

The Willows at East Lansing
Assisted Living

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V 10:00 Morning Exercise (HCAR) S 11:00 Sunday Brunch I 3:00 Devotions (HCAR) GF 6:00 Resident Led: Watch Netflix with Friends (HCAR)	2 I 10:15 Monday Morning Service (PDR) I 11:00 Catholic Service (HCAR) MM 11:30 Music and Hand Massages (HCAR) S 2:30 Chef's Circle (ALAR) S 3:00 St. Patrick's Sundae (HCAR) A 3:30 Yarn Club (HCAR)	3 V 10:00 Trilogy Fit Exercise (HCAR) MM 10:30 Guided Relaxation (HCAR) M 11:00 Name That Tune Bingo (HCAR) O 1:00 Out Shopping to Meijer (HCAR) K 2:00 DIY Puzzles & Adult Coloring (ALAR)	4 S 9:30 Calendar Planning - Meet new LED & Chat (HCAR) 9:30 Hospitality Cart (ALRV) V 10:00 Noodle Ball (HCAR) MM 11:00 Guided Meditation (HCAR) G 1:00 Nail Painting with Jackie (ALAR) A 1:30 Paint by Numbers	5 O 10:30 New Daily Bagel (\$) K 11:00 DIY Puzzles & Adult Coloring (ALR) L 2:00 Traveling Thursday - All About Portugal (HCAR) K 3:00 Book Club CC 6:00 Card Club - Garbage (HCAR)	6 M 10:00 Live Harp Music with Ellen (HCDR) CC 11:00 Creative Cooking (HCAR) MM 1:00 Guess the Smell from a Country Kitchen (HCAR) K 1:30 Wii Bowling (HCAR) S 3:00 Happy Hour - Live Entertainment by Mo Hyatt (HCAR)	7 A 9:30 Craft Hour - Watercolor Luminaries (HCAR) MM 11:00 Guided Relaxation (HCAR) K 1:30 Bingo (HCAR) M 3:00 Musical Instruments (HCAR) V 3:30 Exercise (HCAR)
8 Daylight Saving Begins V 10:00 Stretching and Zumba (HCAR) K 1:00 Sit N' Reminisce (ALAR) I 3:00 Devotions (HCAR) GF 6:00 Resident Led: Watch Netflix with Friends (HCAR)	9 I 10:15 Monday Morning Service (PDR) I 11:00 Catholic Service (HCAR) I 11:30 Gratitude Journals (HCAR) S 2:30 Chef's Circle (ALAR) S 3:00 Milkshake Time! (HCAR) A 3:30 Yarn Club (HCAR) K 6:00 Resident Led Euchre	10 9:00 Hospitality Cart (RV) V 10:00 Trilogy Fit Exercise (HCAR) M 10:30 Hymn Sing (HCAR) O 12:00 Out to Lucky's Restaurant (\$) K 2:00 DIY Puzzles & Adult Coloring (ALAR) MM 3:30 Aromatherapy & Hand	11 9:30 Hospitality Cart (ALRV) V 10:00 Chair Yoga (HCAR) K 2:00 Laugh It Up (HCAR) M 3:00 Piano with Wendy (HCDR) A 3:30 Paper Shamrock Wreath (HCAR) K 6:00 Resident Led Euchre	12 O 10:00 Dollar Tree (\$) L 2:00 All About National Women's History Month (ALR) MM 3:00 Progressive Muscle Relaxation (HCAR) K 4:00 Big Word, Little Word (HCAR) CC 6:00 Card Club - Garbage	13 M 10:00 Music and Balloon Battles (HCAR) CC 11:00 Creative Cooking (HCAR) MM 1:00 Tea Time (HCAR) K 1:30 Wii Bowling (HCAR) S 3:00 Happy Hour - Live Entertainment by Fading World (HCDR)	14 A 10:00 Jewelry Club (HCAR) K 1:30 Bingo (HCAR) M 3:00 Music Trivia (HCAR) GF 3:00 Tea Time (ALAR)
