

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Daily Dining:</u> 8:30-10:00 Breakfast 12:00-1:00 Lunch 4:30-5:30 Dinner</p> <p><u>Concierge Cart:</u> 11:15 and 3:00</p>	<p>Happy Birthday Phylis! March 29</p>	<p>Give someone a hug Today!</p> 	<p>Smile! You are loved!</p> 	<p>Relax with your friends!</p> 	<p>1</p> <p>Stretches w/ Wendy 11am Line Dancing (R) Plaza Walk Hand Massages 3pm Georgette & Justice</p>	<p>2</p> <p>Sit and Be Fit Current Events Novel Reading Music Therapy Table Games Classic Movie</p>
<p>3</p> <p>Sit and Be Fit Sunday Inspiration Watercolor Painting Plaza Walk Classic Movie</p>	<p>4</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music (R) Plaza Walk Monday Musical</p>	<p>5</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Cooking Demo 3pm Documentary</p>	<p>6</p> <p>Stretches w/ Wendy 10:30 Communion w/ San Carlos Cathedral Puzzle and Pondering 2pm Tunes w/ Stefani Happy Hour Novel Reading</p>	<p>7</p> <p>Bodies in Motion Sight Seeing Walk 11am Scenic Drive Name That Tune! 3:30 Mandolin Music w/ Dave Comedy Hour</p>	<p>8</p> <p>Stretches w/ Wendy 11am Line Dancing (R) Plaza Walk Hand Massages 2pm TPL Theater Visit</p>	<p>9</p> <p>Sit and Be Fit Current Events Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>10</p> <p>Sit and Be Fit Sunday Inspiration Watercolor Painting Plaza Walk Classic Movie</p>	<p>11</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music (R) Plaza Walk</p>	<p>12</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Cooking Demo 3pm Documentary</p>	<p>13</p> <p>Stretches w/ Wendy 10:30 Communion w/ San Carlos Cathedral Puzzle and Pondering 2pm Music w/ Lee Durley Happy Hour Novel Reading</p>	<p>14</p> <p>Bodies in Motion Sight Seeing Walk 11am Scenic Drive Music & Memory 3:30 Mandolin Music w/ Dave Comedy Hour</p>	<p>15</p> <p>Stretches w/ Wendy 11am Line Dancing (R) Plaza Walk Hand Massages 3pm Music w/ Georgette & Justice 3:30 Shabbat w/ Congregation Beth Israel (R)</p>	<p>16</p> <p>Sit and Be Fit Current Events Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>17</p> <p>Sit and Be Fit Sunday Inspiration Watercolor Painting Plaza Walk Classic Movie</p>	<p>18</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music (R) Plaza Walk Monday Musical</p>	<p>19</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Cooking Demo 3pm Documentary</p>	<p>20</p> <p>Stretches w/ Wendy 10:30 Communion w/ San Carlos Cathedral Puzzle and Pondering 2pm Tunes w/ Stefani Happy Hour Novel Reading</p>	<p>21</p> <p>Bodies in Motion Sight Seeing Walk 11am Scenic Drive Hand Massage 2pm Harp Music w/ Melissa Comedy Hour</p>	<p>22</p> <p>Stretches w/ Wendy 11am Line Dancing (R) Plaza Walk Hand Massages 2pm TPL Theater Visit</p>	<p>23</p> <p>Sit and Be Fit Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>24/31</p> <p>Sit and Be Fit Sunday Inspiration Watercolor Painting Plaza Walk Classic Movie 3pm Musical Tunes w/ Ginny & Bucky</p>	<p>25</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm February birthday's w/Bob Phillips Music (R) Plaza Walk Monday Musical</p>	<p>26</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Young at Heart 3pm Documentary</p>	<p>27</p> <p>Stretches w/ Wendy 10:30 Communion w/ San Carlos Cathedral Puzzle and Pondering 2pm Music w/ Lee Durley</p>	<p>28</p> <p>Bodies in Motion Sight Seeing Walk 10:30am Lunch Box Outing Art at Leisure Construction Zone Comedy Hour</p>	<p>29</p> <p>Stretches w/ Wendy 11am Line Dancing (R) Plaza Walk Hand Massages 2pm TPL Theater Visit</p>	<p>30</p> <p>Sit and Be Fit Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>