Autumn Woods Health Campus
Health Center

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30** Morning Newspaper and Chat with Bill-HC M **10:00** Morning Music Trivia on LS I **11:00** Mindful Moments-HC I **2:00** Park Christian Church-TDR K **4:00** Traveling Trivia	**2** MM **9:00** Mindful Moments V **10:30** Morning Stretches with Singfit-HC **11:15** Banana Cream Pie Day Fun M **1:30** Gospel Sing Along I **2:00** Bible Study with Debbie K **4:00** Good News Travels	**3** V **9:00** Mindful Moments-HC K **11:45** Mind Teasers-HDR **1:30** Resident Council-TDR K **2:00** Pound Cake Bingo and Drinks **6:00** Lets Play Cards-HC	**4** V **9:30** Morning Exercise with SingFit-TC M **10:00** Mike on his Accordion S **11:00** LAD Virtual Reality-TDR K **11:15** Trivia Fun with LS CC **1:30** Creative Canvas on the Go-TDR L **3:30** Let's Learn About-Ebay Purchases-TDR	**5** K **8:30** Mindful Moments CC **10:00** Stamping It Up with Adaptive Friends K **11:45** Trivia with a Twist-HDR K **2:00** Bingo and Drinks-TDR M **6:00** Performance by "Sam Brown"	**6** V **10:00** Morning Stretches S **11:00** LAD Virtual Reality-TDR O **11:15** Outing to Local Restaurant GF **2:00** Happy Hour with Perf. by Golden Un Girls-TDR K **4:00** Good News Travels	**7** V **9:30** Morning Stretches with Tai Chi-HC K **10:00** LifeShare Song Trivia I **11:00** Devotions and Laughter-HC K **2:10** Bunco with Friends-TDR
8 **Daylight Saving Begins** **9:30** Morning Newspaper and Chat with Bill-HC M **10:00** Morning Music Trivia on LS I **11:00** Mindful Moments-HC S **11:30** Family Brunch until 1:00pm M **3:00** Evangel North Church-HDR	**9** MM **9:00** Mindful Moments V **10:30** Morning Stretches with Singfit-HC M **1:30** Gospel Sing Along I **2:00** Bible Study with Debbie K **3:00** Bingo and Drinks K **4:00** Good News Travels	**10** V **9:00** Mindful Moments-HC K **11:45** Mind Teasers-HDR **1:30** Chefs Circle M **2:00** Performance by Country Sounds 2-TDR	**11** V **9:30** Morning Exercise with SingFit-TC M **10:00** Musical Interactions w/ Tyler S **11:00** LAD Virtual Reality-TDR K **11:15** Trivia Fun with LS S **12:00** TOT-Frisch's Pie Day CC **1:30** Lets Make Something Cute	**12** K **8:30** Mindful Moments CC **10:00** Plant a Flower with Adaptive Friends K **11:45** Trivia with a Twist-HDR K **2:00** Bingo and Drinks-TDR M **6:00** Performance by "Here By Grace"-MLR	**13** V **10:00** Morning Stretches GG **10:00** Rosary & Communion with Jim S **11:00** LAD Virtual Reality-TDR O **11:15** Outing to Local Restaurant GF **2:00** Happy "Pi Day" Hour with Curtis-MLR K **4:00** Good News Travels	**14** V **9:30** Morning Stretches with Tai Chi-HC K **10:00** LifeShare Song Trivia I **11:00** Devotions and Laughter-HC K **2:10** Bunco with Friends-TDR
15 **9:30** Morning Newspaper and Chat with Bill-HC M **10:00** Morning Music Trivia on LS I **11:00** Mindful Moments-HC I **2:30** Trinity United Methodist Church-TDR K **4:00** Traveling Trivia	**16** MM **9:00** Mindful Moments V **10:30** Morning Stretches with Singfit-HC M **1:30** Gospel Sing Along I **2:00** Bible Study with Debbie K **4:00** Good News Travels	**17** **St. Patrick's Day** V **9:00** Mindful Moments-HC GG **10:30** Musical Interactions with Susie-MLR K **11:45** Mind Teasers-HDR S **1:30** Inspired Living Committee K **2:00** St Patty's Bingo and Drinks **6:00** Lets Play Cards-HC	**18** V **9:30** Morning Exercise with SingFit-TC S **11:00** LAD Virtual Reality-TDR K **11:15** Trivia Fun with LS CC **1:30** Lets Make Something Cute L **3:30** Let's Learn About-Ebay Purchases-TDR	**19** **Spring Begins** K **8:30** Mindful Moments CC **10:00** Games & Chat with Adaptive Friends K **11:45** Trivia with a Twist-HDR K **2:00** Chocolate Caramel Bingo and Drinks-TDR M **6:00** Performance by Allen-MLR	**20** V **10:00** Morning Stretches S **11:00** LAD Virtual Reality-TDR O **11:15** Outing to Local Restaurant GF **2:00** Happy Hour with Deborah on Piano-TDR K **4:00** Good News Travels CC **5:00** Annual Fish Fry	**21** V **9:30** Morning Stretches with Tai Chi-HC K **10:00** LifeShare Song Trivia I **11:00** Devotions and Laughter-HC K **2:10** Bunco with Friends-TDR