15 V 9:30 Stretching and Zumba (HCAR) I 10:00 Gratitude Journals (HCAR) K 1:00 What's In the News (ALAR) I 3:00 Devotions (HCAR) GF 6:00 Resident Led: Watch Netflix with Friends	16 I 10:15 Monday Morning Service (PDR) I 11:00 Catholic Service (HCAR) MM 11:30 Mindful Moments (HCAR) S 2:30 Chef's Circle (ALAR) S 3:00 Waffle Cone Ice Cream Social (HCAR) A 3:30 Yarn Club (HCAR) K 6:00 Resident Led Euchre	17 St. Patrick's Day S 10:00 St. Patty's Party (HCAR) O 1:00 Lansing Brewing Company (\$) K 2:00 DIY Puzzles & Adult Coloring (ALAR) 3:30 Hospitality Cart (RV) MM 4:00 Mindful Moments (HCAR) K 6:00 Bingo with Evelyn (HCAR)	18 CC 9:30 Hospitality Cart (ALRV) M 10:30 Drum Circle with Ian (HCAR) G 1:00 Nail Painting with Jackie (ALAR) A 2:00 Jewelry Club (HCAR) K 3:00 Dice Game (HCAR) K 6:00 Resident Led Euchre	19 Spring Begins O 10:30 Lansing Art Gallery L 2:00 The Story of St. Patrick (ALAR) K 3:00 National Let's Laugh Day (HCAR) I 4:00 Bible Study (HCAR) CC 6:00 Card Club - Garbage (HCAR)	20 V 9:30 Seated Chair Yoga (HCAR) M 10:00 Music and Balloon Battles (HCAR) CC 11:00 Creative Cooking (HCAR) K 1:30 Wii Bowling (HCAR) S 3:00 Happy Hour - Live Entertainment by Jim Herman (HCDR)	21 A 10:30 Shamrock Thumbprint Craft (HCAR) K 1:30 Bingo (HCAR) M 3:00 Music Trivia (HCAR) K 3:30 Just the Guys
22 V 10:00 Trilogy Fit Exercise (HCAR) K 1:00 Coffee and Today's Headlines (ALAR) I 3:00 Devotions (HCAR) GF 6:00 Resident Led: Watch Netflix with Friends (HCAR)	23 I 10:15 Monday Morning Service (PDR) I 11:00 Catholic Service (HCAR) S 2:30 Chef's Circle (ALAR) S 3:00 National Chip & Dip Day (HCAR) A 3:30 Yarn Club (HCAR) K 6:00 Resident Led Euchre	24 V 10:00 Trilogy Fit Exercise (HCAR) M 10:30 Name that Tune (ALAR) O 1:00 Out Thrift Shopping K 2:00 DIY Puzzles & Adult Coloring (ALAR) K 6:00 Bingo with Evelyn (HCAR)	25 9:30 Hospitality Cart (RV) V 10:00 Chair Yoga (HCAR) M 10:30 Name That Croon (HCAR) A 1:30 Painting With a Twist (HCAR) K 3:30 Book Club (HCAR) K 6:00 Resident Led Euchre	26 O 10:30 Blondie's Barn (\$) L 2:00 Traveling Thursday - All About Ireland (HCAR) S 3:30 Resident Council (ALAR) CC 6:00 Card Club - Garbage (HCAR)	27 M 10:00 Music and Balloon Battles (HCAR) CC 11:00 Creative Cooking (HCAR) K 1:30 Wii Bowling (HCAR) S 3:00 Happy Hour - Live Entertainment by Chere (HCDR)	28 A 10:30 Craft Hour - Glass Art (ALAR) K 1:30 Bingo (HCAR) M 3:00 Music Trivia (ALAR) K 3:30 Just the Guys
29 V 10:00 Morning Exercise (HCAR) K 1:00 Keeping Up With the News (ALAR) I 3:00 Devotions (HCAR) GF 6:00 Resident Led: Watch Netflix with Friends (HCAR)	30 I 10:15 Monday Morning Service (PDR) I 11:00 Catholic Service (HCAR) S 2:30 Chef's Circle (ALAR) S 3:00 Ice Cream Social - Banana Splits (HCAR) A 3:30 Yarn Club (HCAR) K 6:00 Resident Led Euchre	31 V 10:00 Trilogy Fit Exercise (HCAR) M 10:30 Me and My Shadow (HCAR) O 1:00 Out to Constellation Cat Cafe K 2:00 DIY Puzzles (ALAR) 3:30 Hospitality Cart (RV) K 6:00 Bingo with Evelyn (HCAR)	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About	Locations: HCAR-Health Center Activities Room ALAR-Assisted Living Activities Room HCDR-Health Center Dining Room ALLR-AL Living Room (500 Hall) CW-Campus Wide O-Outing \$ - Money Needed for Outing	Please invite your loved ones to join us Sunday Brunch on Sunday, March 1! Please RSVP by February 24.	

