

March 2019



	Pacifica Memo	ry Care	111011 011 = 0			PORTLAND
Sunday 🥒	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.60.60	Exercise Daily 10:00am House Chores Daily	LUCKY STOCKET THE COLLEGE CASE	GOLDEN TOUCH SALON Thursday & Friday 9:00am to 4:00pm	Note: Scheduled activities subject to change without notice. See Bulletin board for possible changes.	1 C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (S) Happy Hour Social	2 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO
3 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (S) Church Services	4 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) Art Goodman's One Man Band	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO	6 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing - Cottage 7 1:30pm (L) Wednesday Matinee	7 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing Cottage 1 2:00pm Memories in the Making	8 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (S) Happy Hour Social	9 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO
10 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (M) Patricia Piano	12 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Dr. Seuss Day with Pre-K class 3:00pm © BINGO	13 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 1:30pm (L) Wednesday Matinee	14 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing - Cottage 2 2:00pm Memories in the Making	15 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing— Cottage 5 3:00pm (S) Happy Hour Social	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO
C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation ST. PATRICK'S DAY	18 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	19 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO	20 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing - Cottage 6 1:30pm (L) Wednesday Matinee	21 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Group Birthday Party 12pm	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing- Cottage 8 3:00pm (S) Happy Hour Social	(C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO
24 31 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (S) Church Services	25 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation	26 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO	27 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 1:30pm (L) Wednesday Matinee	28 (C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing— Cottage 4 1:30pm Memories in the Making	C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation Coffee Outing - Cottage 3 3:00pm (S) Happy Hour Social	C) Brain Stimulation (E) Stretch & Flex (O) Outdoor Recreation (S) Lunch (L) Creative Expressions (M) Music Enrichment (S) Dinner (R) Reminiscence & Relaxation 3:00pm (C) BINGO