22 **9:30** Morning Newspaper and Chat with Bill-HC M **10:00** Morning Music Trivia on LS I **11:00** Mindful Moments-HC I **2:00** Advent Christian Church-TDR K **4:00** Traveling Trivia	**23** MM **9:00** Mindful Moments V **10:30** Morning Stretches with Singfit-HC M **1:30** Gospel Sing Along I **2:00** Bible Study with Debbie CC **2:30** Traveling Library Project K **4:00** Good News Travels	**24** V **9:00** Mindful Moments-HC K **11:45** Mind Teasers-HDR K **2:00** Dippy Day Bingo and Drinks	**25** GG **7:30** Mens Breakfast Club V **9:30** Morning Exercise with SingFit-TC CC **10:00** Musical Interactions with Tyler S **11:00** LAD Virtual Reality-TDR K **11:15** Trivia Fun with LS M **2:00** Performance by Merry Melodies-TDR	**26** K **8:30** Mindful Moments CC **10:00** Games & Chat with Adaptive Friends K **11:45** Trivia with a Twist-HDR K **2:00** Bingo and Drinks-TDR **6:00** Performance by "The Country Boys".	**27** V **10:00** Morning Stretches M **10:00** Performance by "Tari Martin"-TDR M **10:05** Performance by Tari M-TDR S **11:00** LAD Virtual Reality-TDR O **11:15** Outing to Local Restaurant K **4:00** Good News Travels	**28** V **9:30** Morning Stretches with Tai Chi-HC K **10:00** LifeShare Song Trivia I **11:00** Devotions and Laughter-HC K **2:10** Bunco with Friends-TDR
29 **9:30** Morning Newspaper and Chat with Bill-HC M **10:00** Morning Music Trivia on LS I **11:00** Mindful Moments-HC I **2:00** Park Christian Church-TDR K **4:00** Traveling Trivia	**30** MM **9:00** Mindful Moments V **10:30** Morning Stretches with Singfit-HC M **1:30** Gospel Sing Along I **2:00** Bible Study with Debbie K **4:00** Good News Travels	**31** V **9:00** Mindful Moments-HC K **11:45** Mind Teasers-HDR K **2:00** Bingo and Drinks **6:00** Lets Play Cards-HC	Please join your loved ones for one of the musical entertainments, bunco or bingo this month! We would love to have you join in on the fun here!			

Autumn Woods Health Campus
Memory Care

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MM Daily Chronicles V Humming Your Way to Health K Writer's Circle CC Creative Cooking M Hymn Sing GG Name 10 GF Relaxing Puzzle Time Nighttime Traditions	**2** MM Daily Chronicles V Snowball Fight K Penny Ante V Tai Chi A Crafts with Sherry CC Creative Cooking M Glee Club GG Basketball GF Hot Chocolate & Tales	**3** MM Daily Chronicles V Shamrock Shake K What's In Your Junk Drawer? CC Creative Cooking M Music with John Gage M March Madness GG Grocery Game GF Flower Arranging Nighttime Traditions	**4** MM Daily Chronicles V Roll in the New Year K Opposites V Tai Chi CC Creative Cooking M Music in History GG Parachute Circle GF LifeShare Games! Nighttime Traditions	**5** MM Daily Chronicles V Head to Toe Range of Motion K Life Story CC Creative Cooking M Colors of Music GG Mini Muffin Match Up GF Aqua Painting Nighttime Traditions	**6** MM Daily Chronicles V Step in the Name Love K Broken Hearts V Tai Chi CC Creative Cooking M March Happy Hour GG Nerf Gun Target Shooting GF Old Time Theater Nighttime Traditions	**7** MM Daily Chronicles V Quick Qigong K Famous Pairs CC Creative Cooking M Name That Croon GG Throwing Horseshoes GF Hangman Nighttime Traditions
