MARCH 2024



Vibrant Senior Living and Care

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	C2 Channel 1-2 C29 Channel 29 C3 Channel 1-3 CR Community Room DR 1st Floor Dining Room GR Game Room 3rd Floor L Lobby P Patio	Green = TV Only Programs Blue = Performances & Special Events Red = Independent Programs			10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee: Fire in Paradise (40m) 2019 Documentary (T) 3:00 Happy Hour (B)	(C3) 11:00 Livingroom Concert: On the Mississippi 1982 ft. Conway Twitty & Others (1h) (C3) 1:00 Chair Yoga (C3)	
10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	w/Volunteer Karen & Dog Flora (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: J&J Music from the 50s to	10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 1:45 YMCA Virtual Tai Chi Class (TR) 2:00 Individual Outing: Lund's & Byerly's (L) 6:15 Evening Movie: Hidden Figures (2h 6m) 2017 (T)	11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 1:30 Group Outing: Visit Flise at the	10:30 Resident Council (CR) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Family Resident Council (CR) 1:30 YMCA Virtual Chair Yoga Class (TR) 2:00 Live Entertainment: Fred G.	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:30 Speaker: Alaska Presentation by Scott Nelson (CR) 3:00 Happy Hour (B)	9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)	
Livestream (T)	Stretching (C3) 11:15 Group Exercise (TR) 1:15 Cardio Drum Fit Class w/Brooke (TR) 2:30 MacPhail Unwrap Music: Ragtime (CR)	10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 1:45 YMCA Virtual Tai Chi Class (TR) 2:00 Individual Outing: Cub Foods (L) 6:15 Evening Movie (T)	(C3) 11:15 Group Exercise (TR)	10:30 Brain Training (C3)	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 3:00 St. Patty's Happy Hour w/Live Performance by Music From The Heart (B)	9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)	

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17 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	10:00 Pet Therapy Visit w/Volunteer Karen & Dog Flora (CR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: Celtic Musings Patsy O'Brien, Guitar, Mandolin & Ukulele (CR) 3:45 Bingo (CR)	19:00 Coffee w/Chef (B) 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 1:45 YMCA Virtual Tai Chi Class (TR) 2:00 Individual Outing: Target (L) 6:15 Evening Movie (T)	11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Birthday Party Entertainment: Prairie Potluck Bluegrass Band (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR) 6:30 Mahjong Game Club (B)	10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C3) 11:00 Group Outing: Bachman's (L) 11:00 Pilate's (C3)	9:30 Lady of Grace Catholic Mass & Confession (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:30 Art Lecture Gary Hanson: The World's Most Expensive Art (CR) 3:00 Happy Hour (B)	9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)
Livestream (T)	Stretching (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: James Shaw Pianist (CR) 3:45 Bingo (CR)	10:30 Brain Training (C3)	11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Healing Touch (By Appointment w/Carrie) 3:00 Bunny Bestie's (Cuddle w/Bunnies) (CR) 4:00 Christian Worship (CR) 6:30 Mahjong Game Club (B)	10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Group Exercise (TR) 1:30 YMCA Virtual Chair Yoga Class (TR) 2:00 Group Wii Bowling w/Nate (CR)	10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 3:00 Happy Hour (B)	9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)



