




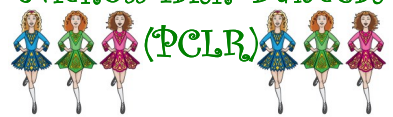




The Birches Daybreak Calendar of Events March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY YOUR TROUBLES  BE LESS  and your Blessings be MORE AND NOTHING BUT HAPPINESS come through your  door <small>IRISH BLESSING</small></p> <p><small>FIVE HEART HOME</small></p>	<p>Everything will be alright in the end...If it's not alright, it's not the end. - Irish Proverb</p>  <p>www.simplifyandsavor.com</p>	<p>IF YOU ASK ME WHAT I CAME INTO THIS LIFE TO DO, I WILL TELL YOU: I CAME TO LIVE OUT LOUD. ÉMILE ZOLA</p>	<p>1 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Sing a Long Songs 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack</p> <p><small>11a - 3p Paparazzi Jewelry (Lobby)</small></p>	<p>2 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p>	<p>3 10:00am Morning Games n Juice 10:30am Music Therapy with Ted Jordan 11:00am Brain Teasers 1:00pm BINGO! 3:00pm—3:30pm FOX Fitness 6:00pm Evening</p>	<p>4 10:45am Morning Games n Juice 11:00am Numbers Game 2:30pm Snack Time 3:00pm Balloon Volley 5:30pm Evening Movie and Snack</p>
<p>5 10:45am Morning Games n Juice 11:00 YouTube Catholic Mass 1:00pm BINGO! 2:30pm Dave Cornwall Piano Hymns (Bistro) 4:00pm TV Time 6:30pm Evening Movie and Snack</p>	<p>6 10:30am Morning Games n Juice 10:45am FOX Sit N Fit 1:00pm BINGO! 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm YouTube Sing a Long 6:30pm Evening Music with Jeff Dershin (Bistro)</p>	<p>7 FULL CROW MOON 10:00am Morning Games n Juice 10:00am Rosary Group 10:35am FOX Sit N Fit 1:00pm Mini Manis 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm I Love Lucy & Snack</p> 	<p>8 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Sing a Long Songs 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack Wreaths by Tara Lynn 11am - 3pm (Lobby)</p>	<p>9 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p>	<p>10 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 11:00am Brain Teasers 1:00pm BINGO! 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 6:00pm Evening Movie and Snack</p> <p><small>3p -5p Dementia Friendly Newtown Group (T)</small></p>	<p>11 10:45am Morning Games n Juice 11:00am Letter of the Day 1:30pm Trivia Corner 2:30pm Snack Time 3:00pm Nicholl Irish Dancers (PCLR)</p> 
<p>12 10:45am Morning Games n Juice 11:00am Catholic Communion Rite 1:00pm BINGO! 2:30pm Snack Time 4:00pm TV Time 6:30pm Evening Movie & Snack</p> 	<p>13 10:30am Morning Games n Juice 10:45am FOX Sit N Fit 1:00pm BINGO! 2:00pm Circle Kick Ball 2:30pm Music with Tony Ochipinti (PCLR) 3:00pm—3:30pm FOX Fitness 3:30pm YouTube Sing a Long 6:30pm Evening Movie and Snack</p>	<p>14 10:00am Morning Games n Juice 10:00am Rosary Group 10:35am FOX Sit N Fit 1:30pm Mini Manis 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm I Love Lucy & Snack 1pm - 4pm Da Antique Appraisers Theater</p>	<p>15 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 12:00pm Meal of the Month/ St Patty's Day and Birthday Celebration 2:00pm Caregiver Support Group (PDR) 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack</p>	<p>16 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p>	<p>17 Wearin' 'O The Green 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 11:00am Brain Teasers 1:00pm BINGO! 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 6:00pm Evening Movie and Snack</p> 	<p>18 10:45am Morning Games n Juice 11:00am Letter of the Day 1:30pm Trivia Corner 2:30pm Snack Time 3:00pm Balloon Volley 5:30pm Evening Movie and Snack</p>

The Birches Daybreak Calendar of Events March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:45am Morning Games n Juice 11:00am YouTube Catholic Mass 1:00pm BINGO! 2:30pm Music from The Harp with Gloria Galante (PCLR) 6:30pm Evening Movie & Snack	20 First Day of SPRING! 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm BINGO! 2:30pm Entertainer Russell Norkevich (Bistro) 3:00pm—3:30pm FOX Fitness 6:30pm Evening Movie and Snack	21 10:00am Morning Games and Juice 10:00am Rosary Group 10:35am Fox Sit N Fit 1:30pm Letter of The Day 2:00pm Kick Ball Circle 2:30pm Snack Time 3:00pm FOX Fitness 6:00pm I Love Lucy & Evening Snack	22 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Brain Games 2:30 Snack Time 3:00pm—3:30pm FOX Fitness 6:00pm Arts n Crafts & Evening Snack	23 10:30am Morning Games n Juice 1:00pm Time For Art 2:00pm Balloon Volley 2:30pm Snack Time 3:30pm Trivia Challenge 4:30pm—6:00pm Marketing Event (Bistro) 6:30pm Evening Movie & Snack	24 10:30am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm BINGO! 1:30pm The Phrase Game 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie and Snack	25 10:45am Morning Games and Juice 11:00am Letter of the Day 1:00pm Numbers Game 2:30pm Snack Time Chat 3:00pm Balloon Volley Ball 5:30pm Evening Movie and Snack
26 10:45am Morning Games and Juice 11:00pm Catholic Communion Rite 1:00pm BINGO! 2:00pm Snack Time 6:30pm Evening Movie & Snack Time	27 10:00am Morning Games and Juice 10:35am FOX Sit N Fit 1:00pm BINGO! 2:30pm Snack Time 3:30pm FOX Fitness 4:00pm Sing a Long 6:30pm Contemporary Music Group (Bistro)	28 10:00am Morning Games and Juice 10:00am Rosary Group 10:35am Fox Sit N Fit 12:00pm Parkinson's Support Group with FOX (T) 1:30pm Letter of The Day 2:30pm Snack Time 3:00pm FOX Fitness 6:00pm I Love Lucy & Evening Snack	29 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Brain Games 2:30 Snack Time 3:00pm—3:30pm FOX Fitness 6:00pm Arts n Crafts & Evening Snack	30 10:30am Morning Games n Juice 1:00pm Time For Art 2:00pm Balloon Volley 2:30pm Snack Time 3:30pm Trivia Challenge 6:30pm Evening Movie & Snack	31 10:30am Morning Games n Juice 10:35am Fox Sit N Fit 10:30am Shabbat (PDR) 1:00pm BINGO! 1:30pm The Phrase Game 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie and Snack	 <p><i>Hello March</i></p> <p>May you be filled with Warmth, Love and Kindness. May you bring an abundance of everything my heart desires, and may you fill my days with the beauty of a smile and the touch of a caring heart.</p> <p>Rebecca Fox</p>



No
March
Birthdays



Activity Location Key

Daybreak Activity Room ~ DAR
Blue Dining Room - BDR
Daybreak Living Room - DLR
PC Living Room ~ PCLR
Private Dining Room~ PDR
Bistro ~ B
Theater ~ T
Lobby ~ L

The Daybreak Daily Sheet is posted in the Daybreak entry way and Bulletin Boards in the Daybreak Activity Room
Thank you.