

The Oaks at NorthPointe Woods
Life Enrichment Health Center

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V 10:00 Compliment Day(200) S 11:00 - 1:00 Family Brunch A 1:30 Craft (200) I 2:30 Afternoon Snack (200) L 3:00 Church Service (Legacy) L 4:00 Ron Howard Biography (200)	2 I 10:00 Bible Stories (200) GF 10:30 Activity Cart (FW) MM 11:30 Healthy Hands (200) GG 1:00 Bingo (SR) A 2:00 Cat in the Hat Craft (200) I 2:30 Afternoon Snack (200) V 3:15 Kick Ball (200) K 4:00 Desi Arnez Music (200)	3 V 9:30 Keep it Up! M 10:00 Sing Along w/ Jerry (200) CC 11:00 Pet Therapy (FW) L 11:15 Toga Tying Tuesday (200) O 1:30 Dollar Tree (O) O 2:30 Afternoon Snack (200) K 3:00 Its About TIME! (200) MM 4:00 Healthy Hands (200)	4 V 10:00 Ribbon Dancing (200) K 10:30 Word Games (200) L 11:00 A Day in Chicago (200) MM 11:30 Healthy Hands (200) S 1:00 Chef Circle (SR) GF 2:30 Pound Cake Ice Cream Social (200) I 3:15 Sports Trivia (200) I 4:00 Leisure Cart Room Visits	5 A 9:30 Name Tag Making (200) K 10:00 Matching Games (200) L 10:30 Ball Bop MM 11:00 Healthy Hands (200) I 11:30 Out to Lunch- San Francisco's (O) G 2:30 Afternoon Snack (200) GF 3:30 Bingo (200) GF 6:00 Movie "Annie Get Your	6 K 9:30 News You Can Use (200) V 10:00 Stretch it Out! (200) L 11:00 Abe Lincoln at KCC (O) L 11:00 Flower Arranging Friday (200) MM 11:30 Healthy Hands (200) GG 1:00 Life Share Games (200) L 2:15 Shaq Day (200) M 3:30 Happy Hour w/ Bob D. (L)	7 V 10:00 We Are the World (200) CC 10:30 In the Kitchen (200) MM 11:00 Healthy Hands (200) K 1:00 Bingo (SR) I 1:30 Mail Delivery and 1:1s-FW A 2:30 Afternoon Snack (200) JG 3:00 Sock Monkey Craft (200) JG 4:00 Men's Club- Luck 7 (200)
8 Daylight Saving Begins V 10:00 Sit and Be Fit (200) M 10:30 Hymns and Devotions (200) GG 11:00 Picture This (200) MM 11:30 Healthy Hands (200) A 1:30 Craft (200) I 2:30 Afternoon Snack (200) I 3:00 Church Service (Legacy) MM 4:00 John Grisham Book	9 I 10:00 Bible Stories (200) GF 10:30 Activity Cart (FW) MM 11:30 Healthy Hands (200) GG 1:00 Bingo (SR) A 2:00 Painting (200) L 2:30 Worm Moon Snack (200) L 3:15 The Mustang (200) M 4:00 Personality (200)	10 V 9:30 Keep it Up! CC 11:00 Pet Therapy (FW) MM 11:30 Healthy Hands (200) M 1:30 Music w/ Martin (L) O 2:00 Mindful Moments Drive (O) I 2:30 Afternoon Snack (200) GG 3:00 Table Bowling (200) GF 6:15 Telephone Game (200)	11 V 10:00 Ribbon Dancing (200) K 10:30 Frankenstein Word Games (200) M 11:00 Simply Piano w/ Marlene (200) MM 11:30 Healthy Hands (200) S 1:00 Chef Circle (SR) GF 2:30 Apple Crisp with Ice Cream (200)	12 V 9:30 Dennis the Menace (200) O 10:00 Donuts and A Drive (O) MM 11:30 Healthy Hands (200) I 1:00 Plant a Flower (SR) I 2:00 Girl Scout Cookie Tasting (200) I 2:30 Catholic Mass(SR) G 3:30 Bingo (200) GF 6:00 Alfred Hitchcock Movie &	13 V 9:30 Yoga (200) K 10:00 Who's On First? (200) MM 10:30 Flower Arranging Friday (200) MM 11:30 Healthy Hands (200) GG 1:00 Pluto and Astronomy (200) K 2:00 Junk Drawer Detective (200)	14 V 10:00 Chair Exercises (200) CC 10:30 In the Kitchen- Pii Day (200) MM 11:30 Healthy Hands (200) M 1:00 Music with The Donnell's (L) I 1:30 Mail Delivery and 1:1s-FW K 2:00 Bingo (SR)
