

**Life Enrichment Activities
Park Terrace Health Campus**

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MM 10:00 Meditation Movement JG 10:15 Just the Guys Donuts with Walt I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 12:30 Daily Chronicles M 2:00 IN2L Sing Along	2 I 10:00 Morning Motivations MM 10:30 Morning Eye Opener Coffee and Stretch M 10:45 Music Trivia O 2:00 Scenic Drive and Ice Cream L 3:00 Virtual Reality Goggles K 6:00 Gathering of Friends	3 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/Animals at Night V 4:30 7th Ining Stretch	4 I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	5 MM 10:30 Coffee Chat and Let's Get Moving V 10:45 Moving to Music K 2:00 Bingo S 3:00 Inspired Living Committee L 3:30 Virtual Reality Goggles GF 6:00 Family Night Celebration 1st Floor Cafe	6 MM 10:00 Aromatherapy/Hand Massage A 10:30 Decoupage Plates V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour with Mike Hutchens	7 MM 10:00 Musical Movements K 10:30 Media Cart V 2:00 IN2L Vitality K 2:30 IN2L Games
8 Daylight Saving Begins MM 10:00 Meditation Movement JG 10:15 Just the Guys Donuts with Walt I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 12:30 Daily Chronicles M 2:00 IN2L Sing Along	9 I 10:00 Morning Motivations MM 10:30 Morning Eye Opener Coffee and Stretch M 10:45 Music Trivia O 2:00 Scenic Drive and Ice Cream L 3:30 Lifelong Learning/Vernal Equinox K 6:00 Gathering of	10 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo S 3:00 Resident Council Meeting V 4:30 7th Ining Stretch	11 I 10:00 Communion A 10:30 Art with a Heart/Inspiration Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	12 MM 10:30 Coffee Chat and Let's Get Moving V 10:45 Moving to Music K 2:00 Bingo L 3:30 Virtual Reality Goggles GF 6:00 Gathering of Friends/Movie Night	13 MM 10:00 Aromatherapy/Hand Massage A 10:30 Seed Planters V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe with Elvis	14 MM 10:00 Musical Movements K 10:30 Media Cart V 2:00 IN2L Vitality K 2:30 IN2L Games
15 MM 10:00 Meditation Movement JG 10:15 Just the Guys Donuts with Walt I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 12:30 Daily Chronicles M 2:00 IN2L Sing Along	16 I 10:00 Morning Motivations MM 10:30 Morning Eye Opener/Stretch and Coffee M 10:45 Music Trivia S 2:30 Welcome Spring High Tea L 3:00 Virtual Reality Goggles K 6:00 Gathering of Friends	17 St. Patrick's Day MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:00 St Patrick's Celebration L 3:30 Lifelong Learning/Science for the History of St. Patrick V 4:30 7th Ining Stretch	18 I 10:00 Communion A 10:30 Jewelry Making O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	19 Spring Begins MM 10:30 Coffee Chat and Let's Get Moving JG 10:30 Just the Guys with Don V 10:45 Moving to Music S 12:00 Taste of Town K 2:00 Bingo L 3:30 Virtual Reality Goggles GF 6:00 Gathering of Friends/Movie Night	20 MM 10:00 Aromatherapy/Hand Massage A 10:30 Guided Painting V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe Bobby Swanatra	21 MM 10:00 Musical Movements K 10:30 Media Cart V 2:00 IN2L Vitality K 2:30 IN2L Games
22 MM 10:00 Meditation Movement JG 10:15 Just the Guys Donuts with Walt I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC S 11:00 Sunday Brunch- 1st floor Cafeteria K 12:30 Daily Chronicles	23 I 10:00 Morning Motivations MM 10:30 Morning Eye Opener/Stretch and Coffee M 10:45 Music Trivia O 2:00 Scenic Drive and Ice Cream L 3:00 Virtual Reality Goggles K 6:00 Gathering of Friends	24 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/Science for the Young at Heart V 4:30 7th Ining Stretch	25 I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	26 MM 10:30 Coffee Chat and Let's Get Moving V 10:45 Moving to Music K 2:00 Bingo L 3:30 Virtual Reality Goggles GF 6:00 Gathering of Friends/Movie Night	27 MM 10:00 Aromatherapy/Hand Massage A 10:30 Mixed Media Collage V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe	28 MM 10:00 Musical Movements K 10:30 Media Cart V 2:00 IN2L Vitality K 2:30 IN2L Games
