

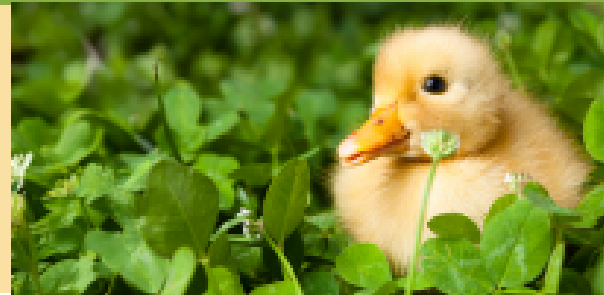
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Nail Care</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:30 Snack Break, FSI</p> <p>3:00 Table Games & Puzzles, FSI</p> <p>3:30 Afternoon Stroll, PPW</p>	<p>2</p> <p>9:30 Music and Movement, PPW</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Color my World, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Sing Along, FSI</p> <p>3:00 Sensory Time</p> <p>5:00 Evening Movie</p> <p>Purim Begins</p>	<p>3</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Sensory Time</p> <p>10:30 Daily Chronicles, SCF</p> <p>12:30 Color my World, SSF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Walking Club, PPW</p> <p>2:00 One on One</p> <p>3:00 Travel Time, FSI</p> <p>5:00 Evening Movie</p>	<p>4</p> <p>9:00 ~ 1:30 Hair Salon</p> <p>9:30 Aromatherapy</p> <p>10:00 Art Time, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Shrike up the Band, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Stroll, PPW</p> <p>2:30 One on One</p> <p>3:00 Sensory Game</p> <p>5:00 Evening Movie</p>	<p>5</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Crafting with Shelby, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Molly Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Walk, PPW</p> <p>2:30 Sensory Games</p> <p>3:30 Comedy Time, FSI</p> <p>5:00 Evening Movie</p>	<p>6</p> <p>9:00 One on One</p> <p>9:30 Morning Exercise, PPW</p> <p>10:00 Cooking w/ Shelby, FSI</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Sensory Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Birthday Celebration with Carol Hendrickson</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>	<p>7</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Daily Chronicles, SCF</p> <p>10:30 Word Games, SCF</p> <p>1:00 Balloon Toss, PPW</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Color my World, SCF</p> <p>2:30 One on One</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>
<p>8</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Nail Care</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:30 Snack Break, FSI</p> <p>3:00 Table Games & Puzzles, FSI</p> <p>3:30 Afternoon Stroll, PPW</p> <p>Daylight Saving Time Begins</p>	<p>9</p> <p>9:30 Music and Movement, PPW</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Color my World, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Sing Along, FSI</p> <p>2:30 One on One</p> <p>3:00 Sensory Time</p> <p>5:00 Evening Movie</p>	<p>10</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Sensory Time</p> <p>10:30 Daily Chronicles, SCF</p> <p>12:30 Color my World, SSF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Walking Club, PPW</p> <p>2:00 One on One</p> <p>3:00 Travel Time, FSI</p> <p>5:00 Evening Movie</p>	<p>11</p> <p>9:00 ~ 1:30 Hair Salon</p> <p>9:30 Aromatherapy</p> <p>10:00 Art Time, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Shrike up the Band, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Stroll, PPW</p> <p>2:30 One on One</p> <p>3:00 Sensory Game</p> <p>5:00 Evening Movie</p>	<p>12</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Crafting with Shelby, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Music with Randy FSI</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Walk, PPW</p> <p>2:30 Sensory Games</p> <p>3:30 Comedy Time, FSI</p> <p>5:00 Evening Movie</p>	<p>13</p> <p>9:00 One on One</p> <p>9:30 Morning Exercise, PPW</p> <p>10:00 Cooking w/ Shelby, FSI</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Sensory Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Happy Hour with Jim & Beth ALDR</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>	<p>14</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Daily Chronicles, SCF</p> <p>10:30 Word Games, SCF</p> <p>1:00 Balloon Toss, PPW</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Color my World, SCF</p> <p>2:30 One on One</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>
<p>15</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Nail Care</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:30 Snack Break, FSI</p> <p>3:00 Table Games & Puzzles, FSI</p> <p>3:30 Afternoon Stroll, PPW</p>	<p>16</p> <p>9:30 Music and Movement, PPW</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Color my World, SCF</p> <p>1:30 Music with Larissa, MC, FSI</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Sing Along, FSI</p> <p>3:00 Sensory Time</p> <p>5:00 Evening Movie</p>	<p>17</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Sensory Time</p> <p>10:30 Daily Chronicles, SCF</p> <p>12:30 Color my World, SSF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Walking Club, PPW</p> <p>2:00 One on One</p> <p>3:00 Travel Time, FSI</p> <p>5:00 Evening Movie</p> <p>St. Patrick's Day</p>	<p>18</p> <p>9:00 ~ 1:30 Hair Salon</p> <p>9:30 Aromatherapy</p> <p>10:00 Art Time, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Shrike up the Band, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Stroll, PPW</p> <p>2:30 One on One</p> <p>3:00 Sensory Game</p> <p>5:00 Evening Movie</p>	<p>19</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Crafting with Shelby, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Molly Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Walk, PPW</p> <p>2:30 Sensory Games</p> <p>3:30 Comedy Time, FSI</p> <p>5:00 Evening Movie</p>	<p>20</p> <p>9:00 One on One</p> <p>9:30 Morning Exercise, PPW</p> <p>10:00 Cooking w/ Shelby, FSI</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Pet Visit with Ruffles</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Happy Hour with Jon Pressman ALDR</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p> <p>Spring Begins</p>	<p>21</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Daily Chronicles, SCF</p> <p>10:30 Word Games, SCF</p> <p>1:00 Balloon Toss, PPW</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Color my World, SCF</p> <p>2:30 One on One</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>
<p>22</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Nail Care</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:30 Snack Break, FSI</p> <p>3:00 Table Games & Puzzles, FSI</p> <p>3:30 Afternoon Stroll, PPW</p>	<p>23</p> <p>9:30 Music and Movement, PPW</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Color my World, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Sing Along, FSI</p> <p>2:30 One on One</p> <p>3:00 Sensory Time</p> <p>5:00 Evening Movie</p>	<p>24</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Sensory Time</p> <p>10:30 Daily Chronicles, SCF</p> <p>12:30 Color my World, SSF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Walking Club, PPW</p> <p>2:00 One on One</p> <p>3:00 Travel Time, FSI</p> <p>5:00 Evening Movie</p>	<p>25</p> <p>9:00 ~ 1:30 Hair Salon</p> <p>9:30 Aromatherapy</p> <p>10:00 Art Time, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Shrike up the Band, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Stroll, PPW</p> <p>2:30 One on One</p> <p>3:00 Sensory Game</p> <p>5:00 Evening Movie</p>	<p>26</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Crafting with Shelby, SCF</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Molly Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Afternoon Walk, PPW</p> <p>2:30 Sensory Games</p> <p>3:30 Comedy Time, FSI</p> <p>5:00 Evening Movie</p>	<p>27</p> <p>9:00 One on One</p> <p>9:30 Morning Exercise, PPW</p> <p>10:00 Cooking w/ Shelby, FSI</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Sensory Time</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Happy Hour with ALDR Hank Blumenthal</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>	<p>28</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Daily Chronicles, SCF</p> <p>10:30 Word Games, SCF</p> <p>1:00 Balloon Toss, PPW</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Color my World, SCF</p> <p>2:30 One on One</p> <p>3:30 Afternoon Walk, PPW</p> <p>5:00 Evening Movie</p>
<p>29</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Nail Care</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:30 Snack Break, FSI</p> <p>3:00 Table Games & Puzzles, FSI</p> <p>3:30 Afternoon Stroll, PPW</p> <p>Palm Sunday</p>	<p>30</p> <p>9:30 Music and Movement, PPW</p> <p>10:30 Daily Chronicles, SCF</p> <p>1:00 Color my World, SCF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Sing Along, FSI</p> <p>2:30 One on One</p> <p>3:00 Sensory Time</p> <p>5:00 Evening Movie</p>	<p>31</p> <p>9:00 Music and Movement, PPW</p> <p>10:00 Sensory Time</p> <p>10:30 Daily Chronicles, SCF</p> <p>12:30 Color my World, SSF</p> <p>1:30 Snack Break, FSI</p> <p>2:00 Walking Club, PPW</p> <p>2:00 One on One</p> <p>3:00 Travel Time, FSI</p> <p>5:00 Evening Movie</p>	 <p>March 2026</p> <p>Stimulate Cognitive Function-SCF</p> <p>Promote Physical Wellbeing-PPW</p> <p>Foster Social Interaction-FSI</p>			

