<b>Health Care</b>
Cedar Ridge Health Campus



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I 11:30 Sunday Devotions (HCLR) I 12:00 Daily Chronicle to Share (dining tables) I 2:00 Cynthiana Presbyterian Church (HCDR) 3:15 Terri Powers sings with the country misfits (lobby) 4:30 small group Sensory	MIN 9:15 Sensory Basket/ Sorting V 11:30 Noodle Ball (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) M 2:00 Singing with The Good Ol' Boys (lobby) K 4:00 Brain Games/puzzles (IR) CC 4:30 Rolling activity cart (IR)	9:15 Sensory Basket / spices 10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 2:00 Painting class with Heather (PCAR) 4:00 3's a crowd Brain Games (IR)	MM 9:15 Sensory / Textures 11:30 Bocce Ball (HDLR) GF 12:00 Daily Chronicle to Share (dining tables)  CC 4:30 Hump Day Bingo (HCDR) 4:30 Rolling activity cart (IR) M 6:30 Mennonite Singers (Halls)	MM 9:15 Sensory Basket / laundry basket M 10:30 Dandy Dulcimer lessons (PCAR) GF 12:00 Daily Chronicle to Share (dining tables) K 2:00 Calvary Assembly of God (HCDR) JG 4:00 Just the Guys Time	MIN 10:00 Sensory Basket / Baby Care V 10:30 Pages with Pals GC 11:00 Morning Bingo (HCLR) 11:30 Lunch Out \$ GF 12:00 Daily Chronicle to Share (dining tables) GF 3:30 Happy Hour (HCLR) 4:00 Trivia (HCLR)	7    Second Processing Second
B Daylight Saving Begins  I 11:30 Sunday Devotions (HCLR)  I 2:00 Daily Chronicle to Share (dining tables)  I 2:00 United Methodist Church (HCDR)  4:30 small group Sensory Basket	9 MN 9:15 Sensory Basket/ Sorting V 11:30 Noodle Ball (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Bingo (HCDR) M 3:00 Music by Gary (HCDR) I 4:00 Bible with Dale (HCDR) CC 4:30 Rolling activity cart (IR)	9:15 Sensory Basket / spices 10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 2:00 Pass the Trash (HCLR) 2:30 Calendar Planning meeting	MM 9:15 Sensory / Textures 10:45 Irish Tunes with the Bourbon Rovers (lobby)  GF 12:00 Daily Chronicle to Share (dining tables)  CC 4:30 Rolling activity cart (IR)  K 6:00 Evening Fun "Left Right Center"	MM 9:15 Sensory Basket / laundry basket M 10:30 Dandy Dulcimer lessons (PCAR) GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Crafty Corner "memo and Photo Board (HCLR) JG 4:00 Just the Guys Time	13 MN 10:00 Sensory Basket / Baby Care GG 11:00 Morning Bingo (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) 1:15 Country Drive GF 3:30 St Patty's Happy Hour (HCLR)	9:30 Rolling Activity Cart 11:15 Morning Get Together/DreamVR (HCLR)  GF 12:00 Daily Chronicle to Share (dining tables)  3:30 Allen Honeycutt's Band MM 4:30 small group sensory basket
11:30 Sunday Devotions (HCLR)  F 12:00 Daily Chronicle to Share (dining tables) 12:00 Sunday Brunch- Please see announcements 2:30 Union Baptist Church (HCDR) 4:15 Trivia Ball (HCLR)	9:15 Sensory Basket/ Sorting 11:30 Noodle Ball (HCLR) 12:00 Daily Chronicle to Share (dining tables) 2:00 Bingo (HCDR) CC 4:30 Rolling activity cart (IR)	9:15 Sensory Basket / spices 10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 2:30 The Mixing Bowl "Irish Skewers" 3:00 Resident Council (HCLR)	18  9:15 Sensory / Textures 11:30 Bocce Ball (HDLR)  12:00 Daily Chronicle to Share (dining tables)  1:15 Love on a Leash 2:30 Monthly Birthday Party (HCDR)  4:30 Rolling activity cart (IR) 6:30 Lair Church (HCDR)	<ul> <li>Spring Begins</li> <li>9:15 Sensory Basket / laundry basket</li> <li>10:30 Dandy Dulcimer lessons (PCAR)</li> <li>12:00 Daily Chronicle to Share (dining tables)</li> <li>2:00 Bingo Fanatic (HCDR)</li> <li>4:00 Just the Guys Time</li> <li>4:00 Brain Games/puzzles (IR)</li> </ul>	10:00 Sensory Basket / Baby Care V 10:30 Pages with Pals GE 11:00 Morning Bingo (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) 1:15 Wal Mart Shopping \$ GF 2:30 Happy Hour (HCLR)	P:30 Rolling Activity Cart  11:15 Morning Get