29 MM 10:00 Meditation Movement JG 10:15 Just the Guys Donuts with Walt I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC K 12:30 Daily Chronicles M 2:00 IN2L Sing Along	30 I 10:00 Morning Motivations MM 10:30 Morning Eye Opener/Stretch and Coffee M 10:45 Music Trivia O 2:00 Scenic Drive and Ice Cream L 3:00 Virtual Reality Goggles K 6:00 Gathering of Friends	31 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/Garden Planning V 4:30 7th Ining Stretch	A - Artisans GF - Gathering of Friends I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Birthdays Emma V. 3-20 Happy 100th Birthday Janette L. 3-24		We now offer Therapeutic Massage Services. \$20 dollars for 20 minutes. Call Shannon Rich 502-299-0932

**Park Terrace Legacy Lane
Daily Rhythms**

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Indulgent Mock Banana's Foster 12:45 Relax & Recharge A 2:00 Rainy Day Painting M 3:30 Hymn Sing GG 4:00 Name 10	2 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Cat in the Hat Cookies 12:45 Relax & Recharge A 2:00 Flying Birds M 3:30 Glee Club GG 4:00 Basketball GG 4:00 Healthy Hands GF 6:00 Hot Chocolate & Tales	3 V 9:00 Shamrock Shake K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge GG 2:00 Bingo GG 3:30 March Madness GG 4:00 Grocery Game GG 4:30 Healthy Hands	4 V 9:00 Roll in the New Year K 9:30 Opposites I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 Lemon Pound Cake 12:45 Relax & Recharge A 2:00 Fly Swatter Painting M 3:30 Music in History	5 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Buckeye Bars 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 Colors of Music GG 4:00 Mini Muffin Match Up GG 4:30 Healthy Hands	6 V 9:00 Step in the Name Love K 9:30 Broken Hearts CC 10:45 Amazing Pimento Cheese 12:45 Relax & Recharge A 2:00 My Artisan Journal - Fabric Collage M 3:00 Happy Hour with Mike Hutchens	7 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Jeweled Sugar Cookies 12:45 Relax & Recharge A 2:00 Watercolor Weaving-Day 1 M 3:30 Name That Croon GG 4:00 Throwing Horseshoes GG 4:30 Healthy Hands
8 Daylight Saving Begins V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Chocolate Chip Vanilla Coconut Cookies 12:45 Relax & Recharge A 2:00 Watercolor Weaving-Day 2 M 3:30 Hymn Sing	9 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Crockpot Irish Beef Stew 12:45 Relax & Recharge A 2:00 Purim Paper Jewelry M 2:00 Veterans Day Heart Card GG 3:30 Glee Club GG 4:00 Basketball GG 4:30 Healthy Hands	10 V 9:00 Shamrock Shake K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 March Madness GG 4:00 Grocery Game GG 4:30 Healthy Hands	11 V 9:00 Roll in the New Year K 9:30 Opposites I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 Oatmeal Apple Spice Cookies 12:45 Relax & Recharge A 2:00 Aromatic Diffuser	12 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Girl Scout Thin Mint Delight 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 Colors of Music GG 4:00 Mini Muffin Match Up	13 V 9:00 Step in the Name Love K 9:30 Broken Hearts CC 10:45 Easy Peasy Cornbread 12:45 Relax & Recharge A 2:00 My Artisan Journal - Label Collage M 3:00 Happy Hour 1st Floor Cafe with Elvis GG 4:00 Nerf Gun Target Shooting	14 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Mini Apple Pies 12:45 Relax & Recharge A 2:00 Dotty Name Art M 3:30 Name That Croon GG 4:00 Throwing Horseshoes GG 4:30 Healthy Hands GF 6:00 Hangman