15 V 10:00 Sit and Be Fit (200) M 10:30 Hymns and Devotions (200) GG 11:00 Picture This (200) MM 11:30 Healthy Hands (200) A 1:30 Bubble Painting (200) I 2:30 A Bubbly Snack (200) I 3:00 Church Service (Legacy) L 4:00 Ides of March (200)	16 I 10:00 Bible Stories (200) GF 10:30 Activity Cart (FW) K 11:00 Cranium Crunches (200) MM 11:30 Healthy Hands (200) GG 1:00 Bingo (SR) A 2:00 Panda Painting (200) M 2:30 Afternoon Snack (200) M 3:00 Rhythms w/ Janice (200) V 4:00 Kick Ball (200)	17 St. Patrick's Day V 9:30 Keep it Up! O 10:00 St. Patricks Day (200) CC 11:00 Pet Therapy (FW) MM 11:30 Healthy Hands (200) O 1:00 Shop at Ollies (O) M 2:30 A Green Treat (200) M 3:00 Nat King Cole Music (200) GF 6:15 March Madness (200)	18 K 10:00 News & Announcements (L) M 10:30 Music by Tyler (L) MM 12:00 Healthy Hands (RDR) S 1:00 Chef Circle (SR) GF 3:00 Ice Cream Cart Room Visits (FW) K 4:00 Name Everything M Day (200)	19 Spring Begins V 9:30 Ball Bop (200) K 10:00 Matching Games (200) GG 11:00 Storytelling Day (200) MM 11:30 Healthy Hands (200) M 11:30 Lunch Outing- McGonigles (O) CC 3:00 Animal Show (L) GF 6:00 Movie Wyatt Earp & Popcorn Night (L)	20 K 9:30 News You Can Use (200) V 10:00 Stretch it Out! (200) MM 10:30 Flower Arranging Friday (200) MM 11:30 Healthy Hands (200) GG 1:00 Life Share Games (200) K 2:00 Junk Drawer Detective (200) M 3:30 Happy Hour w/ Paul (L)	21 V 10:00 Chair Exercises (200) CC 10:30 In the Kitchen (200) MM 11:30 Healthy Hands (200) K 1:00 Bingo (SR) I 1:30 Mail Delivery and 1:1s-FW A 2:30 Afternoon Snack- Cheetos (200) A 3:00 Spring Craft- Quilt (200)
22 V 10:00 Spring Cleaning (200) M 10:30 Hymns and Devotions (200) GG 11:00 Picture This (200) MM 11:30 Healthy Hands (200) A 1:30 Craft (200) I 2:15 Worship w/ Jerry Ball (200) I 3:00 Church Service (Legacy)	23 I 10:00 Bible Stories (200) GF 10:30 Activity Cart (FW) L 11:00 Mythology Monday (200) MM 11:30 Healthy Hands (200) GG 1:00 Bingo (SR) A 2:00 Favorite Weather Painting (200) I 2:30 Chips and Dip (200) V 3:15 Truth or Consequence	24 V 9:30 Keep it Up! MM 10:00 Tech Tuesday- What is Instagram? (200) CC 11:00 Pet Therapy (FW) MM 11:30 Healthy Hands (200) O 1:30 Shop at Walmart (O) O 2:30 Chocolate Raisins (200) GG 3:00 Favorite Cartoons (200) GF 6:00 Spa Night (200)	25 V 10:00 Ribbon Dancing (200) K 10:30 Things Found at Graceland (200) I 11:15 Medal of Honor Day (200) MM 11:30 Healthy Hands (200) S 11:33 McGonigle's Taste of the Town (DR) S 1:00 Chef Circle (SR)	26 V 9:30 Baseball (200) K 10:00 Live Long and Prosper (200) CC 11:00 Resident Council (SR) O 11:30 Finley's (O) M 2:30 Spinach Snack (200) M 3:30 Special Music by Paul Christopher (L) MM 4:30 Healthy Hands (RDR)	27 K 9:30 News You Can Use (200) V 10:00 Stretch it Out! (200) MM 10:30 Flower Arranging Friday (200) GF 11:00 Funny Friday (200) MM 11:30 Healthy Hands (200) GG 1:00 Corkscrew Day(200) K 2:00 Junk Drawer Detective (200)	28 V 10:00 Weed or Plant? (200) CC 10:30 In the Kitchen- Black Forest Cake (200) MM 11:30 Healthy Hands (200) K 1:00 Bingo (SR) I 1:30 Mail Delivery and 1:1s-FW A 2:30 Afternoon Snack- Black Forest Cake (200)
