SUN	MON	TUE	WED	THUR	FRI	SAT
1 9:15 Coffee & Conversation (AR) 9:45 Morning Movie (T) 1:00 Art/Puzzles/Games (AR) 2:00 Sunday Sundaes (AR) 6:00 TV Series - "Highway to Heaven" (T)	**2** 9:15 Coffee & Word Puzzles (AR) 10:00 Science for Seniors (AR) 11:00 Exercise w/ Therapy (AR) 1:30 Po-Ke-No (AR) 3:00 Wine Social w/ entertainment by Steven Simpson (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**3** **Happy Birthday Frank!** 9:00 Eye Glass Cleaning & Repair (AR) 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Crossword Puzzle (AR) 11:15 Outing to Red Lobster (MIL) 1:30 Bingo (AR) 2:45 Seated Yoga Class w/ Therapy (AR) 3:30 Sing w/ Phoebe (LR) 6:00 TV Series - "Murder, She Wrote" (T)	**4** **Happy Birthday Fran!** 9:15 Coffee & Word Puzzles (AR) 10:00 Seated Exercise w/ resistance bands (AR) 11:00 Church Service (AR) 1:30 Afternoon Tea (AR) 2:30 Brain Games (AR) 3:15 Painting w/ Tammy (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**5** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Easy Make (AR) 1:00 Seated Volleyball (AR) 2:30 Bingo (AR) 3:30 Seated Exercise (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**6** 9:15 Coffee & Word Puzzles (AR) 9:45 Community Service Project (AR) 10:45 Fitness Fun (AR) 2:00 Happy Hour w/ Entertainment by Lorri & Jim (AR) 3:15 Catholic Communion Service (T) 6:00 Friday Night Movie (T)	**7** **Happy Birthday Catherine!** 9:30 Coffee & Word Puzzles (AR) 10:30 Quarter Bingo (AR) 1:00 Trivia (AR) 2:15 Afternoon Movie (T) 6:00 TV Series - "Highway to Heaven" (T)
8 **Daylight Saving Time starts** 9:15 Coffee & Conversation (AR) 9:45 Morning Movie (T) 1:00 Art/Puzzles/Games (AR) 2:00 Sunday Sundaes (AR) 6:00 TV Series - "Highway to Heaven" (T)	**9** 9:15 Coffee & Word Puzzles (AR) 10:00 Bingo w/ St. Gabe's Pre K class (AR) 10:45 Seated Yoga w/ Jane (AR) 1:30 Po-Ke-No (AR) 3:00 Wine Social w/ Tom Schlegel on piano (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**10** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Arts & Crafts (AR) 11:15 Outing to Longhorn Steakhouse (MIL) 1:30 Bingo (AR) 2:45 Seated Yoga Class w/ Therapy (AR) 3:30 Sing w/ Phoebe (LR) 6:00 TV Series - "Murder, She Wrote" (T)	**11** 9:15 Coffee & Word Puzzles (AR) 10:00 Seated Exercise w/ resistance bands (AR) 11:00 Church Service (AR) 1:30 Afternoon Tea (AR) 2:30 Brain Games (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**12** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 11:00 Pizza Party (AR) 1:15 Wii Bowling/Corn Hole (AR) 2:30 Bingo (AR) 3:30 Seated Exercise (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**13** 9:15 Coffee & Word Puzzles (AR) 9:45 Baking (AR) 10:45 Fitness Fun (AR) 2:00 Happy Hour w/ Entertainment by Wahl Street (AR) 6:00 Friday Night Movie (T)	**14** 9:30 Coffee & Word Puzzles (AR) 10:30 Quarter Bingo (AR) 1:00 Hymn Sing w/ Phoebe (AR) 2:15 Afternoon Movie (T) 6:00 TV Series - "Highway to Heaven" (T)