15 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Baked Leprechaun Crisps 12:45 Relax & Recharge A 2:00 Celtic Eternity Knot Charm M 3:30 Hymn Sing	16 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Lucky Poke Cake 12:45 Relax & Recharge A 2:00 Ribbon Shamrock Pin M 3:30 Glee Club GG 4:00 Basketball GG 4:30 Healthy Hands GF 6:00 Hot Chocolate & Tales	17 St. Patrick's Day V 9:00 Shamrock Shake K 9:30 The Gold Game CC 10:30 Chef's Circle 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 March Madness GG 4:00 Grocery Game GG 4:30 Healthy Hands GF 6:00 Flower Arranging	18 V 9:00 Roll in the New Year K 9:30 Opposites I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 Raspberry Cream Cheese Cinnamon Roll 12:45 Relax & Recharge A 2:00 Scalloped Coffee Filter	19 Spring Begins V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Rainbow Cake Mix Bars S 12:00 Taste of Town 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 Colors of Music GG 4:00 Mini Muffin Match Up	20 V 9:00 Step in the Name Love K 9:30 Broken Hearts CC 10:45 Hello Spring Pretzels 12:45 Relax & Recharge A 2:00 My Artisan Journal - Stitch a Design M 3:00 Happy Hour 1st Floor Cafe Bobby Swanatra GG 4:00 Nerf Gun Target Shooting	21 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 M & M Cookies 12:45 Relax & Recharge A 2:00 Creative Storytelling M 3:30 Name That Croon GG 4:00 Throwing Horseshoes GG 4:30 Healthy Hands GF 6:00 Hangman
22 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Crockpot Bacon Corn Chowder 12:45 Relax & Recharge A 2:00 Collage Painting M 3:30 Hymn Sing GG 4:00 Name 10	23 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Blueberry Bliss 12:45 Relax & Recharge A 2:00 Chihuly Inspired 'Glass' Art M 3:30 Glee Club GG 4:00 Basketball GG 4:30 Healthy Hands	24 V 9:00 Shamrock Shake K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle CC 10:45 Chocolate Covered Raisins 12:45 Relax & Recharge GG 2:00 Bingo A 2:00 Painting with Tissue	25 V 9:00 Roll in the New Year K 9:30 Opposites I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 Classic Greek Salad 12:45 Relax & Recharge A 2:00 Have a Gentle Conversation	26 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 No Bake Hawaiian Pie 12:45 Relax & Recharge GG 2:00 Bingo A 2:00 Hoop Tambourines M 3:30 Colors of Music GG 4:00 Mini Muffin Match Up	27 V 9:00 Step in the Name Love K 9:30 Broken Hearts CC 10:45 Spinach Tortilla Roll Ups 12:45 Relax & Recharge A 2:00 My Artisan Journal - Tape Design M 3:00 Happy Hour 1st Floor Cafe Rob Maupin Jr. M 3:30 March Happy Hour	28 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Cinnamon Sugar Donut Muffins 12:45 Relax & Recharge A 2:00 Glue Art M 3:30 Name That Croon GG 4:00 Throwing Horseshoes GG 4:30 Healthy Hands
29 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Coca-Cola Cake 12:45 Relax & Recharge A 2:00 3D Flowers M 3:30 Hymn Sing GG 4:00 Name 10 GG 4:30 Healthy Hands	30 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Sopapilla Cheesecake Bars 12:45 Relax & Recharge A 2:00 Shapes Collage M 3:30 Glee Club GG 4:00 Basketball GG 4:30 Healthy Hands	31 V 9:00 Shamrock Shake K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge GG 2:00 Bingo M 3:30 March Madness GG 4:00 Grocery Game GG 4:30 Healthy Hands	Happy Birthday ! Patty B. 3-13 Robert P. 3-15 Helen L. 3-15	"Act as if What you do makes a difference. It does" ~William James ~	Please Join Us Every 4th Sunday From 11:00 a.m.- 1:00 p.m. for Sunday Brunch on Legacy Lane	