

# March 2026

# Alto Grayslake Assisted Living



| Sunday                                                                                                                                                                                                                                      | Monday                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                               | Saturday                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:45 The Morning Scoop (CR)</p> <p>10:15 Video EXERCISE (CR)</p> <p>11:00 Sunday Catholic Mass (CR)</p> <p>1:15 Bingo Blitz (CR)</p> <p>2:00 Popcorn Party (CR)</p> <p>2:30 U-Pick NETFLIX (MT)</p> <p>6:00 Hart to Hart (DVD) (CR)</p>  | <p>Please write a limerick today</p> <p>10:15 Movin' Monday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>11:00 Newcomers Group (CR)</p> <p>1:30 Sitdown Sitcom (CR)</p> <p>3:00 Arts &amp; Crafts (CR)</p> <p>6:00 GIRL SCOUTS &amp; GAMES (CR)</p>     | <p>We will gladly show you the way</p> <p>10:15 Tune Up Tuesday (FC)</p> <p>10:30 Catholic Communion (MT)</p> <p>2:00 Happy Hour (CR)</p> <p>2:30 Insights (CR)</p> <p>6:00 Board Games (CR)</p>                                            | <p>Just sit at a table</p> <p>10:15 Wednesday Weights (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>2:00 BINGO (CR)</p> <p><b>3:00 CONCERT: JOHN BODA (CR)</b></p> <p>6:00 MOVIE: SUPPORT YOUR LOCAL SHERIFF (CR)</p> | <p>And soon you'll be able</p> <p>10:15 Legacy Exercise (FC)</p> <p>11:00 BUS TRIP: JEWEL (BUS)</p> <p>2:00 Happy Hr &amp; More (CR)</p> <p>2:45 Internet's Best (CR)</p> <p>3:00 DOG VISITS with SADIE (CR)</p> <p>6:00 MOVIE: RIDING IN CARS W/BOYS (CR)</p> | <p>To compose as if it were play!</p> <p>10:15 Flexibility Friday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>1:30 Bible Study (103)</p> <p>3:00 Friday Fun &amp; Games (CR)</p> <p>6:00 Everybdy Loves Raymnd DVD (CR)</p>                       | <p>10:00 2nd Scrabble Table (LIB)</p> <p>10:15 Video Exercise (CR)</p> <p><b>1:15 Weekend Bingo (CR)</b></p> <p>2:15 Popcorn Time (CR)</p> <p>2:30 U-Pick DVD Movie (MT)</p> <p>6:00 U-Pick Sitcom (CR)</p>                          |
| <p>8:45 The Morning Scoop (CR)</p> <p>10:15 Video EXERCISE (CR)</p> <p>11:00 Sunday Catholic Mass (CR)</p> <p>1:15 Bingo Blitz (CR)</p> <p>2:00 Popcorn Party (CR)</p> <p>2:30 U-Pick NETFLIX (MT)</p> <p>6:00 Carol Burnett (DVD) (CR)</p> | <p>The limerick you wrote just might win</p> <p>10:15 Movin' Monday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>11:00 Activity Committee Mtg. (CR)</p> <p>1:30 Sitdown Sitcom (CR)</p> <p>2:30 Baking Class (CR)</p> <p>6:00 TRAVEL: ETHIOPIA (CR)</p> | <p>The contest is about to begin</p> <p>10:15 Tune Up Tuesday (FC)</p> <p>10:30 Catholic Communion (MT)</p> <p>11:00 Food Committee (CR)</p> <p><b>2:00 Cooking Demo (CR)</b></p> <p>6:00 Board Games (CR)</p>                              | <p>So please write another.</p> <p>10:15 Wednesday Weights (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>2:00 BINGO (CR)</p> <p>6:00 MOVIE: BE COOL (CR)</p>                                                          | <p>The first needs a brother</p> <p>10:15 Legacy Exercise (FC)</p> <p>11:00 BUS TRIP: CULVERS (BUS)</p> <p>2:00 Happy Hour (B)</p> <p>2:30 Science &amp; Tech (B)</p> <p>3:00 RON STETA (CR)</p> <p>6:00 BEV. HILLS COP (CR)</p>                               | <p>Or maybe it needs a cute twin!</p> <p>10:15 Flexibility Friday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>1:30 Bible Study (103)</p> <p>2:30 MARIE'S 100th BIRTHDAY PARTY (CR)</p> <p>6:00 Everybdy Loves Raymnd DVD (CR)</p>                 | <p>10:00 2nd Scrabble Table (LIB)</p> <p>10:15 Video Exercise (CR)</p> <p>12:00 COMPUTER CLUB (MT)</p> <p>1:15 Weekend Bingo (CR)</p> <p>2:15 Popcorn Time (CR)</p> <p>2:30 U-Pick DVD Movie (MT)</p> <p>6:00 U-Pick Sitcom (CR)</p> |
