



# KEYSTONE CEDARS MARCH 2022

## IMPORTANT EVENTS:

MARCH 1: MARDI GRAS  
MARCH 2: ASH WEDNESDAY  
MARCH 7: PANCAKE DAY!  
MARCH 10: MISMATCH DAY  
MARCH 13: DAYLIGHT SAVINGS  
MARCH 10: TORNADO DRILL 10AM  
MARCH 17: ST. PATTY DAY (WEAR GREEN)  
MARCH 20: 1ST DAY OF SPRING  
MARCH 23: NATIONAL PUPPY DAY  
MARCH 26: WEAR PURPLE  
MARCH 28: FOOD ON A STICK DAY  
MARCH 31: OPENING OF BASEBALL SEASON

## ANNOUNCEMENTS:

- 1: DON'T FORGET TO ATTEND MONTHLY CHEF CHAT AND RESIDENT MEETINGS!
- 2: CEDARS DINING ROOM WILL BE HOLDING A SHRIMP FRY FOR ASH WEDNESDAY'S DINNER!
- 3: BE ON THE LOOKOUT FOR MORE INFORMATION REGARDING THE ST PATTY PARADE!

## MARCH BIRTHDAYS:

MARCH 25: DORTHY GEE  
MARCH 26: SHIRLEY HAMILTON

## APPRECIATION:

CONGRATULATIONS TO DON SCHRAM FOR WINNING FEBRUARY'S SMILE AWARD!!