11:30 Sunday Devotions (HCLR)  F 12:00 Daily Chronicle to Share (dining tables) 2:00 Cynthiana Christian Church (HCDR) 3:30 Reminiscent Corner (HCLR)  4:30 small group Sensory	9:15 Sensory Basket/ Sorting V 11:30 Noodle Ball (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) I 2:00 Silas Baptist Church (HCDR) M 2:30 Singing with Larry (HCDR) CC 4:30 Rolling activity cart (IR)	9:15 Sensory Basket / spices 10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 1:30 Painting class with Heather (PCAR) 3:30 Bingo 4:00 Brain Games Puzzles (IR) 4:15 Trivia	9:15 Sensory / Textures 11:30 Bocce Ball (HDLR) GF 12:00 Daily Chronicle to Share (dining tables) 1:30 The Mixing Bowl "Biscoff and Chocolate tasting" (PCAR) CC 4:30 Rolling activity cart (IR) 1 6:30 First Church of God	<ul> <li>9:15 Sensory Basket / laundry basket</li> <li>10:30 Dandy Dulcimer lessons (PCAR)</li> <li>12:00 Daily Chronicle to Share (dining tables)</li> <li>2:00 Snatch-A-Bag (HCDR)</li> <li>4:00 Just the Guys Time</li> <li>4:00 Brain Games/puzzles (IR)</li> </ul>	27  MN 10:00 Sensory Basket / Baby Care GC 11:00 Morning Bingo (HCLR) 11:30 Lunch in Carlisle \$ GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Songs with Trudy (lobby) GF 3:30 Happy Hour (HCLR)	28  K 9:30 Rolling Activity Cart  11:15 Morning Get
11:30 Sunday Devotions (HCLR)  12:00 Daily Chronicle to Share (dining tables)  2:00 Spiritual - Oddville Christian Church (HCDR)  3:00 Small group Sensory Basket	30  9:15 Sensory Basket/ Sorting V 11:30 Noodle Ball (HCLR) GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Bingo (HCDR) 4:15 Head Banz Game (HCLR) CC 4:30 Rolling activity cart (IR)	31 9:15 Sensory Basket / spices 10:30 Dandy Dulcimer lessons F 12:00 Daily Chronicle to Share (dining tables) 2:00 The Crafty Corner	Notes:	Happy Birthday to Bob S6th Paul T8th Vernon B8th Wilma T9th Bobby L11th Betty P16th Anna R28th Wilma Th31st	Road Trips can be cancelled/rescheduled during winter months due to the weather. If temperatures/windchill reach 36 degrees or if the forecast calls for road conditions to be questionable trips will be altered.	A - Artisans CC - Community Connections GF - Gathering of Friends GC - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears V - Vitality

Legacy Lane Cedar Ridge Health Campus  March 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>Humming Your Way to Health</li> <li>Writer's Circle</li> <li>Indulgent Mock Banana's Foster</li> <li>Daily Chronicle to Share (dining tables)</li> <li>Relax &amp; Recharge</li> <li>Cynthiana Presbyterian Church (HCDR)</li> <li>Rainy Day Painting</li> </ul>	V Snowball Fight K Penny Ante CC Cat in the Hat Cookies GF Daily Chronicle to Share (dining tables) Relax & Recharge A Flying Birds M Singing with The Good Ol' Boys (lobby)	W Shamrock Shake K What's In Your Junk Drawer? Beach Themed Pudding Cups GF Daily Chronicle to Share (dining tables) Relax & Recharge A Rockin' Dominoes M March Madness GG Grocery Game	W Roll in the New Year CO Opposites CC Lemon Pound Cake GF Daily Chronicle to Share (dining tables) Relax & Recharge A Fly Swatter Painting M Music in History GG Parachute Circle	W Head to Toe Range of Motion Life Story Buckeye Bars GF Daily Chronicle to Share (dining tables) Relax & Recharge Calvary Assembly of God (HCDR) Vegetable Printing Colors of Music	M March Happy Hour	V Quick Qigong K Famous Pairs Jeweled Sugar Cookies GF Daily Chronicle to Share (dining tables) Relax & Recharge Watercolor Weaving-Day 1 Name That Croon Throwing Horseshoes