| <p>8:45 The Morning Scoop (CR)</p> <p>10:15 Video EXERCISE (CR)</p> <p>11:00 Sunday Catholic Mass (CR)</p> <p>1:15 Bingo Blitz (CR)</p> <p>2:00 Popcorn Party (CR)</p> <p>2:30 U-Pick NETFLIX (MT)</p> <p>6:00 Carol Burnett (DVD) (CR)</p> | <p>8:45 Coffee &amp; Conversation (DR)</p> <p>10:15 Movin' Monday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>11:00 Newcomers Group (CR)</p> <p>1:30 Sitdown Sitcom (CR)</p> <p>3:00 Arts &amp; Crafts (CR)</p> <p>6:00 TRAVEL: ENGLAND (CR)</p>       | <p><b>St. Patrick's Day</b></p> <p>8:45 Trivia Time (DR)</p> <p>10:15 Tune Up Tuesday (FC)</p> <p>10:30 Catholic Communion (MT)</p> <p>10:45 Daily Chronicles (FC)</p> <p><b>3:00 ST. PAT'S PARTY (CR)</b></p> <p>6:00 Board Games (CR)</p> | <p>8:45 Coffee &amp; Conversation (DR)</p> <p>10:15 Wednesday Weights (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>2:00 BINGO (CR)</p> <p>6:00 MOVIE: SERENDIPITY (CR)</p>                                           | <p>10:15 Legacy Exercise (FC)</p> <p>10:30 LIBRARY STOP (B)</p> <p>11:00 BUS TRIP: JIMMY'S CHARHOUSE (BUS)</p> <p>2:00 Happy Hr &amp; More (CR)</p> <p>2:45 Internet's Best (CR)</p> <p>6:00 MOVIE: THE FAMILY MAN (CR)</p>                                    | <p>8:45 Coffee &amp; Conversation (DR)</p> <p>10:15 Flexibility Friday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>1:30 Bible Study (103)</p> <p>3:00 DEAN MARTIN Variety Show (CR)</p> <p>6:00 Everybdy Loves Raymnd DVD (CR)</p>                | <p>10:00 2nd Scrabble Table (LIB)</p> <p>10:15 Video Exercise (CR)</p> <p><b>1:15 Weekend Bingo (CR)</b></p> <p>2:15 Popcorn Time (CR)</p> <p>2:30 U-Pick DVD Movie (MT)</p> <p>6:00 U-Pick Sitcom (CR)</p>                          |
| <p>8:45 The Morning Scoop (CR)</p> <p>10:15 Video EXERCISE (CR)</p> <p>11:00 Sunday Catholic Mass (CR)</p> <p>1:15 Bingo Blitz (CR)</p> <p>2:00 Popcorn Party (CR)</p> <p>2:30 U-Pick NETFLIX (MT)</p> <p>6:00 Carol Burnett (DVD) (CR)</p> | <p>8:45 Coffee &amp; Conversation (DR)</p> <p>10:15 Movin' Monday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>1:30 Sitdown Sitcom (CR)</p> <p><b>2:30 Baking Class (CR)</b></p> <p>6:00 TRAVEL: ECUADOR (CR)</p>                                       | <p>8:45 Trivia Time (DR)</p> <p>10:15 Tune Up Tuesday (FC)</p> <p>10:30 Catholic Communion (MT)</p> <p>10:45 Daily Chronicles (FC)</p> <p><b>2:00 Happy Hour Social (B)</b></p> <p>2:30 Word Games (CR)</p> <p>6:00 Board Games (CR)</p>    | <p>10:15 Wednesday Weights (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>12:00 Low Vision Lunch (PDR)</p> <p>2:00 BINGO (CR)</p> <p>3:00 DOG VISITS w/ROSIE (CR)</p> <p>6:00 MOVIE: JACK REACHER (CR)</p>             | <p>10:15 Legacy Exercise (FC)</p> <p>11:00 BUS TRIP: JOY RIDE (BUS)</p> <p>2:30 Alto Jeopardy (CR)</p> <p><b>3:00 LUCKY TO HAVE YOU F&amp;F EVENT (CR)</b></p> <p>6:00 MOVIE: THE LEGEND OF ZORRO (CR)</p>                                                     | <p>10:15 Flexibility Friday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>11:00 Resident Council (CR)</p> <p>1:30 Bible Study (103)</p> <p>2:30 Birthday Party (CR)</p> <p>3:00 Fun &amp; Games (CR)</p> <p>6:00 Everybdy Loves Raymnd DVD (CR)</p> | <p>10:00 2nd Scrabble Table (LIB)</p> <p>10:15 Video Exercise (CR)</p> <p><b>1:15 Weekend Bingo (CR)</b></p> <p>2:15 Popcorn Time (CR)</p> <p>2:30 U-Pick DVD Movie (MT)</p> <p>6:00 U-Pick Sitcom (CR)</p>                          |
| <p>8:45 The Morning Scoop (CR)</p> <p>10:15 Video EXERCISE (CR)</p> <p>11:00 Sunday Catholic Mass (CR)</p> <p>1:15 Bingo Blitz (CR)</p> <p>2:00 Popcorn Party (CR)</p> <p>2:30 U-Pick NETFLIX (MT)</p> <p>6:00 Carol Burnett (DVD) (CR)</p> | <p>8:45 Coffee &amp; Conversation (DR)</p> <p>10:15 Movin' Monday (FC)</p> <p>10:45 Daily Chronicles (FC)</p> <p>12:00 MEN'S LUNCH (CR)</p> <p>1:30 Sitdown Sitcom (CR)</p> <p>3:00 Arts &amp; Crafts (CR)</p> <p>6:00 TRAVEL: ESTONIA (CR)</p>           | <p>8:45 Trivia Time (DR)</p> <p>10:15 Tune Up Tuesday (FC)</p> <p>10:30 Catholic Communion (MT)</p> <p>10:45 Daily Chronicles (FC)</p> <p>2:00 Happy Hour (CR)</p> <p>2:30 Insights (CR)</p> <p>6:00 Board Games (CR)</p>                   |                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                      |

