## March 2021 Assisted Living Lifestyle & Leisure



Assisted Living Lifestyle & Leisure					with OGEIU
Sunday	Monday	Tuesday	Wednesday	Thursday	riday Saturday
THE MEADOWS SENIOR LIVING	11:00 CC Calendar Chat 1:30 LL Nickel Bingo 3:00 PE Weight and Stretch 4:00 LL Detective Game	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Reading Club 2:00 PE Reminiscing 3:00 PE Chair Tai Chi 4:00 Pe Chair Tai Chi	10:00 PE Chair Exercise	10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 Nickel Bingo 3:00 PE Chair Yoga 3:30 Wii Game  10:00 PE Chair 11:00 Let' 11:00 PE Chair 11:00 Let' 11:00 PE Chair 11:00 Let' 11:00 PE Chair 11:00 PE Ch	10:00 PE Chair Exercise 11:00 PE Chair Exercise
9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 PE Bean Bag Toss 3:00 PE Chair Yoga 4:00 Poker Club 5:30 Movie Night w/ Popcorn	7 9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Arts and Crafts 1:30 III Nickel Bingo 3:00 PE Weight and Stretch 4:00 III Detective Game	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Reading Club 2:00 PE Chair Tai Chi 4:00 PE Chair Tai Chi	10:00 <b>PE</b> Chair Exercise	10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 III Nickel Bingo 3:00 PE Chair Yoga 3:30 III Wii Game 10:00 PE Chair 1:00 III Let' 11:00 PE Chair Yoga 3:00 PE Mei	10:00 PE Chair Exercise 11:00 PE Arts and Crafts 13:00 PE Chair Tai Chi 3:30 PE Chair Exercise 13:00 PE Chair Exercise 14:00 PE Chair Exercise 15:00 PE Chair Exercise 16:00 PE Chair Exercise 16:00 PE Chair Exercise
Daylight Saving Time Begins  9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 PE Bean Bag Toss 3:00 PE Chair Yoga 4:00 Poker Club 5:30 Movie Night w/ Popcorn	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 PE Arts and Crafts 1:30 PE Nickel Bingo 3:00 PE Weight and Stretch 4:00 PE Detective Game	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Reading Club 2:00 PE Chair Tai Chi 4:00 PE Chair Tai Chi	9	2:00 CE Travel the World 4:00 Pok 3:00 CE Chair Yoga 5:30 Mor	10:00 PE Chair Exercise 11:00 PE Arts and Crafts 13:00 PE Chair Exercise 11:00 PE Chair Exercise
9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 PE Bean Bag Toss 3:00 PE Chair Yoga 4:00 Poker Club 5:30 Movie Night w/ Popcorn		9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Reading Club 2:00 PE Chair Tai Chi 4:00 PE Chair Tai Chi	10:00 PE Chair Exercise	11:00 SS Bible Study 1:30 III Nickel Bingo 3:00 PE Chair Yoga 3:30 III Wii Game 10:00 III 10:00 III One 11:00 III Let' 11:00 III Let' 3:00 PE Wei 3:00 III More	10:00 PE Chair Exercise 11:00 PE Arts and Crafts 13:00 PE Chair Tai Chi 3:30 PE Chair Exercise 13:00 PE Chair Exercise 14:00 PE Chair Exercise 14:00 PE Chair Exercise 15:00 PE Chair Exercise 16:00 PE Chair Exercise
9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 SS Bible Study 1:30 PE Bean Bag Toss 3:00 PE Chair Yoga 4:00 Poker Club 5:30 Movie Night w/ Popcorn	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Arts and Crafts 1:30 Nickel Bingo 3:00 PE Weight and Stretch 4:00 Detective Game	9:00 PE Morning Stroll 10:00 PE Chair Exercise 11:00 CE Reading Club 2:00 PE Chair Tai Chi 4:00 PE Chair Tai Chi	10:00 PE Chair Exercise 11:00 PE Trivia's 1:30 Travelogue 3:00 PE Weight and Stretch 4:00 PE Bean Bag Toss	CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	

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