Legacies Pacifica Memory Care

March 2019

PACIFICA SENIOR LIVING ELLENSBURG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 10:00 Music and Motion 10:30 Spiritual Hour with Christine 11:00 Spiritual Hymns 1:00 Jenga 2:00 Hot Apple Cider 2:00 Ind. Baptist					**1** 10:00 Walking Club 10:30 Sing Along Songs 1:00 Table Games 2:00 Nail Spa w/Christine 3:00 Afternoon Cocoa 4:00 Reading Hour 6:30 TV/Music	**2** 10:00 Stretching/warm up 10:30 Newspaper Talk 1:00 Popcorn Social 2:00 Popsicle stick art 3:00 Afternoon Cocoa 4:00 Reminiscing Stories 6:30 TV/Music
3 10:00 Music and Motion 10:30 Spiritual Hour with Christine 11:00 Spiritual Hymns 1:00 Jenga 2:00 Hot Apple Cider 2:00 Ind. Baptist Church	**4** 10:00 Chair Dancing 10:30 Which is Which?? 1:00 Water color paint 2:00 Bowling 3:00 Tea and Music 4:00 Playing Cards 6:30 TV/Music	**5** Fat Tuesday 9:00 Catholic Communion 10:00 Famous Quotes 1:00 Bingo 2:00 Sing-A-Long w/Ruth 3:00 Walking Club 4:00 Art/Crafts	**6** 10:00 Ball Toss 10:30 Stretching 1:00 Clichés and Sayings 2:00 Tic-Tac-Toe 3:00 Easy Listening Music 3:00 Calvary Baptist 4:00 Set Table	**7** 10:00 Kickball 10:30 Chair Aerobics 1:00 Brain Teasers 2:00 Reading Hour 3:00 Afternoon Tea 4:00 Set the Table 6:30 TV/Music	**8** 10:00 Walking Club 10:30 Sing Along Songs 1:00 Dice and Dominos 2:00 Nail Spa w/Christine 3:00 Mind Joggers 4:00 Reading Hour 6:30 TV/Music	**9** 10:00 Stretching/warm up 10:30 Newspaper Talk 1:00 Popcorn Social 2:00 Jigsaw Puzzle 3:00 Afternoon Cocoa 4:00 Art/Crafts 6:30 TV/Music
10 10:00 Music and Motion 10:30 Spiritual Hour with Christine 11:00 Spiritual Hymns 1:00 Jenga 2:00 Hits/Banana Splits 2:00 Ind. Baptist Church	**11** 10:00 Chair Dancing 10:30 What Did It Cost? 1:00 Water Color Paint 2:00 Bowling 3:00 Tea and Music 4:00 Playing Cards 6:30 TV/Music	**12** 9:00 Catholic Communion 10:00 Clichés and Sayings 12:00 Mardi Gras 1:00 Bingo 2:00 Sing-A-Long w/Ruth 3:00 Walking Club 4:00 Art/Crafts	**13** 10:00 Bean Bag Toss 10:30 Stretching 1:00 Trivia 2:00 Table Games 3:00 Easy Listening Music 3:00 Calvary Baptist 4:00 Set Table	**14** 10:00 Kickball 10:30 Chair Aerobics 1:00 Brain Teasers 2:00 Reading Hour 3:00 Cooking w/Christine 4:00 Set the Table 6:30 TV/Music	**15** 10:00 Walking Club 10:30 Sing Along Songs 1:00 Table Games 2:00 Nail Spa w/Christine 3:00 Afternoon Cocoa 4:00 Reading Hour 6:30 TV/Music	**16** 10:00 Stretching/warm up 10:30 Newspaper Talk 1:00 Popcorn Social 2:00 Music 3:00 Afternoon Cocoa 4:00 Coloring Art 6:30 TV/Music