## B-days & Bus Trips

### Birthdays

Ginger S. 03/03  
 Claudia J. 03/05  
 Marie F. 03/14

### Bus Trips

5 - SHOPPING - JEWEL  
 12- CULVERS  
 19- JIMMY'S CHARHOUSE  
 26- JOY RIDE

## Medical Transport

Call Mike to confirm bus availability before scheduling appointments. Limited Wednesdays.

Activities subject to change.

## Locations

B = Bistro  
 BUS = Bus  
 CR = Community Room  
 C = Courtyard  
 DR = Dining Room  
 ALL = Everywhere!  
 FC = Fitness Center  
 LIB = Library On 2  
 LOB = Lobby  
 229 = Lounge Near Apt. 229  
 MT = Movie Theater  
 103 = Lounge Near Apt. 103  
 PDR = Private Dining Room

# March 2026

# Alto Grayslake Ensemble



| Sunday                                                                                                                                                                                                                                                                                                                                 | Monday                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>9:30 Sunday Morning Devotional Worship &amp; Prayer</p> <p>10:15 Daily Chronicles(AC)</p> <p>10:15 IN2L stretches</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Adult Guided Art</p> <p>2:00 Sunday Afternoon History</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Resident Choice IN2L Game</p> <p>1:00 Aromatic Journey: Essential Oil Exploration</p> <p>2:00 Gentle Chair Yoga Stretch Session</p> <p>2:30 Whiteboard Word Association Challenge</p> <p>3:00 Collaborative Story Circle</p> <p>3:30 Resident Choice Craft</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Super Snacks &amp; Hydration</p> <p>10:15 Chair Stretching</p> <p>10:15 Daily Chronicles(AC)</p> <p>11:00 Bus Outing</p> <p>11:00 Game of Choice IN2L</p> <p>1:00 Louisa May Alcott's Short stories- A Treasury</p> <p>1:45 Dice-Inspired Artistic Adventure</p> <p>2:45 Tabletop Ring Toss Challenge</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Chair-Based Rhythm and Motion</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Simon Memory Game</p> <p>11:00 Uno</p> <p>1:00 Spiritual Song Circle: Connecting Through Melodies</p> <p>2:30 Baking Club</p> <p>6:00 Care Team to Run IN2L</p>                         | <p>10:15 Daily Chronicles(AC)</p> <p>10:15 Entertaining Exercises</p> <p>10:30 IN2L- Jeopardy</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>11:15 Who Am I ? (AC)</p> <p>1:15 Whiteboard Pictionary Animals</p> <p>3:00 Happy Hour Bingo</p> <p>3:30 Afternoon News</p> <p>6:00 Care Team to Run IN2L</p>           | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Fitness Fun: Chair Exercises for Seniors</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:00 Green House Care</p> <p>1:30 Celebrity of the Week Spotlight</p> <p>2:00 EZ Short Story-It takes a town</p> <p>3:15 Nail Day: Nourishing Nail Care Session</p> <p>3:30 Resident Choice Movie</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Zumba Class</p> <p>10:30 Sensational Snacks</p> <p>10:45 Saturday Sing-a-long( IN2L)</p> <p>11:00 Interfaith Wisdom Circle</p> <p>1:00 Uno</p> <p>2:00 Conversation Ball</p> <p>2:00 Ring Toss</p> <p>6:00 Care Team to Run IN2L</p> |
| <p>9:30 Sunday Morning Devotional Worship &amp; Prayer</p> <p>10:15 Daily Chronicles(AC)</p> <p>10:15 IN2L stretches</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Adult Guided Art</p> <p>2:00 Sunday Afternoon History</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Resident Choice IN2L Game</p> <p>1:00 Aromatic Journey: Essential Oil Exploration</p> <p>2:00 Gentle Chair Yoga Stretch Session</p> <p>2:30 Whiteboard Word Association Challenge</p> <p>3:00 Collaborative Story Circle</p> <p>3:30 Resident Choice Craft</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Super Snacks &amp; Hydration</p> <p>10:15 Chair Stretching</p> <p>10:15 Daily Chronicles(AC)</p> <p>11:00 Bus Outing</p> <p>11:00 Game of Choice IN2L</p> <p>1:00 Louisa May Alcott's