8 Daylight Saving Begins  V Humming Your Way to Health Writer's Circle C Chocolate Chip Vanilla Coconut Cookies GF Daily Chronicle to Share (dining tables) Relax & Recharge United Methodist Church (HCDR) Watercolor Weaving-Day 2	y Snowball Fight K Penny Ante Crockpot Irish Beef Stew GF Daily Chronicle to Share (dining tables) Relax & Recharge A Purim Paper Jewelry Veterans Day Heart Card M Music by Gary (HCDR)	V Shamrock Shake K What's In Your Junk Drawer? Irish Soda Bread GF Daily Chronicle to Share (dining tables) Relax & Recharge A Abstract Tape Art M March Madness GG Grocery Game	V Roll in the New Year C Opposites C Oatmeal Apple Spice Cookies Irish Tunes with the Bourbon Rovers (lobby) GF Daily Chronicle to Share (dining tables) Relax & Recharge	V Head to Toe Range of Motion Life Story CC Girl Scout Thin Mint Delight GF Daily Chronicle to Share (dining tables) Relax & Recharge A Aromatic Diffuser Necklaces-Day 2 Colors of Music JG Just the Guys Time	V Step in the Name Love R Broken Hearts Easy Peasy Cornbread F Daily Chronicle to Share (dining tables) Relax & Recharge	V Quick Qigong K Famous Pairs C Mini Apple Pies GF Daily Chronicle to Share (dining tables) Relax & Recharge A Dotty Name Art M Allen Honeycutt's Band M Name That Croon
V Humming Your Way to Health Writer's Circle Baked Leprechaun Crisps GF Daily Chronicle to Share (dining tables) Sunday Brunch- Please see announcements Relax & Recharge Celtic Eternity Knot Charm	V Snowball Fight R Penny Ante Lucky Poke Cake Daily Chronicle to Share (dining tables) Relax & Recharge Ribbon Shamrock Pin Gee Club Basketball	<ul> <li>St. Patrick's Day</li> <li>Shamrock Shake</li> <li>The Gold Game</li> <li>Mint Shakes</li> <li>Daily Chronicle to Share (dining tables)</li> <li>Relax &amp; Recharge</li> <li>2-in-1 Crafty St. Paddy's Day Puzzle</li> <li>March Madness</li> </ul>	V Roll in the New Year C Opposites C Raspberry Cream Cheese Cinnamon Roll GF Daily Chronicle to Share (dining tables) Relax & Recharge C Love on a Leash A Scalloped Coffee Filter Bowl	<ul> <li>Spring Begins</li> <li>Head to Toe Range of Motion</li> <li>Life Story</li> <li>Rainbow Cake Mix Bars</li> <li>Daily Chronicle to Share (dining tables)</li> <li>Relax &amp; Recharge</li> <li>Soft and Bright Edelweiss</li> <li>Ornament</li> <li>Colors of Music</li> </ul>	V Step in the Name Love K Broken Hearts Hello Spring Pretzels F Daily Chronicle to Share (dining tables) Relax & Recharge M My Artisan Journal - Stitch a Design M March Happy Hour Ref Gun Target Shooting	V Quick Qigong K Famous Pairs C M & M Cookies GF Daily Chronicle to Share (dining tables) Relax & Recharge A Creative Storytelling M Name That Croon GG Throwing Horseshoes
V Humming Your Way to Health K Writer's Circle C Crockpot Bacon Corn Chowder GF Daily Chronicle to Share (dining tables) Relax & Recharge A Collage Painting Cynthiana Christian Church (HCDR	V Snowball Fight K Penny Ante Blueberry Bliss F Daily Chronicle to Share (dining tables) Relax & Recharge A Chihuly Inspired 'Glass' Art Silas Baptist Church (HCDR) M Singing with Larry (HCDR)	V Shamrock Shake K What's In Your Junk Drawer? C Chocolate Covered Raisins GF Daily Chronicle to Share (dining tables) Relax & Recharge Painting with Tissue Paper M March Madness GG Grocery Game	V Roll in the New Year C Opposites C Classic Greek Salad GF Daily Chronicle to Share (dining tables) Relax & Recharge A Have a Gentle Conversation M Music in History GG Parachute Circle	V Head to