


















March 2020

VALLEY TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Sunday morning paper & coffee CK 1:30 Movie AR 3:00 Game Time CK w/Dartmouth Students	10:00 Yoga AR 2:30 Catholic Mass w/Father Rick AR 4:00 Happy Hour P 	9:30 Sit & Be Fit AR 10:15 Quiddler CK 2:00 Hartford Library DR 2:30 Travel w/Pippa AR	Hair Salon Open 10:00 Yoga Class AR 1:00 Holy Communion CK 2:00 Music/Art Presentation DR 4:00 Happy Hour AR	10:00 News & Views P 2:00 Brain Aerobic Activities CK 3:45 Music with George P	10:00 Flowers & Social C1 11:00 Rosary SR 1:00 Silk Flower Wreaths AR Spring/Summer 4:00 Happy Hour P	10:00 Exercise Class AR 1:30 Afternoon Movie AR 2:00 Ford Daley - Guitar C1 
8	9	10	11	12	13	14
Daylight Savings Sunday morning paper & coffee CK 1:30 Movie AR 3:00 Game Time CK 	Full Moon 10:00 Yoga AR 2:00 Rita & Craft time AR 4:00 Happy Hour P 	9:30 Sit & Be Fit AR 10:15 Quiddler CK 2:30 Travel w/Pippa AR	Hair Salon Open 10:00 Yoga Class AR 1:00 Holy Communion CK 2:00 Music/Art Presentation DR 4:00 Happy Hour AR	10:00 News & Views P 1:30 Wii Bowling Competition AR 3:45 Music with George P 	10:00 Flowers & Social C1 11:00 Rosary SR 2:00 Classical Piano Concert LR 4:00 Happy Hour P	10:00 Exercise Class AR 1:30 Afternoon Movie AR 3:00 Poker Game CK 
15	16	17	18	19	20	21
Sunday morning paper & coffee CK 1:30 Movie AR 3:00 Game Time CK	10:00 Yoga AR 2:00 Roger Tatro - Music Sing A Long LR 4:00 Happy Hour P 	St. Patrick's Day 9:30 Sit & Be Fit AR 10:15 Quiddler CK 2:00 Hartford Library DR 2:30 Travel w/Pippa AR 	Hair Salon Open 10:00 Yoga Class AR 1:00 Holy Communion CK 2:00 Music/Art Presentation DR 4:00 Happy Hour AR	First Day of Spring 10:00 News & Views P 1:15 Tip Top Easter Pottery Painting AR 3:45 Music with George P 	10:00 Flowers & Social C1 11:00 Rosary SR 1:00 Tech Support - I-Phones, Computers Tablet with Shelly Sign up List 4:00 Happy Hour P	10:00 Exercise Class AR 1:30 Afternoon Movie AR 2:00 Ford Daley Music C1 
22	23	24	25	26	27	28
Sunday morning paper & coffee CK 1:30 Movie AR 3:00 Game Time CK 	10:00 Yoga AR 2:00 Rita & Craft time AR 4:00 Happy Hour P	New Moon 9:30 Sit & Be Fit AR 10:15 Quiddler CK 2:00 Norwich School Children Reading Circles DR 2:30 Travel/Science with Pippa AR 	Hair Salon Open 10:00 Yoga Class AR 1:00 Holy Communion CK 2:00 New "Paint what you Hear" w/ Pippa AR 4:00 Happy Hour P	10:00 News & Views P 1:30 Shopping Trip AR 2:00 Episcopal Church Service SR 3:45 Music with George P	10:00 Flowers & Social C1 11:00 Rosary SR 1:15 Resident Council & Food Meeting DR 2:00 Bingo Game AR 4:00 Happy Hour P 	10:00 Exercise Class AR 1:30 Saturday Movie AR 3:00 Share, Listen & Learn Social CK 
29	30	31				
Sunday morning paper & coffee CK 10:30 Hymns & Bible Readings w/Mick LR 1:30 Movie AR 3:00 Game Time CK	10:00 Yoga AR 2:00 Martha Mitchell Sing a Long Guitar LR 	9:30 Sit & Be Fit AR 10:15 Quiddler CK 2:00 Hartford Library DR 2:30 Travel w/Pippa AR			KEY AR Activity Room CK Country Kitchen DR Dining Room LR Living Room P Pub SR Sun Room EX Exercise Room C1 Clover First Floor	Family & Friends invited to attend activities. Please call Bobbi or Michele to confirm time and locations. 802-280-1910