

March 2020
Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 SS Gospel Sing Along 1 10:00 LL Coffee Social 12:00 LL Hallmark Specials 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Pastor Rick Long 3:30 CC Dining Room Music	9:00 LL Morning Music and Coffee 2 12:00 LL Artistic Moments 2:00 PE Thai Chi with Jenna 3:00 CE Senior Smart Puzzles 5:00 LL The Johnny Cash TV Show 5:30 SS Hymn Sing with Dawn	9:00 LL On This Day in History 3 10:00 PE Chair Dancercise with Christine 12:00 LL Nail Salon 1:30 LL Happy Hour Shamrock Shakes 2:30 CC Horse Shoes with the Missionaries 3:00 LL Book Club	Doctor Day 4 9:00 LL Morning Music and Coffee 10:00 PE Balloon Toss 12:00 LL Artistic Moments 3:00 CE Totally Trivia 5:30 SS Bible Study with Dawn	9:00 LL On This Day in History 5 10:00 PE Chair Dancercise with Irene 12:00 LL Nail Salon 1:00 LL Water Painting! 3:00 LL Creative Coloring 5:30 CE Crosswords and word searches!	9:00 LL Morning Music and Coffee 6 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Artistic Moments 2:00 LL Candy Bingo! 3:00 CE Senior Smart Puzzles 4:30 LL Friday Night Movie - Residents Choice!	9:00 LL Morning Tunes 7 10:30 PE Saturday Morning Stretch 12:00 LL Hallmark Specials 2:30 CE Creative Coloring 3:30 CC Dining Room Music
Daylight Saving Time Begins 8 9:00 SS Gospel Sing Along 10:00 LL Coffee Social 12:00 LL Hallmark Specials 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Arlington Free Methodist 3:30 CC Dining Room Music	9:00 LL Morning Music and Coffee 9 12:00 LL Artistic Moments 2:00 PE Thai Chi with Jenna 3:00 CE Senior Smart Puzzles 5:00 LL The Johnny Cash TV Show	9:00 LL On This Day in History 10 10:00 PE Chair Dancercise with Christine 12:00 LL Nail Salon 1:30 LL Happy Hour Cookie Social 3:00 LL Book Club	Doctor Day 11 9:00 LL Morning Music and Coffee 10:00 PE Balloon Toss 12:00 LL Artistic Moments 3:00 CE Totally Trivia 5:30 SS Bible Study with Dawn	9:00 LL On This Day in History 12 10:00 PE Chair Dancercise with Irene 12:00 LL Nail Salon 1:00 LL Water Painting! 3:00 LL Creative Coloring 4:30 Resident Council 5:30 CE Crosswords and word searches!	9:00 LL Morning Music and Coffee 13 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Artistic Moments 2:00 LL Candy Bingo! 3:00 CE Senior Smart Puzzles 4:30 LL Friday Night Movie - Residents Choice!	9:00 LL Morning Tunes 14 10:30 PE Saturday Morning Stretch 12:00 LL Hallmark Specials 2:30 CE Creative Coloring 3:30 CC Dining Room Music
9:00 SS Gospel Sing Along 15 10:00 LL Coffee Social 12:00 LL Hallmark Specials 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Bill Nicholson 3:30 CC Dining Room Music	9:00 LL Morning Music and Coffee 16 12:00 LL Artistic Moments 2:00 PE Thai Chi with Jenna 3:00 CE Senior Smart Puzzles 5:00 LL The Johnny Cash TV Show	St. Patrick's Day 17 9:00 LL On This Day in History 10:00 PE Chair Dancercise with Christine 12:00 LL Nail Salon 1:15 AE St. Patty's Day Craft Project 2:30 CC Root Beer Floats! 3:00 LL Book Club	Doctor Day 18 9:00 LL Morning Music and Coffee 10:00 PE Balloon Toss 12:00 LL Artistic Moments 3:00 CE Totally Trivia 5:30 SS Bible Study with Dawn	9:00 LL On This Day in History 19 10:00 PE Chair Dancercise with Irene 11:00 CC Library On Wheels 12:00 LL Nail Salon 1:00 LL Water Painting! 2:00 LL Sing-A-Long with Marcia Kester 3:00 LL Creative Coloring 5:30 CE Crosswords and word searches!	9:00 LL Morning Music and Coffee 20 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Artistic Moments 2:00 LL Candy Bingo! 3:00 CE Senior Smart Puzzles 4:30 LL Friday Night Movie - Residents Choice!	9:00 LL Morning Tunes 21 10:30 PE Saturday Morning Stretch 12:00 LL Hallmark Specials 2:30 CE Creative Coloring 3:30 CC Dining Room Music
9:00 SS Gospel Sing Along 22 10:00 LL Coffee Social 12:00 LL Hallmark Specials 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Pastor Rick Long 3:30 CC Dining Room Music	9:00 LL Morning Music and Coffee 23 12:00 LL Artistic Moments 2:00 PE Thai Chi with Jenna 3:00 CE Senior Smart Puzzles 5:00 LL The Johnny Cash TV Show	9:00 LL On This Day in History 24 10:00 PE Chair Dancercise with Christine 12:00 LL Nail Salon 1:30 LL Happy Hour - Strawberry Shortcake Treat 3:00 LL Book Club	Doctor Day 25 9:00 LL Morning Music and Coffee 10:00 PE Balloon Toss 12:00 LL Artistic Moments 1:00 LL Art Studio with Heidi 3:00 CE Totally Trivia 5:30 SS Bible Study with Dawn	1:00 CC Town Hall 26 9:00 LL On This Day in History 10:00 PE Chair Dancercise with Irene 12:00 LL Nail Salon 1:00 LL Water Painting! 3:00 LL Creative Coloring 5:30 CE Crosswords and word searches!	7:00 LL Waffles with Molly 27 9:00 LL Morning Music and Coffee 10:00 PE Tap your Toes! 10:30 SS Catholic Communion 12:00 LL Artistic Moments 2:00 LL Melody Lane Music! 3:00 CE Senior Smart Puzzles 4:30 LL Friday Night Movie - Residents Choice!	9:00 LL Morning Tunes 28 10:30 PE Saturday Morning Stretch 12:00 LL Hallmark Specials 2:30 CE Creative Coloring 3:30 CC Dining Room Music
9:00 SS Gospel Sing Along 29 10:00 LL Coffee Social 12:00 LL Hallmark Specials 1:00 PE Sunday Striders - Walking Group 2:30 SS Church Service with Pastor Rick Long 3:30 CC Dining Room Music	9:00 LL Morning Music and Coffee 30 12:00 LL Artistic Moments 2:00 LL Birthday Party with the NW Singers 2:00 PE Thai Chi with Jenna 3:00 CE Senior Smart Puzzles 5:00 LL The Johnny Cash TV Show	9:00 LL On This Day in History 31 10:00 PE Chair Dancercise with Christine 12:00 LL Nail Salon 1:30 LL Happy Hour wine and cheese social 3:00 LL Book Club	 8400 207th Place NE Arlington, WA 98223 360-435-3222			AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support Healthy Snacks & Hydration offered throughout each day!