17 *St. Patrick's Day* 10:00 Music and Motion 10:30 Spiritual Hour with Christine 11:00 Spiritual Hymns 1:00 Hits-Banana Splits 2:00 Hot Apple Cider 2:00 Ind. Baptist Church	**18** 10:00 Chair Dancing 10:30 Bulls Eye Toss 1:00 Color By Numbers 2:00 Bowling 3:00 Tea and Music 4:00 Playing Cards 6:30 TV/Music	**19** 9:00 Catholic Communion 10:00 Famous Quotes 1:00 Bingo 2:00 Sing-A-Long w/Ruth 3:00 Walking Club 4:00 Art/Crafts	**20** *First Day of Spring* 10:00 Balloon Slam 10:30 Stretching 1:00 Mind Joggers 2:00 Puzzles 3:00 Easy Listening Music 3:00 Calvary Baptist	**21** 10:00 Kickball 10:30 Chair Aerobics 1:00 Brain Teasers 2:00 Music with Fiddlers 3:00 Afternoon Tea 4:00 Set the Table 6:30 TV/Music	**22** 10:00 Walking Club 10:30 Sing Along Songs 1:00 Dice and Dominos 2:00 Nail Spa w/Christine 3:00 Afternoon Cocoa 4:00 Reading Hour 6:30 TV/Music	**23** 10:00 Stretching/warm up 10:30 Newspaper Talk 1:00 Popcorn Social 2:00 Balloon Bop 3:00 Afternoon Cocoa 4:00 Art/Craft 6:30 TV/Music
24 10:00 Music and Motion 10:30 Spiritual Hour with Christine 11:00 Spiritual Hymns 1:00 Jenga 2:00 Hot Apple Cider 2:00 Ind. Baptist Church	**25** 10:00 Chair Dancing 10:30 Word Play 1:00 Painting 2:00 Bowling 3:00 Tea and Music 4:00 Playing Cards	**26** 9:00 Catholic Communion 10:00 Reminiscing Stories 1:00 Bingo 2:00 Sing-A-Long w/Ruth 3:00 Walking Club 4:00 Art/Crafts	**27** 10:00 Ball Toss 10:30 Stretching 1:00 Trivia 2:00 Tic-Tac-Toe 3:00 Easy Listening Music 3:30 Reading 4:00 Set Table	**28** 10:00 Kickball 10:30 Chair Aerobics 1:00 Brain Teasers 2:00 Afternoon Tea 3:00 Calvary Baptist 4:00 Set the Table 6:30 TV/Music	**29** 10:00 Walking Club 10:30 Sing Along Songs 1:00 Brain Teasers 2:00 Nail Spa w/Christine 3:00 Afternoon Cocoa 4:00 Reading Hour 6:30 TV/Music	**30** 10:00 Stretching/warm up 10:30 Newspaper Talk 1:00 Popcorn Social 2:00 Popsicle stick art 3:00 Afternoon Cocoa 4:00 Art/Craft 6:30 TV/Music