The Willows at East Lansing Health Center Calendar

March 2020

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Daily Rhythms
The Willows at East Lansing Legacy

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V Humming Your Way to Health K Writer's Circle CC Indulgent Mock Banana's Foster Relax & Recharge A Rainy Day Painting M Hymn Sing GG Name 10 Healthy Hands GF Relaxing Puzzle Time	2 V Snowball Fight K Penny Ante CC Cat in the Hat Cookies 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? CC Beach Themed Pudding Cups 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 to the Movies with snacks 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 CC Amazing Pimento Cheese Relax & Recharge A My Artisan Journal - Fabric Collage M March Happy Hour GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater	7 V Quick Qigong K Famous Pairs CC Jeweled Sugar Cookies Relax & Recharge M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman Nighttime Traditions
8 Daylight Saving Begins V Humming Your Way to Health K Writer's Circle CC Chocolate Chip Vanilla Coconut Cookies Relax & Recharge M Hymn Sing GG Name 10 Healthy Hands GF Relaxing Puzzle Time	9 V Snowball Fight K Penny Ante CC Crockpot Irish Beef Stew Relax & Recharge A Purim Paper Jewelry Veterans Day Heart Card M Glee Club GG Basketball Healthy Hands	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 O Aldacos for Lunch Relax & Recharge A Aromatic Diffuser Necklaces-Day 1 M Music in History GG Parachute Circle Healthy Hands	12 V Head to Toe Range of Motion K Life Story CC Girl Scout Thin Mint Delight Relax & Recharge A Aromatic Diffuser Necklaces-Day 2 M Colors of Music GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	13 V Step in the Name Love K Broken Hearts CC Easy Peasy Cornbread Relax & Recharge A My Artisan Journal - Label Collage M March Happy Hour 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 M Hymn Sing GG Name 10 Healthy Hands GF Relaxing Puzzle Time Nighttime Traditions	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 CC Mint Shakes Relax & Recharge A 2-in-1 Crafty St. Paddy's Day Puzzle M March Madness GG Grocery Game Healthy Hands	18 V Roll in the New Year K Opposites CC Raspberry Cream Cheese Cinnamon Roll Relax & Recharge O Painting Picaso Outing A Scalloped Coffee Filter Bowl M Music in History GG Parachute Circle	19 Spring Begins V Head to Toe Range of Motion K Life Story CC Rainbow Cake Mix Bars Relax & Recharge A Soft and Bright Edelweiss Ornament M Colors of Music GG Mini Muffin Match Up Healthy Hands	20 V Step in the Name Love K Broken Hearts CC Hello Spring Pretzels Relax & Recharge M March Happy Hour GG Nerf Gun Target Shooting Healthy Hands GF Old Time Theater Nighttime Traditions	21 V Quick Qigong K Famous Pairs CC M & M Cookies Relax & Recharge M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman Nighttime Traditions
22 V Humming Your Way to Health K Writer's Circle CC Crockpot Bacon Corn Chowder Relax & Recharge A Collage Painting M Hymn Sing GG Name 10 Healthy Hands GF Relaxing Puzzle Time	23 V Snowball Fight K Penny Ante CC Blueberry Bliss Relax & Recharge A Chihuly Inspired 'Glass' Art M Glee Club 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 O MSU Dairy Store CC Classic Greek Salad Relax & Recharge A Have a Gentle Conversation 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 GF Aqua Painting	27 V Step in the Name Love K Broken Hearts CC Spinach Tortilla Roll Ups Relax & Recharge A My Artisan Journal - Tape Design M March Happy Hour 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 M Hymn Sing GG Name 10 Healthy Hands GF Relaxing Puzzle Time	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	Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon 12:45 Relax & Recharge 2:00 Artisans	Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take place throughout the day at		