

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Fat Tuesday!</i> 1 9:30 Morning Exercise 10:30 Coffee & Donuts 11:00 Mardi Gras Trivia 12:00 Hand Care/Lunch 1:45 Hydration Pass 3:00 Mardi Gras Party! – Bistro 5:00 Dinner <small>Mardi Gras</small>	<i>Ash Wednesday</i> 2 8:45 Ash Wednesday Service and Communion 9:30 Guitar Music with David! 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 BINGO! 3:00 Snack Break 5:00 Dinner <small>Ash Wednesday</small>	3 9:30 Relaxing Music 10:45 Sit & Be Fit! 11:15 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Yoga with Natalie on the Patio! 3:00 One on One Activities 5:00 Dinner	4 9:30 Let's Get Moving! 10:30 Hydration 10:45 Friday Outing! Lunch at Umberto's! 12:00 Hand Care/Lunch 2:00 Hydration Pass 3:00 Let's Make Jello! 5:00 Dinner	5 9:30 Sit & Be Fit Video Class 10:30 I Love Lucy 12:00 Hand Care/Lunch 2:00 Noodle Ball! 3:00 Popcorn and a Movie 5:00 Dinner
6 9:30 Chair Dance Class 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 White Board Games 3:00 Sunday Funday! Music in the Lobby 5:00 Dinner	7 9:30 Chair Yoga Class 10:30 Hydration 11:00 Finish the Phrase 12:00 Hand Care/Lunch 1:45 Lets Make Music 3:00 Popsicle Pass 5:00 Dinner	8 9:30 Morning Stretch 10:30 Hydration 11:00 The Letter Game 12:00 Hand Care/Lunch 1:45 Gardening Group 3:00 One on One Activities 5:00 Dinner	9 9:30 Sit & Be Fit 10:30 Hydration 11:00 White Board Games 12:00 Hand Care/Lunch 2:00 Cooking Class 3:30 Finish the Phrase 5:00 Dinner	10 9:30 Morning Walk 10:30 Hydration 11:00 Our Favorite Foods 12:00 Hand Care/Lunch 2:00 Yoga with Natalie on the Patio! 3:00 Hydration Pass 5:00 Dinner	11 9:30 Exercise Class 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Friday Outing to Philipe Park! 3:00 Short Story Telling 5:00 Dinner	12 9:30 Chair Tai Chi Video 11:00 Hydration 12:00 Hand Care/Lunch 2:00 "Name Ten" Game 3:00 Movie Matinee 5:00 Dinner
13 9:30 Exercise Class 10:30 Hydration 11:00 Let's Get to Know Each Other 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Sunday Funday! Music in the Lobby 5:00 Dinner <small>Daylight Saving Time Begins</small>	14 9:30 Baking Cookies 10:30 Trivia Game 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Lets Make Music 3:00 Jewelry Making 5:00 Dinner	15 9:30 Ball Bounce 10:30 Hydration 11:00 Ring Toss 12:00 Hand Care/Lunch 1:45 Gardening Group 3:00 Let's Make Shamrock Shakes! 5:00 Dinner	16 9:30 Guitar Music with David! 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Pool Party! 3:30 Best of Dean Martin 5:00 Dinner <i>Happy Birthday Patsy!</i> <small>Purim Begins</small>	17 <i>Happy St Patrick's Day!</i> 9:30 Morning Movement 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Holiday Trivia 3:00 St Patty's Party! – Bistro 5:00 Dinner <small>St. Patrick's Day</small>	18 9:30 Music & Dancing 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Friday Outing! Ice Cream at Jillybean's 3:00 Popcorn and a Movie 5:00 Dinner	19 <i>National Corn Dog Day!</i> 9:30 Sit & Be Fit Video Class 11:00 Gilligan's Island 12:00 Hand Care/Lunch 2:00 Mini Corn Dog Snacks! 3:00 Rat Pack Concerts 5:00 Dinner
20 9:30 Chair Yoga 10:30 Hydration 11:00 Good News 12:00 Hand Care/Lunch 1:45 Popsicle Pass 3:00 Sunday Funday! Music in the Lobby 5:00 Dinner <small>Spring Begins</small>	21 9:30 Morning Movement 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Lets Make Music 3:00 Nail Painting 5:00 Dinner	22 9:30 Sit & Be Fit 10:30 Hydration 11:00 Our Favorite Songs 12:00 Hand Care/Lunch 1:45 Gardening Group 3:00 Fresh Fruit Smoothies 5:00 Dinner	23 9:30 Let's Dance! 10:30 Hydration 11:00 White Board Games 12:00 Hand Care/Lunch 1:45 BINGO! 3:00 Let's Make Jello! 5:00 Dinner	24 <i>National Chocolate Covered Raisin Day!</i> 9:30 Sit & Be Fit 10:30 Hydration 11:00 50's Hits 12:00 Hand Care/Lunch 1:45 Snack Break 3:00 One on One Activities 5:00 Dinner	25 9:30 Baking Cookies 10:30 Hydration 11:00 Morning Movement 12:00 Hand Care/Lunch 1:45 Friday Outing! 3:00 Virtual Tour of Italy 5:00 Dinner	26 9:30 Chair Dance Class 10:30 Hydration 11:00 I Dream of Jeannie 12:00 Hand Care/Lunch 2:00 Ice Cream Treats! 3:00 Relaxation Time 5:00 Dinner
27 <i>Pretzel Sunday!</i> 9:30 Morning Yoga 10:30 Hydration 11:00 What Was Your Job? 12:00 Hand Care/Lunch 1:45 3:00 Sunday Funday! Music in the Lobby 5:00 Dinner	28 9:30 Let's Stretch 10:30 Hydration 11:00 Good News 12:00 Hand Care/Lunch 1:45 Lets Make Music 3:00 Gardening Group 5:00 Dinner	29 9:30 Let's Bake Cupcakes! 10:30 Remember When.. 12:00 Hand Care/Lunch 1:45 Gardening Group 3:00 Noodle Ball! 5:00 Dinner	30 9:30 Sit & Be Fit 10:30 Hydration 11:00 12:00 Hand Care/Lunch 1:45 Nail Painting 3:00 Short Story Telling 5:00 Dinner	31 9:30 Relaxation Time 10:30 Seated Exercise 11:00 Hydration 12:00 Hand Care/Lunch 2:00 Yoga with Natalie on the Patio! 3:00 Cookies and Coffee 5:00 Dinner	 <i>Inspirations Activities Calendar</i>	