Painting with Scissors</li> <li>I Worship Services - HC</li> <li>O Senior Scenic Travels</li> </ul>	<ul> <li>Noodle Hockey</li> <li>Card Suit Showdown</li> <li>Bake Cookies Relax &amp; Recharge</li> <li>Balloon Volley</li> <li>Sensory Spice Painting</li> <li>Happy Hour w/ Kent Lane - HC</li> <li>Animal Bingo</li> </ul>	<ul> <li>Snowball Fight</li> <li>Superlatives!</li> <li>Bake Cake Relax &amp; Recharge</li> <li>Paint aand Draw to Music</li> <li>Saturday Night Fever</li> <li>Price is Right Healthy Hands</li> </ul>
Breathing In Life Spell It! Bake Muffins Relax & Recharge Creative Storytelling Worship Services - HC Songs of Faith Senior Scenic Outing	Pi Day - 3/13 Legacy Lane 2nd Annual Art Show 3/21 - 3/25					