# Keystone Cedars







# Keystone Cedars March 2022



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



		1 <b>Mardi Gras</b> 9:15 Senior Stretches 10:30 "Welcome to Earth" 1:30 Resident Meeting—DR 2:15 Mardi Gras Party!—AR 3:30 Card Games—T	2 <b>Ash Wednesday</b> 9:15 Napkin Holder Craft—AR 10:15 I AM FIT—F 10:00 Ash Wed. Service—AR 1:15 500 2:15 Memory Magic—AR 3:30 Card Games—T 4:15 Rosary	3 9:30 Chair Yoga—AR 10:30 *Dollar Tree—Lob* 1:15 Birthday Party W/ Music 2:30 Around the Clock Cards 3:30 Card Games—T 6:15 BINGO	4 <b>National Dress in Blue Day</b> 9:30 Black Jack—AR 10:15 I AM FIT—F 1:30 Iditarod Trivia/Video—AR 3:00 HAPPY HOUR—AR 3:30 Card Games—T 6:00 Dominos	5 10:00 Stretches—AR 10:45 Penny BINGO—AR 1:30 Music—AR 3:00 Rummikub—AR
6 9:45 Catholic Service—AR 3:00 Kings Corners	7 <b>National Pancake Day</b> 9:30 Wii Bowling—AR 10:15 I AM FIT—F 1:15 Popcorn & a Movie—AR 3:30 Card Games—T 6:15 BINGO—AR	8 <b>National Women's Day</b> 9:15 Senior Stretches 10:00 Ladies Coffee/Pastries 11:15 Lunch @ Place 1:30 Manicures 2:30 Tea Party! 3:30 Card Games	9 8:45 *Tama CASINO—Lob* 9:30 Craft: Paint Flower Pots 10:15 I AM FIT—F 1:15 500 2:15 Shamrock Shakes—AR 3:30 Card Games 4:15 Rosary	10 9:30 Chair Yoga 10:30 Show and Tell—AR 1:15 Hand Massages—AR 2:15 Chapel 3:00 Music—AR 3:30 Card Games—T 6:15 BINGO	11 9:30 Paper Quilting—AR 10:15 I AM FIT—F 1:30 *Bus Ride—Lob* 3:00 HAPPY HOUR—AR 3:30 Card Games—T 6:00 Dominos	12 10:00 Stretches 10:45 Penny BINGO—AR 1:00 SaPaDaPaSo Parade (More Information to Come) 3:00 Rummikub—AR
13 <b>Daylight Savings Time</b> 9:45 Catholic Service—AR 3:00 Kings Corners	14 <b>National Potato Chip Day</b> 9:30 Wii Bowling—AR 10:15 I AM FIT—F 1-4 *15 min chair massage* 1:30 Potato Chip Tasting—AR 2:30 "Welcome to Earth"—AR 3:30 Card Games—T 6:15 BINGO—AR	15 9:15 Senior Stretches 10:30 Interactive Pres. "Unsinkable Molly Brown" 11:00 ROMEO @The Boulder Tap House 2:00 *Bus Ride—Lob* 3:30 Card Games—T 6:15 UNO—AR	16 <b>5:50 FIRE DRILL</b> 9:30 Hot Cocoa Bar & Cross-words—AR 10:15 I AM FIT—F 1:15 500 2:15 Dice BINGO 3:30 Card Games 4:15 Rosary	17 <b>St. Patrick's Day</b> 9:30 Chair Yoga—AR 10:15 Shamrock Treasure Hunt—AR 1:15 "Lucky Mix" Snacks—AR 2:15 St. Patty BINGO—AR 3:30 Card Games—T 6:15 BINGO—AR <b>Wear Green!</b>	18 9:30 No Sixes Game—AR 10:15 I AM FIT—F 1:30 Flower Planting—AR 3:00 HAPPY HOUR W/ Music 3:30 Card Games—T 6:00 Dominos	19 10:00 Stretches 10:45 Penny BINGO—AR 3:00 Rummikub—AR
20 <b>1st Day of Spring</b> 9:45 Catholic Service—AR 3:00 Kings Corners	21 9:30 Wii Bowling—AR 10:15 I AM FIT—F 1:30 Movie & Popcorn—AR 3:30 Card Games—T 6:15 BINGO—AR	22 9:15 Senior Stretches 10:30 Music—AR 1:15 *Kohl's Outing—Lob* 2:30 Spring Equinox Trivia—AR 3:30 Card Games—T 6:15 UNO—AR	23 <b>National Puppy Day</b> 9:30 Craft—AR 10:15 I AM FIT—F 1:00 Music—AR 1:15 500 1:30 "Greet a Pup"—Lob 2:00 Chef Chat—AR 3:30 Card Games—T 4:15 Rosary	24 9:30 Chair Yoga 10:30 Disk Frisbee—AR 1:15 Hand Massages—AR 2:15 Chapel 3:00 Cover the # Game—AR 3:30 Card Games—T 6:15 BINGO—AR	25 9:30 Price is Right—AR 10:15 I AM FIT—F 1:30 *Bus Ride—Lob* 3:00 HAPPY HOUR—AR 3:30 Card Games—T 6:00 Dominos	26 10:00 Stretches 10:45 Penny BINGO—AR 1:30 Music—AR 3:00 Rummikub—AR
27 9:45 Catholic Service—AR 3:00 Kings Corners	28 <b>National Food on A stick Day</b> 9:30 Wii Bowling—AR 10:15 I AM FIT—F 1:30 Music—AR 2:30 "Welcome to Earth"—AR 3:30 Card Games—T 6:15 BINGO—AR	29 9:15 Senior Stretches 11:00 *Ladies Lunch @ Tommy's* 1:15 Men's Snack & Chat 2:30 *Bus Ride—Lob* 3:30 Card Games 6:15 UNO	30 9:30 Bean Bag Toss—AR 10:15 I AM FIT—F 1:15 500 2:15 Manicures—AR 3:30 Card Games—T 4:15 Rosary	31 9:30 Chair Yoga 10:30 *Dollar Tree—Lob* 1:15 Yahtzee—AR 2:15 Seven's Dice Game—AR 3:00 Lemonade & Cookies—AR 3:30 Card Games—T 6:15 BINGO—AR	<b>First Floor Locations</b> AR- Activity Room CY- Court Yard DR- Dining Room PDR- Private Dining Room KC- Keystone Cottage	<b>Free transportation between 8:30AM and 2:30PM to doctors appointments on Tuesdays, Wednesdays, and Thursdays! 48 hour notice.. call the Cedars office.</b>  (319) 393-9500