Toe Range of Motion Life Story CC No Bake Hawaiian Pie GF Daily Chronicle to Share (dining tables) Relax & Recharge Hoop Tambourines Colors of Music JG Just the Guys Time	V Step in the Name Love K Broken Hearts C Spinach Tortilla Roll Ups GF Daily Chronicle to Share (dining tables) Relax & Recharge A My Artisan Journal - Tape Design Songs with Trudy (lobby) M March Happy Hour	V Quick Qigong K Famous Pairs C Cinnamon Sugar Donut Muffins GF Daily Chronicle to Share (dining tables) Relax & Recharge A Glue Art M Name That Croon GC Throwing Horseshoes
V Humming Your Way to Health K Writer's Circle C Coca-Cola Cake GF Daily Chronicle to Share (dining tables) Relax & Recharge A 3D Flowers M Hymn Sing GC Name 10	V Snowball Fight R Penny Ante C Sopapilla Cheesecake Bars GF Daily Chronicle to Share (dining tables) Relax & Recharge A Shapes Collage M Glee Club GC Basketball	V Shamrock Shake K What's In Your Junk Drawer? C Grandma's Pecan Rum Bars GF Daily Chronicle to Share (dining tables) Relax & Recharge A Ask a Beautiful Question M March Madness GC Grocery Game	Happy Birthday to: Happy Birthday to Bob S8th Paul T8th Vernon B8th Wilma T9th Bobby L11th Betty P16th Anna R28th Wilma Th31st	Activities are subject to change.  A Life Enrichment Associate is on the Lane 4 hours per day to conduct as many Daily Rhythms programs as possible.	Bus outings will occur on Tuesdays or Thursdays subject to weather conditions .	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality

Personal Care
<b>Cedar Ridge Health Campus</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 Coffee and Devotional (PCAR) 12:00 Daily Chronicle to Share (dining tables) 2:00 Cynthiana Presbyterian Church (HCDR) 3:15 Terri Powers sings with the country misfits (lobby)	V 10:45 Let's Move Exercises (PCAR) 11:30 Lunch Out GF 12:00 Daily Chronicle to Share (dining tables) M 2:00 Singing with The Good Ol' Boys (lobby) K 4:00 Brain Games/puzzles (IR)	M 10:30 Dandy Dulcimer lessons GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Painting class with Heather (PCAR) 4:00 3's a crowd Brain Games (IR)	10:00 Book Nook Reading Group V 10:45 Rise and Shine Stretching time (PCAR) GF 12:00 Daily Chronicle to Share (dining tables) 3:15 Hump Day Bingo (PCAR) M 6:30 Mennonite Singers (Halls)	M 10:30 Dandy Dulcimer lessons (PCAR) GF 12:00 Daily Chronicle to Share (dining tables) K 2:00 Calvary Assembly of God (HCDR) JG 4:00 Just the Guys Time K 4:00 Brain Games/puzzles (IR) 6:30 Bed Time Facials with	10:30 Pages with Pals 11:00 Bible Study with Mike (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables) 2:00 Getting to know Norman Rockwell (PCAR)  GC 3:00 Happy Hour (PCAR)	GF 10:45 Morning Gathering/Dream VR (PCAR) GF 12:00 Daily Chronicle to Shar (dining tables) 3:15 Bingo (PCAR) 4:15 Brain Game puzzles (I
Daylight Saving Begins  10:45 Coffee and Devotional (PCAR)  12:00 Daily Chronicle to Share (dining tables)  2:00 United Methodist Church (HCDR)  3:15 Skip Bo (PCAR)	9 V 10:45 Let's Move Exercises (PCAR) GF 12:00 Daily Chronicle to Share (dining tables) 1:30 Art with Gary (PCAR) M 3:00 Music by Gary (HCDR) I 4:00 Bible with Dale (HCDR)	M 10:30 Dandy Dulcimer lessons GF 12:00 Daily Chronicle to Share (dining tables) 3:00 Calendar Planning 3:30 Moorefield Homemakers Social Hour (PCAR)	V 10:45 Rise and Shine Stretching time (PCAR) 10:45 Irish Tunes with the Bourbon Rovers (lobby)  GF 12:00 Daily Chronicle to Share (dining tables) 1:15 Dollar General Shopping \$ GG 3:15 Hump Day Bingo (PCAR)	M 10:30 Dandy Dulcimer lessons (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  2:00 Crafty Corner "memo and Photo Board (HCLR)  3:15 Bingo (PCAR)  4:00 Just the Guys Time  4:00 Brain Games/puzzles (IR)	I 11:00 Bible Study with Mike (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables) 2:30 Pass the Trash (PCAR)  GC 3:00 Happy Hour (PCAR)	GF 10:45 Morning Gathering/Dream VR (PCAR) GF 12:00 Daily Chronicle to Shar (dining tables) 2:00 Bingo (PCAR) M 3:30 Allen Honeycutt's Band