Heartland Assisted Living

March 2019

PACIFICA SENIOR LIVING ELLENSBURG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 10:00 Lobby Coffee & Sunday Paper Talk 11:00 Spiritual Hour w/Terri 1:00 Rummikub 2:00 Hot Apple Cider 2:00 Ind. Baptist Church 3:00 Movie Matinee					**1** 10:00 Fun and Games 1:00 Rummikub 2:00 Be-Fit with Melba 6:30 Movie & Popcorn	**2** 11:00 Fun and Games 1:00 Popcorn in Lobby 2:00 Rummikub 3:00 Cookies in the Fireside Room
3 10:00 Lobby Coffee & Sunday Paper Talk 11:00 Spiritual Hour w/Terri 1:00 Rummikub 2:00 Hot Apple Cider 2:00 Ind. Baptist Church 3:00 Board Games	**4** 9:30 Bible Study with Jean 10:30 **Country Drive** 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Word Puzzles	**5** Fat Tuesday 9:00 Catholic Communion 10:00 Crochet in Fireside 12:00 **Mardi Gras Party** 10:30 Chair Aerobics 1:00 Rummikub 2:00 Sing-A-Long w/ Ruth 3:00 Art with Terri	**6** 10:00 Shopping@ Bi-Mart 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Calvary Baptist	**7** 9:30 Reading w/Dr. Fred 10:30 Chair Aerobics 1:00 Rummikub 1:00 Nail Spa with Terri 2:00 Bingo 3:00 ***Thursday Wine***	**8** 10:00 Fun and Games 1:00 Rummikub 2:00 Be-Fit w/Melba 6:30 Movie & Popcorn	**9** 11:00 Fun and Games 1:00 Popcorn in Lobby 2:00 Rummikub 3:00 Cookies in the Fireside Room
10 10:00 Lobby Coffee & Sunday Paper Talk 11:00 Spiritual Hour w/Terri 1:00 Rummikub 2:00 Hot Apple Cider 2:00 Ind. Baptist Church 3:00 Movie Matinee	**11** 9:30 Bible Study with Jean 11:00 Book Club 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Finish the Phrase	**12** 9:00 Catholic Communion 10:00 Crochet in Fireplace 10:30 Chair Aerobics 1:00 Rummikub 2:00 Sing-A-Long w/ Ruth 3:00 Cards with Jean	**13** 10:00 Shopping@Dollar Tree 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Calvary Baptist	**14** 9:30 Reading w/ Dr. Fred 10:30 Chair Aerobics 1:00 Rummikub 2:00 Nail Spa 3:00 Bingo	**15** 10:00 Fun and Games 1:00 Rummikub 2:00 Be-Fit with Melba 6:30 Movie & Popcorn	**16** 11:00 Fun and Games 1:00 Popcorn in Lobby 2:00 Rummikub 3:00 Cookies in the Fireside Room
17 *St. Patrick's Day* 10:00 Lobby Coffee & Sunday Paper Talk 11:00 Spiritual Hour w/Terri 2:00 Hot Apple Cider 2:00 Ind.Baptist Church 3:00 Board Games	**18** 9:30 Bible Study with Jean 10:30 Ladies Coffee Talk 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Board Games of your choice	**19** 9:00 Catholic Communion 10:00 Fun and Games 10:30 Chair Aerobics 1:00 Rummikub 2:00 Sing-A-Long w/Ruth 2:00 Crochet in Fireside 3:00 Cards with Jean	**20** *First Day of Spring* 10:00 Shopping@Goodwill 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Calvary Baptist	**21** 9:30 Reading w/ Dr. Fred 10:30 Chair Aerobics 1:00 Rummikub 2:00 Music with Fiddlers 3:00 Bingo	**22** 10:00 Fun and Games 1:00 Rummikub 2:00 Be-Fit with Melba 6:30 Movie & Popcorn	**23** 11:00 Fun and Games 1:00 Popcorn in Lobby 2:00 Rummikub 3:00 Cookies in the Fireside Room
24 10:00 Lobby Coffee & Sunday Paper Talk 11:00 Spiritual Hour w/Terri 1:00 Rummikub 2:00 Hot Apple Cider 2:00 Ind. Baptist Church 3:00 Movie Matinee	**25** 9:30 Bible Study with Jean 10:30 Fun & Games 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 Food Committee Meeting	**26** 9:00 Catholic Communion 10:00 Fun and Games 10:30 Chair Aerobics 1:00 Rummikub 2:00 Sing-A-Long w/Ruth 2:00 Crochet in Fireside 3:00 Resident Council	**27** 10:00 Shopping @ Fred Meyers 1:00 Rummikub 2:00 Be-Fit with Melba 3:00 March Social With Rick Toomey	**28** 9:30 Reading w/ Dr. Fred 10:30 Chair Aerobics 2:30 March Birthdays 1:00 Rummikub 2:00 Nail Spa 3:00 Calvary Baptist	**29** 10:00 Fun and Games 1:00 Rummikub 2:00 Be-Fit with Melba 6:30 Movie & Popcorn	**30** 11:00 Fun and Games 1:00 Popcorn in Lobby 2:00 Rummikub 3:00 Cookies in the Fireside Room