March 2026

THE MONTHLY GAZETTE

*"Spring is when you feel like whistling,
even with a shoe full of slush."*

~Doug Larson



Animal of the Month – Bottlenose Dolphin

Bottlenose dolphins are highly intelligent, social mammals that live in temperate and tropical waters worldwide. These super swimmers can be found in shallow coastal waters as well as deeper water in the Atlantic, Pacific, and Indian oceans. They use echolocation and herding techniques to hunt and gather prey, which includes a range of fish, squid, octopus, and crustaceans. These majestic creatures have gray, streamlined bodies that can grow to between six and 13 feet long and weigh between 330 and 1,430 pounds. Named for their short snouts, they can



swim up to 22 miles per hour and use a complex language of squeaks, whistles, and clicks to communicate. Research has also shown that they can recognize themselves in the mirror. Bottlenose dolphins live between 40 and 60 years. They sleep by resting one side of their brains at a time so that they can keep breathing while they slumber.

Special Days

World Wildlife Day
March 3

International Women's Day
March 8

St. Patrick's Day
March 17

Spring Equinox (Beginning of Spring)
March 20

Palm Sunday
March 29

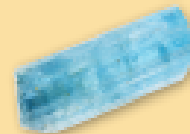
Doctors' Day
March 30

Flower – Daffodil



While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.

Birthstone – Aquamarine



March's birthstone is aquamarine. These semiprecious stones are renowned for their striking pale-to-medium-blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest prices. Found in Serbia, the United States, Myanmar, and Brazil, they get their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to ensure a safe journey to the afterlife.



Memory Care

A Great Place to Call Home

Hair Salon
Wednesdays
9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Special Activities

Color my World ~ March 2nd @ 1:00 PM

Art Time with Shelby ~ March 4th @ 10:00 AM

Crafting with Shelby ~ March 12th @ 10:00 AM

Music with Randy ~ March 12th @ 1:00 pm

Music with Larissa ~ March 16th @ 1:30 PM

Art Time ~ March 18th @ 10:00 AM

Cooking with Shelby ~ March 20th @ 10:00 PM

Pet Visit with Ruffles ~ March 20th @ 1:00 PM

Music with Randy Rogers ~ March 24th @ 1:00 PM

Strike up the Band ~ March 25th @ 1:00 PM

Crafting with Shelby ~ March 19th @ 10:00 AM

Cooking with Shelby ~ March 27th @ 10:00 AM

Word Games ~ March 28th @ 10:30 AM