8 **Daylight Saving Begins** MM Daily Chronicles V Humming Your Way to Health K Writer's Circle CC Creative Cooking M Hymn Sing GG Name 10 GF Relaxing Puzzle Time Nighttime Traditions	**9** MM Daily Chronicles V Snowball Fight K Penny Ante V Tai Chi CC Creative Cooking Veterans Day Heart Card M Glee Club GG Basketball GF Hot Chocolate & Tales	**10** MM Daily Chronicles V Shamrock Shake K What's In Your Junk Drawer? CC Creative Cooking M March Madness GG Grocery Game GF Flower Arranging Nighttime Traditions	**11** MM Daily Chronicles V Roll in the New Year K Opposites V Tai Chi CC Creative Cooking M Music in History GG Parachute Circle GF LifeShare Games! Nighttime Traditions	**12** MM Daily Chronicles V Head to Toe Range of Motion K Life Story CC Creative Cooking M Colors of Music GG Mini Muffin Match Up GF Aqua Painting Nighttime Traditions	**13** MM Daily Chronicles V Step in the Name Love K Broken Hearts V Tai Chi CC Creative Cooking M March Happy Hour GG Nerf Gun Target Shooting GF Old Time Theater Nighttime Traditions	**14** MM Daily Chronicles V Quick Qigong K Famous Pairs CC Creative Cooking M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman Nighttime Traditions
15 MM Daily Chronicles V Humming Your Way to Health K Writer's Circle CC Creative Cooking M Hymn Sing GG Name 10 GF Relaxing Puzzle Time Nighttime Traditions	**16** MM Daily Chronicles V Snowball Fight K Penny Ante V Tai Chi CC Creative Cooking M Glee Club GG Basketball GF Hot Chocolate & Tales Nighttime Traditions	**17** **St. Patrick's Day** MM Daily Chronicles V Shamrock Shake K The Gold Game CC Creative Cooking Music Mary Crawford M March Madness GG Grocery Game GF Flower Arranging Nighttime Traditions	**18** MM Daily Chronicles V Roll in the New Year K Opposites V Tai Chi CC Creative Cooking M Music in History GG Parachute Circle GF LifeShare Games! Nighttime Traditions	**19** **Spring Begins** MM Daily Chronicles V Head to Toe Range of Motion K Life Story CC Creative Cooking M Colors of Music GG Mini Muffin Match Up GF Aqua Painting Nighttime Traditions	**20** MM Daily Chronicles V Step in the Name Love K Broken Hearts V Tai Chi CC Creative Cooking M March Happy Hour GG Nerf Gun Target Shooting GF Old Time Theater Nighttime Traditions	**21** MM Daily Chronicles V Quick Qigong K Famous Pairs CC Creative Cooking M Name That Croon GG Throwing Horseshoes GF Hangman Nighttime Traditions
22 MM Daily Chronicles V Humming Your Way to Health K Writer's Circle CC Creative Cooking A Collage Painting M Hymn Sing GG Name 10 GF Relaxing Puzzle Time Nighttime Traditions	**23** MM Daily Chronicles V Snowball Fight K Penny Ante V Tai Chi CC Creative Cooking A Chihuly Inspired 'Glass' Art M Glee Club GG Basketball GF Hot Chocolate & Tales	**24** MM Daily Chronicles V Shamrock Shake K What's In Your Junk Drawer? CC Creative Cooking A Painting with Tissue Paper M March Madness GG Grocery Game GF Flower Arranging Nighttime Traditions	**25** GG Mens Breakfast Club MM Daily Chronicles V Roll in the New Year K Opposites V Tai Chi CC Creative Cooking A Have a Gentle Conversation M Music in History GG Parachute Circle	**26** MM Daily Chronicles V Head to Toe Range of Motion K Life Story CC Creative Cooking A Hoop Tambourines M Colors of Music GG Mini Muffin Match Up GF Aqua Painting Nighttime Traditions	**27** MM Daily Chronicles V Step in the Name Love K Broken Hearts V Tai Chi CC Creative Cooking A My Artisan Journal - Tape Design M March Happy Hour GG Nerf Gun Target Shooting GF Old Time Theater	**28** MM Daily Chronicles V Quick Qigong K Famous Pairs CC Creative Cooking M Name That Croon GG Throwing Horseshoes GF Hangman Nighttime Traditions
29 MM Daily Chronicles V Humming Your Way to Health K Writer's Circle CC Creative Cooking M Hymn Sing GG Name 10 GF Relaxing Puzzle Time Nighttime Traditions	**30** MM Daily Chronicles V Snowball Fight K Penny Ante V Tai Chi Crafts with Sherry CC Creative Cooking M Glee Club GG Basketball GF Hot Chocolate & Tales	**31** MM Daily Chronicles V Shamrock Shake K What's In Your Junk Drawer? CC Creative Cooking M March Madness GG Grocery Game GF Flower Arranging Nighttime Traditions	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce MM - Mindful Moments M - Music to My Ears V - Vitality	"The Joy of brightening other lives, bearing each others' burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." – W. C. Jones	Kindness is like snow It beautifies everything it covers	