29 V 10:00 Sit and Be Fit (200) GF 10:30 Cocoa Cola Day (200) GG 11:00 What's My Line (200) MM 11:30 Healthy Hands (200) A 1:30 Shark Craft (200) I 2:30 Shark Treats (200) I 3:00 Church Service (Legacy) L 4:00 Mysterries of the Shark (200)	30 I 10:00 Bible Stories (200) GF 10:30 Activity Cart (FW) V 11:00 Fold the Clothes Day (200) MM 11:30 Healthy Hands (200) GG 1:00 Bingo (SR) A 2:00 Van Gogh Painting (200) V 2:30 Afternoon Snack (200) V 3:15 Mule Day (200)	31 V 9:30 Keep it Up! L 10:30 Baah! Lamb Day (200) CC 11:00 Pet Therapy (FW) MM 11:30 Healthy Hands (200) O 1:30 Shop at Dollar General (O) I 2:30 Oranges and Lemons Snack (200) GG 3:00 Favorite Cartoons (200)	Happy Birthday: 3/10 Juanita R. 3/17 Fred L. 3/26 Darline H. Happy Anniversary: Jim and Dot H. 3/10 Richard and Darline H. 3/16	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments	Calendar is subject to change, please see daily sheets for an up-to-date schedule.	DR-Dining Room L-Lobby O-Outing SR- Sunroom FW-Facility Wide 100- 100 hall activity area 200-200 hall activity area Leg- Legacy

**Daily Rhythms
The Legacy**

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V Humming Your Way to Health K Writer's Circle S Brunch 11-1 Relax & Recharge A Rainy Day Painting I Church Service M Hymn Sing GG Name 10 Healthy Hands	2 V Snowball Fight K Penny Ante CC Baking Relax & Recharge A Flying Birds M Glee Club GG Basketball Healthy Hands GF Hot Chocolate & Tales	3 V Shamrock Shake K What's In Your Junk Drawer? M Music with Jerry Ball Relax & Recharge A Rockin' Dominoes M March Madness GG Grocery Game Healthy Hands GF Flower Arranging	4 V Roll in the New Year K Opposites CC Lemon Pound Cake Relax & Recharge A Fly Swatter Painting O Outing Day M Music in History GG Parachute Circle Healthy Hands	5 V Head to Toe Range of Motion K Life Story CC Buckeye Bars Relax & Recharge A Vegetable Printing M Colors of Music GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	6 V Step in the Name Love K Broken Hearts K Bingo Relax & Recharge A My Artisan Journal - Fabric Collage M March Happy Hour w/ Tom T. GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater	7 V Quick Qigong K Famous Pairs CC Jeweled Sugar Cookies Relax & Recharge A Watercolor Weaving-Day 1 M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
8 Daylight Saving Begins V Humming Your Way to Health K Writer's Circle CC Chocolate Chip Vanilla Coconut Cookies Relax & Recharge A Watercolor Weaving-Day 2 I Church Service M Hymn Sing GG Name 10	9 V Snowball Fight K Penny Ante CC Baking Relax & Recharge A Purim Paper Jewelry M Glee Club GG Basketball Healthy Hands GF Hot Chocolate & Tales	10 V Shamrock Shake K What's In Your Junk Drawer? CC Irish Soda Bread Relax & Recharge A Abstract Tape Art M March Madness GG Grocery Game Healthy Hands GF Flower Arranging	11 V Roll in the New Year K Opposites CC Oatmeal Apple Spice Cookies Relax & Recharge O Outing Day M Music in History GG Parachute Circle Healthy Hands GF LifeShare Games!	12 V Head to Toe Range of Motion K Life Story CC Girl Scout Thin Mint Delight Relax & Recharge I Mass (HCSR) M Colors of Music GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	13 V Step in the Name Love K Broken Hearts K Bingo Relax & Recharge A My Artisan Journal - Label Collage M March Happy Hour w/ Paul F. GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater	14 V Quick Qigong K Famous Pairs CC Mini Apple Pies Relax & Recharge A Dotty Name Art M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
