

March Activity Highlights

Every Thursday, 10:15am
Saturday, March 7th, 3:30pm
Thursday, March 19th @ 1:30pm
Thursday, March 26th @ 1:30pm

Music Therapy with Liska
Dementia Support Group (Granite room)
Groovy 60's music
Music with Molli Paige

Mark your calendar for our Annual St. Patrick's Day Lunch
Saturday, March 14th. RSVP by March 5th



Life Style and Leisure is an important part of the activity program for our residents. This is our New Year's Eve Party where family and friends gathered to do something that we have done throughout our lives....have fun!



Physical Engagement comes in all forms: dancing, exercises, balloon volleyball, and of course swaying back and forth as we sing "Oh what a beautiful morning".



Community Connections are so crucial to the lives of our residents. We have a very strong Pet therapy provided by three different volunteers.



Artistic expression is shown in many forms. One way is through music as shown by Shirley.



Six Elements of Well Being

At the Quarry our philosophy is to have an activity program that follows the “In the Moment” program philosophy related to the 6 elements of well-being used by Milestone Retirement Communities. This gives us the opportunity to provide a holistic approach to meet our residents needs. We engage the residents in the activity of the moment in a way that best suits each resident as an individual. This allows us to focus on the whole person. The 6 elements of well being are: Artistic Expression, Physical Engagement, Spiritual Support, Community Connections, Continuing Education and Lifestyle & Leisure. As you look at the Atrium/ ECU Calendar you will see that these are highlighted for your convenience. We are continually evaluating the needs of each resident and adjust our activity program accordingly. Your family input is essential to providing the best holistic program for your loved one so over the next few months Kellie Hagen, the Life Enrichment Coordinator for the Atrium/ECU will be contacting primary family members to review each resident’s social needs.



Happy Birthday!

March 16th
Lorna
March 26th
Marilyn

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia 3:00 Hymns & Devotions 7:00pm Classic Movies (Ch. 98l)	2 AM Yoga w/ Justice Fun with Words PM 1:30 Ron Ruiz Relaxing Moments Documentary Ch. 98l	3 AM Movie Joy Ride PM 1:00Catholic Rosary Fitness Fun 3:00 Sally's Choir	4 AM It's a Brand New Day PM 1:00 Wags & Wiggles w/Gracie & Lydia Fitness Fun Singalong w/ Tim and Diane Relaxing Moments	5 AM 10:15 Music Therapy w/Liska PM Fitness Fun Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments	6 AM It's a Brand New Day Baking PM Fitness fun Bingo for babies	7 AM Movie 9:30 Joyride PM Fitness Fun Say it with Music 3:30 Dementia Support
8 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia 3:00 Hymns & Devotions 7:00pm Classic Movies (Ch. 98l)	9 AM Yoga w/ Justice Fun with Words PM Fitness Fun Reminiscing Relaxing Moments	10 AM Movie Joy Ride PM 1:00Catholic Rosary Fitness Fun 3:00 Sally's Choir	11 AM It's a Brand New Day PM Fitness Fun Singalong w/ Tim and Diane Relaxing Moments	12 AM 10:15 Music Therapy w/Liska PM Fitness Fun Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments	13 AM It's a Brand New Day Baking PM Fitness fun Bingo for Babies	14 AM Prep for ST. Patrick's Family Luncheon 11:30 St. Patty's Day luncheon Harp Music w/ Gini O'Flynn PM Say it with Music
15 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions	16 Happy Birthday Lorna AM Yoga w/ Justice Fun with Words PM 1:30 Music w/ Ron Ruiz Reminiscing Relaxing Moments	17 Happy St. Patrick's Day AM Movie Joy Ride PM Fitness Fun 3:00 Music w/ Anne	18 AM It's a Brand New Day PM 1:00 Wags & Wiggles w/ Gracie & Lydia Fitness Fun Singalong w/ Tim and Diane Relaxing Moments	19 AM 10:15 Music Therapy w/Liska PM 1:30 Music w/ the groovy 60's. Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments	20 AM It's A Brand New Day Baking PM Fitness Fun Bingo for Babies	21 AM Movie 9:30 Joy Ride PM Fitness Fun Say it with Music
22 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions 7:00pm Classic Movies Ch. 98l	23 AM Yoga w/ Justice Fun with Words PM Fitness Fun Reminiscing Relaxing Moments	24 AM Movie Joy Ride PM 1:00Catholic Rosary Fitness Fun 3:00 Sally's Choir Relaxing Moments	25 AM It's a brand New Day PM Fitness Fun Singalong w/ Tim & Diane Relaxing Moments	26 Happy Birthday Marilyn AM 10:15 Music Therapy w/ Liska PM 1:30 Molly Paige Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments	27 AM It's A Brand New Day Baking PM Fitness Fun Bingo for Babies	28 AM It's a Brand New Day Poetry writing PM Fitness Fun Say it with Music
29 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions 7:00 Classic Movies Ch. 98l	30 AM Yoga w/ Justice Fun with Words PM Fitness Fun Reminiscing Relaxing Moments Documentary Ch. 98l	31 AM Movie Joy Ride PM 1:00 Catholic Rosary Fitness Fun 3:00 Sally's Choir				