10:45 Coffee and Devotional (PCAR) 12:00 Daily Chronicle to Share (dining tables) 12:00 Sunday Brunch- Please see announcements 2:30 Union Baptist Church (HCDR)	16  V 10:45 Let's Move Exercises (PCAR) 11:15 Lunch in Carlisle \$  GF 12:00 Daily Chronicle to Share (dining tables) 3:15 Bingo (PCAR)	17 St. Patrick's Day  10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 3:30 Resident Council (PCAR) 4:00 The Mixing Bowl "Irish Skewers"	18  V 10:45 Rise and Shine Stretching time (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  CC 1:15 Love on a Leash 2:30 Monthly Birthday Party (HCDR) 6:30 Lair Church (HCDR)	19 Spring Begins  M 10:30 Dandy Dulcimer lessons (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  GC 2:00 Crafty Crew Social Hour (PCAR)  JG 4:00 Just the Guys Time  K 4:00 Brain Games/puzzles (IR)  6:30 Faith Baptist Church	10:30 Pages with Pals 11:00 Bible Study with Mike (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  GC 3:00 Happy Hour (PCAR)  X 3:00 Snatch A Bag (PCAR)	GF 10:45 Morning Gathering/Dream VR (PCAR) GF 12:00 Daily Chronicle to Shar (dining tables) 2:00 Connersville Tea Party (HCDR) 3:15 Bingo (PCAR)
10:45 Coffee and Devotional (PCAR) 12:00 Daily Chronicle to Share (dining tables) 2:00 Cynthiana Christian Church (HCDR) 3:00 Card Games (PCAR)	V 10:45 Let's Move Exercises (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  I 2:00 Silas Baptist Church (HCDR)  M 2:30 Singing with Larry (HCDR)	M 10:30 Dandy Dulcimer lessons GF 12:00 Daily Chronicle to Share (dining tables) 1:30 Painting class with Heather (PCAR) 4:00 Brain Games Puzzles (IR) 6:00 Bingo Night (PCAR)	25  V 10:45 Rise and Shine Stretching time (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  1:15 A Country Drive  1:30 The Mixing Bowl "Biscoff and Chocolate tasting" (PCAR)  GC 3:15 Hump Day Bingo (PCAR)	M 10:30 Dandy Dulcimer lessons (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  K 3:15 Left Right Center (PCAR)  4:00 Just the Guys Time  4:00 Brain Games/puzzles (IR)	1 11:00 Bible Study with Mike (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  2:00 Songs with Trudy (lobby)  3:00 Happy Hour (PCAR)	GF 10:45 Morning Gathering/Dream VR (PCAR) GF 12:00 Daily Chronicle to Sha (dining tables) 3:15 Bingo (PCAR) 4:15 Brain Games (IR)
10:45 Coffee and Devotional (PCAR) 12:00 Daily Chronicle to Share (dining tables) 2:00 Spiritual - Oddville Christian Church (HCDR) 3:15 Skip Bo (PCAR)	30  V 10:45 Let's Move Exercises (PCAR)  GF 12:00 Daily Chronicle to Share (dining tables)  3:15 Pantry Trail Mix (PCAR)  K 6:00 Evening Bingo (PCAR)	M 10:30 Dandy Dulcimer lessons 12:00 Daily Chronicle to Share (dining tables) 3:30 Crafty Corner "Curious Little Bunny Pots" (PCAR) 4:15 Brain Games Puzzles (IR)	Notes:	Happy Birthday to Happy Birthday to Bob S6th Paul T8th Vernon B8th Wilma T9th Bobby L11th Betty P16th Anna R28th Wilma Th31st	Road Trips can be cancelled/rescheduled due to winter weather. If the temperature/windchill reaches 36 degrees or the forecast looks like road conditions will be questionable the trips will be altered.	CC - Community Connections GF - Gathering of Friends GC - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears V - Vitality