

March 2023

QPL

Tribute Activity Calendar

T1 = Tribute 1st Floor
 T2 = Tribute 2nd Floor
 CP = Carepartner
 MT= Medtech
 iN2L = It's Never 2 Late

Please Note:

Calendar is subject to change based on the needs and preferences of our residents.
 Thank you.

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>		
	9:00 Coffee & Conversation 10:00 Armchair Fitness w/ Dwi 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) 4:30 FAMILY DINNER (T1) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Games w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:30 Chair Dancing w/ Dwi 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Games w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 9:30 Morning Stroll w/ Dwi 10:30 Smoothies (MT) 10:30 Balloon Volleyball 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 BINGO 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn		
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ Care partner 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 9:30 Ring Toss w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Travel : Belgium (CP) 3:00 Refreshments (MT) 3:30 Evening Stroll w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:30 Smoothies (MT) 10:00 Eldergrow Class (T1) 11:00 Eldergrow Class (T2) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Evening Stroll w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	Popcorn Lover's Day 9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 2:00 Cooking Class : Tasty Popcorn 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:00 Chair Dancing w/ Dwi 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Happy Hour w/ Jim Smith (T1) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 9:30 Morning Stroll w/ Dwi 10:30 Smoothies (MT) 10:30 Balloon Volleyball 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 BINGO 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12 Daylight Saving Time Begins</p> <p>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ Care partner 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>13</p> <p>9:00 Coffee & Conversation 9:30 Ring Toss w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Travel : Belgium (CP) 3:00 Refreshments (MT) 3:30 Evening Stroll w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>14</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>15</p> <p>9:00 Coffee & Conversation 10:00 Armchair Fitness w/ Dwi 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Evening Stroll w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>16</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Ping Pong with CP 3:00 Refreshments (MT) 3:30 BINGO with CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>17</p> <p>9:00 Coffee & Conversation 10:30 Chair Dancing w/ Dwi 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 2:00 St. Patrick's Game Day 3:00 Refreshments (MT) 3:30 DOMINO w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>18</p> <p>9:00 Coffee & Conversation 9:30 Morning Stroll w/ Dwi 10:30 Smoothies (MT) 10:30 Balloon Volleyball 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:00 THERAPY DOODLES 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>
<p>19</p> <p>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ Care partner 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>20 First Day of Spring</p> <p>9:00 Coffee & Conversation 9:30 Ring Toss w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Travel : Belgium (CP) 3:00 Refreshments (MT) 3:30 Evening Stroll w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>21</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>22</p> <p>9:00 Coffee & Conversation 10:00 Armchair Fitness w/ Dwi 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Evening Stroll w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>23 National Puppy Day</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ CP 3:00 Refreshments (MT) 3:30 Games w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>24</p> <p>9:00 Coffee & Conversation 10:30 Chair Dancing w/ Dwi 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 DOMINO w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>25</p> <p>9:00 Coffee & Conversation 10:00 Balloon Volleyball 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 2:00 Monthly Birthday Bash w/ Bob Theis (T1) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>
<p>26</p> <p>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ Care partner 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>27</p> <p>9:00 Coffee & Conversation 9:30 Ring Toss w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Travel : Arkansas (CP) 3:00 Refreshments (MT) 3:30 Evening Stroll w/ CP <i>SUPPER</i> 6:00 Movie and Popcorn</p> <p>Foot Care Specialist (By appointment only)</p>	<p>28</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>29</p> <p>9:00 Coffee & Conversation 10:30 Smoothies (MT) 10:00 Eldergrow Class (T1) 11:00 Eldergrow Class (T2) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Evening Stroll w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>30</p> <p>9:00 Coffee & Conversation 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Dwi 3:00 Refreshments (MT) 3:30 Games w/ Dwi 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>31</p> <p>9:00 Coffee & Conversation 10:00 Table Balloon Volleyball 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ CP 3:00 Refreshments (MT) 3:30 DOMINO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p>March 2023</p>