15 9:15 Coffee & Conversation (AR) 9:30 St. Gabe's Sunday School children visit - lesson & craft (AR) 1:00 Art/Puzzles/Games (AR) 2:00 Sunday Sundaes (AR) 6:00 TV Series - "Highway to Heaven" (T)	**16** **Happy Birthday Pete!** 9:15 Coffee & Word Puzzles (AR) 10:00 Arm Chair Travel (AR) 10:30 Dancing in Chairs Class (AR) 1:30 Po-Ke-No (AR) 3:00 Wine Social w/ entertainment by Glenn Faul (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**17** **St. Patrick's Day** **Happy Birthday Bob M.!** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Crossword Puzzle (AR) 1:30 Bingo (AR) 2:45 Seated Yoga Class w/ Therapy (AR) 3:30 Sing w/ Phoebe (LR) 6:00 TV Series - "Murder, She Wrote" (T)	**18** 9:15 Coffee & Word Puzzles (AR) 10:00 Seated Exercise w/ resistance bands (AR) 11:00 Church Service (AR) 1:30 Afternoon Tea w/ gemologist Bonnie Betz - "What are Gemstones?" (AR) 2:30 Brain Games (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**19** **Spring Equinox** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:00 Outing to Amish Wedding Experience (MIL) 10:45 Easy Make (AR) 1:00 Seated Volleyball (AR) 2:30 Bingo (AR) 3:30 Seated Exercise (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**20** 9:15 Coffee & Word Puzzles (AR) 9:45 Community Service Project (AR) 10:45 Fitness Fun (AR) 2:00 Happy Hour w/ Entertainment by Maria Damore (AR) 3:15 Catholic Communion Service (T) 6:00 Friday Night Movie (T)	**21** **Happy Birthday Gale!** 9:30 Coffee & Word Puzzles (AR) 10:30 Quarter Bingo (AR) 1:00 Trivia (AR) 2:15 Afternoon Movie (T) 6:00 TV Series - "Highway to Heaven" (T)
22 9:15 Coffee & Conversation (AR) 9:45 Morning Movie (T) 1:00 Art/Puzzles/Games (AR) 2:00 Sunday Sundaes (AR) 6:00 TV Series - "Highway to Heaven" (T)	**23** 9:15 Coffee & Word Puzzles (AR) 10:00 Corn Hole Tournament vs. Keystone Villa Ephrata (AR) 1:00 Visit from Berks Christian School Students (AR) 3:00 Wine Social w/ entertainment by Butch Imhoff (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**24** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Arts & Crafts (AR) 11:15 Outing to Chili's (MIL) 1:30 Bingo (AR) 2:45 Seated Yoga Class w/ Therapy (AR) 3:30 Sing w/ Phoebe (LR) 6:00 TV Series - "Murder, She Wrote" (T)	**25** 9:15 Coffee & Word Puzzles (AR) 10:00 Exercise w/ Therapy (AR) 11:00 Church Service (AR) 1:30 Villa Bucks Auction (AR) 2:30 Resident Council Meeting (AR) 3:00 Brain Games (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**26** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 11:00 Pizza Party (AR) 1:15 Wii Bowling/Corn Hole (AR) 2:30 Bingo (AR) 3:30 Seated Exercise (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**27** 9:15 Coffee & Word Puzzles (AR) 9:45 Baking (AR) 10:45 Fitness Fun (AR) 2:00 Happy Hour w/ Entertainment by Terry Kane (AR) 6:00 Friday Night Movie (T)	**28** 9:30 Coffee & Word Puzzles (AR) 10:30 Quarter Bingo (AR) 1:00 Hymn Sing w/ Phoebe (AR) 2:15 Afternoon Movie (T) 6:00 TV Series - "Highway to Heaven" (T)
29 **National Vietnam War Veterans Day** 9:15 Coffee & Conversation (AR) 9:45 Morning Movie (T) 1:00 Art/Puzzles/Games (AR) 2:00 Sunday Sundaes (AR) 6:00 TV Series - "Highway to Heaven" (T)	**30** 9:15 Coffee & Word Puzzles (AR) 10:00 Arm Chair Travel (AR) 11:00 Exercise w/ Therapy (AR) 1:30 Po-Ke-No (AR) 3:00 Wine Social w/ entertainment by Dave Myers (AR) 6:00 TV Series - "Murder, She Wrote" (T)	**31** 9:15 Coffee/Word Puzzles/Art (AR) 9:15 Mini Manicures (AR) 10:45 Crossword Puzzle (AR) 11:15 Outing to Island Pizza (MIL) 1:30 Bingo (AR) 2:45 Seated Yoga Class w/ Therapy (AR) 3:30 Sing w/ Phoebe (LR) 6:00 TV Series - "Murder, She Wrote" (T)	**ROOM KEY** AR - Activity Room LR - Living Room MIL - Meet in Lobby T - Theater			

March 2020

Personal Care Activities Calendar

Keystone Villa
AT DOUGLASSVILLE
A DISTINCTIVE RETIREMENT COMMUNITY