15 V Humming Your Way to Health K Writer's Circle CC Baked Leprechaun Crisps Relax & Recharge A Celtic Eternity Knot Charm I Church Service M Hymn Sing GG Name 10 Healthy Hands	16 V Snowball Fight K Penny Ante CC Lucky Poke Cake Relax & Recharge A Ribbon Shamrock Pin M Glee Club GG Basketball Healthy Hands GF Hot Chocolate & Tales	17 St. Patrick's Day V Shamrock Shake K The Gold Game M Music w/ Jerry Ball Relax & Recharge CC Mint Shakes M March Madness GG Grocery Game Healthy Hands GF Flower Arranging	18 V Roll in the New Year K Opposites O Outing Day Relax & Recharge A Scalloped Coffee Filter Bowl M Music in History GG Parachute Circle Healthy Hands GF LifeShare Games!	19 Spring Begins V Head to Toe Range of Motion K Life Story CC Rainbow Cake Mix Bars Relax & Recharge M Colors of Music CC Animal Show (HCL) GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	20 V Step in the Name Love K Broken Hearts K Bingo Relax & Recharge A My Artisan Journal - Stitch a Design M March Happy Hour w/ Paul F. GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater	21 V Quick Qigong K Famous Pairs CC M & M Cookies Relax & Recharge A Creative Storytelling M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
22 V Humming Your Way to Health K Writer's Circle CC In the Kitchen Relax & Recharge A Collage Painting I Church Service M Hymn Sing GG Name 10 Healthy Hands	23 V Snowball Fight K Penny Ante CC Blueberry Bliss Relax & Recharge A Chihuly Inspired 'Glass' Art M Music w/ Janice GG Basketball Healthy Hands GF Hot Chocolate & Tales	24 V Shamrock Shake K What's In Your Junk Drawer? CC Chocolate Covered Raisins Relax & Recharge A Painting with Tissue Paper M March Madness GG Grocery Game Healthy Hands GF Flower Arranging	25 V Roll in the New Year K Opposites CC Baking Relax & Recharge A Have a Gentle Conversation O Outing Day M Music in History GG Parachute Circle Healthy Hands	26 V Head to Toe Range of Motion K Life Story CC No Bake Hawaiian Pie Relax & Recharge A Hoop Tambourines M Colors of Music GG Mini Muffin Match Up Healthy Hands M Music w/ Susan Harrison	27 V Step in the Name Love K Broken Hearts K Bingo Relax & Recharge A My Artisan Journal - Tape Design M March Happy Hour w/ Doug GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater	28 V Quick Qigong K Famous Pairs CC Cinnamon Sugar Donut Muffins Relax & Recharge A Glue Art M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
29 V Humming Your Way to Health K Writer's Circle CC Coca-Cola Cake Relax & Recharge A 3D Flowers I Church Service M Hymn Sing GG Name 10 Healthy Hands	30 V Snowball Fight K Penny Ante CC Sopapilla Cheesecake Bars Relax & Recharge A Shapes Collage M Glee Club GG Basketball Healthy Hands GF Hot Chocolate & Tales	31 V Shamrock Shake K What's In Your Junk Drawer? CC Grandma's Pecan Rum Bars Relax & Recharge A Ask a Beautiful Question M March Madness GG Grocery Game Healthy Hands GF Flower Arranging	HCSR- Health Center Sun Room HCL- Health center Lobby	Happy Birthday! March 3rd- Dorothy S. March 8th- Mary C.	Calendar subject to change- please see daily sheets for updates	Entertainment: 3/3 and 17 Jerry Ball at 11am 3/6 Tom Timlin at 3:30pm 3/13 and 20 Paul Freeburn at 2:30pm 3/19 Animal Show at 3pm in HC 3/23 Janice Marsh at 3pm 3/26 Susan Harrison at 6pm 3/27 Doug Smith at 2:30pm