

# MARCH 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Women's History Month</b> <b>10:00</b> True North Yoga, SEATED <b>10:30</b> Brainy Games <b>1:15</b> Adult Coloring <b>2:30</b> Bingo!!	<b>2</b> <b>10:00</b> Chair Volleyball <b>1:30</b> Music Makes Memories: Sing a long & Reminisce <b>3:00</b> Popcorn Day! <b>3:15</b> Women's History Month Movie: Julie & Julia	<b>3</b> <b>8:30</b> Claire Shops @ Fred Meyer <b>10:15</b> True North Yoga, STANDING BALANCE <b>10:45</b> Claire Reads out Loud <b>1:15</b> Jigsaw Puzzles & Chat <b>2:30</b> Bingo!!	<b>4</b> <b>10:00</b> Chair Volleyball <b>11:00</b> #Gen2000: Exploring Google Earth <b>1:30</b> Canvas Painting: Spring has Sprung! <b>3:00</b> Menu Chat with Chef Zach! <b>3:30</b> Circle of Friends AKA Taboo Talk, with Soda Floats	<b>5</b> <b>10:00</b> Chair cardio with hand weights <b>10:30</b> Brain Power Nutrition Boost Smoothies <b>11:00</b> Name that T.V. show theme song <b>1:00</b> Shamrock art <b>2:30</b> Bingo!!	<b>6</b> <b>10:00</b> On this Day in History Handout <b>12:00</b> Brain Puzzle Mania, self facilitated <b>1:30</b> National Geographic Docuseries: Unlikely Animal Friends
<b>7</b> <b>10:00</b> Self Guided Meditation <b>1:00</b> Puzzles & Games, self guided	<b>8</b> <b>10:00</b> True North Yoga, SEATED <b>10:30</b> Brainy Games <b>1:15</b> Adult Coloring <b>2:30</b> Bingo!!	<b>9</b> <b>10:00</b> Chair Volleyball <b>1:30</b> Music Makes Memories: Sing a long & Reminisce <b>3:00</b> Popcorn Day! <b>3:15</b> Women's History Month Movie: Suffragette	<b>10</b> <b>8:30</b> Claire Shops @ Walmart <b>10:15</b> True North Yoga, STANDING BALANCE <b>10:45</b> Claire Reads out Loud <b>1:15</b> Jigsaw Puzzles & Chat	<b>11</b> <b>10:00</b> Chair Volleyball <b>11:00</b> #Gen2000: Exploring YouTube <b>1:30</b> Sculpting with Clay <b>3:30</b> Happy Hour!	<b>12</b> <b>10:00</b> Chair Zumba <b>10:30</b> Brain Power Nutrition Boost Smoothies <b>11:00</b> Brain Teasers <b>1:00</b> Rock Paper Seniors! (Rock painting) <b>2:30</b> Bingo!!	<b>13</b> <b>10:00</b> On this Day in History Handout <b>12:00</b> Brain Puzzle Mania, self facilitated <b>1:30</b> National Geographic Docuseries: Unlikely Animal Friends
<b>14 Daylight Saving Begins</b> <b>10:00</b> Self Guided Meditation <b>1:00</b> Puzzles & Games, self guided	<b>15</b> <b>10:00</b> True North Yoga, SEATED <b>10:30</b> Brainy Games <b>1:15</b> Adult Coloring <b>2:30</b> Bingo!!	<b>16</b> <b>10:00</b> Chair Volleyball <b>1:30</b> Music Makes Memories: Sing a long & Reminisce <b>3:00</b> Popcorn Day! <b>3:15</b> Women's History Month Movie: The Dig	<b>17 St. Patrick's Day</b> <b>8:30</b> Claire Shops @ Albertsons <b>10:15</b> True North Yoga, STANDING BALANCE <b>10:45</b> Claire Reads out Loud <b>1:00</b> St. Patricks Day Movie: The Luck of the Irish <b>2:30</b> Bingo!!	<b>18</b> <b>10:00</b> Chair Volleyball <b>11:00</b> #Gen2000: Exploring Google Earth <b>1:30</b> Painting Wooden Pieces <b>3:00</b> Menu Chat with Chef Zach! <b>3:30</b> Circle of Friends AKA Taboo Talk, with Milkshakes	<b>19</b> <b>10:00</b> Chair cardio with hand weights <b>10:30</b> Brain Power Nutrition Boost Smoothies <b>11:00</b> Name that Tune <b>1:00</b> Rock Paper Seniors! (Rock painting) <b>2:30</b> Bingo!!	<b>20 Spring Begins</b> <b>10:00</b> On this Day in History Handout <b>12:00</b> Brain Puzzle Mania, self facilitated <b>1:30</b> National Geographic Docuseries: Unlikely Animal Friends

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> <b>10:00</b> Self Guided Meditation <b>1:00</b> Puzzles & Games, self guided	<b>22</b> <b>10:00</b> True North Yoga, SEATED <b>10:30</b> Brainy Games <b>1:15</b> Adult Coloring <b>2:30</b> Bingo!!	<b>23</b> <b>10:00</b> Chair Volleyball <b>1:30</b> Music Makes Memories: Sing a long & Reminisce <b>3:00</b> Popcorn Day! <b>3:15</b> Women's History Month Movie: Eat, Pray, Love	<b>24</b> <b>8:30</b> Claire Shops @ Walmart <b>10:15</b> True North Yoga, STANDING BALANCE <b>10:45</b> Claire Reads out Loud <b>1:15</b> Jigsaw Puzzles & Chat <b>2:30</b> Bingo!!	<b>25</b> <b>10:00</b> Chair Volleyball <b>11:00</b> #Gen2000: Exploring 3D Animals <b>4:00</b> <b>**Happy Hour - TIME CHANGE**</b>	<b>26</b> <b>10:00</b> Chair Zumba <b>10:30</b> Brain Power Nutrition Boost Smoothies <b>11:00</b> Who am I? (Celebrity Trivia) <b>1:00</b> Rock Paper Seniors! (Rock painting) <b>2:30</b> Bingo!!	<b>27</b> <b>Passover Begins</b> <b>10:00</b> On this Day in History Handout <b>12:00</b> Brain Puzzle Mania, self facilitated <b>1:30</b> National Geographic Docuseries: Unlikely Animal Friends
<b>28</b> <b>10:00</b> Self Guided Meditation <b>1:00</b> Puzzles & Games, self guided	<b>29</b> <b>10:00</b> True North Yoga, SEATED <b>10:30</b> Brainy Games <b>1:15</b> Adult Coloring <b>2:30</b> Bingo!!	<b>30</b> <b>10:00</b> Chair Volleyball <b>1:30</b> Music Makes Memories: Sing a long & Reminisce <b>3:00</b> Popcorn Day! <b>3:15</b> Women's History Month Movie: The Iron Lady	<b>31</b> <b>8:30</b> Claire Shops @ Fred Meyer <b>10:15</b> True North Yoga, STANDING BALANCE <b>10:45</b> Claire Reads out Loud <b>1:15</b> Jigsaw Puzzles & Chat <b>2:30</b> Bingo!!			