Short stories- A Treasury</p> <p>6:00 Care Team to Run IN2L</p>                                                                                       | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Chair-Based Rhythm and Motion</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Simon Memory Game</p> <p>11:00 Uno</p> <p>1:00 Spiritual Song Circle: Connecting Through Melodies</p> <p>2:30 Baking Club</p> <p>3:30 Topix Cards</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:15 Entertaining Exercises</p> <p>10:30 IN2L- Jeopardy</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>11:15 Who Am I ? (AC)</p> <p>1:15 White Board Pictionary kitchen utensils</p> <p>3:00 Happy Hour Bingo</p> <p>3:30 Afternoon News</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Fitness Fun: Chair Exercises for Seniors</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:00 Green House Care</p> <p>1:30 Celebrity of the Week Spotlight</p> <p>2:00 EZ Short Story-It takes a town</p> <p>3:15 Nail Day: Nourishing Nail Care Session</p> <p>3:30 Resident Choice Movie</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Zumba Class</p> <p>10:30 Sensational Snacks</p> <p>10:45 Saturday Sing-a-long( IN2L)</p> <p>11:00 Interfaith Wisdom Circle</p> <p>1:00 Uno</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p>                   |
| <p>9:30 Sunday Morning Devotional Worship &amp; Prayer</p> <p>10:15 Daily Chronicles(AC)</p> <p>10:15 IN2L stretches</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Adult Guided Art</p> <p>2:00 Sunday Afternoon History</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Resident Choice IN2L Game</p> <p>1:00 Aromatic Journey: Essential Oil Exploration</p> <p>2:00 Gentle Chair Yoga Stretch Session</p> <p>2:30 Whiteboard Word Association Challenge</p> <p>3:00 Collaborative Story Circle</p> <p>3:30 Resident Choice Craft</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Super Snacks &amp; Hydration</p> <p>10:15 Chair Stretching</p> <p>10:15 Daily Chronicles(AC)</p> <p>11:00 Bus Outing</p> <p>11:00 Game of Choice IN2L</p> <p>1:00 Louisa May Alcott's Short stories- A Treasury</p> <p>2:45 Tabletop Ring Toss Challenge</p> <p>6:00 Care Team to Run IN2L</p>                                              | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Chair-Based Rhythm and Motion</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Simon Memory Game</p> <p>11:00 Uno</p> <p>1:00 Spiritual Song Circle: Connecting Through Melodies</p> <p>2:30 Baking Club</p> <p>6:00 Care Team to Run IN2L</p>                         | <p>10:15 Daily Chronicles(AC)</p> <p>10:15 Entertaining Exercises</p> <p>10:30 IN2L- Jeopardy</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>11:15 Who Am I ? (AC)</p> <p>1:15 Cards with Friends</p> <p>3:00 Happy Hour Bingo</p> <p>3:30 Afternoon News</p> <p>6:00 Care Team to Run IN2L</p>                      | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Fitness Fun: Chair Exercises for Seniors</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:00 Green House Care</p> <p>1:30 Celebrity of the Week Spotlight</p> <p>2:00 EZ Short Story-It takes a town</p> <p>3:15 Nail Day: Nourishing Nail Care Session</p> <p>3:30 Resident Choice Movie</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Zumba Class</p> <p>10:30 Sensational Snacks</p> <p>10:45 Saturday Sing-a-long( IN2L)</p> <p>11:00 Interfaith Wisdom Circle</p> <p>1:00 Uno</p> <p>2:00 Conversation Ball</p> <p>2:00 Ring Toss</p> <p>6:00 Care Team to Run IN2L</p> |
| <p>9:30 Sunday Morning Devotional Worship &amp; Prayer</p> <p>10:15 Daily Chronicles(AC)</p> <p>10:15 IN2L stretches</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Adult Guided Art</p> <p>2:00 Sunday Afternoon History</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Resident Choice IN2L Game</p> <p>1:00 Aromatic Journey: Essential Oil Exploration</p> <p>2:00 Gentle Chair Yoga Stretch Session</p> <p>2:30 Whiteboard Word Association Challenge</p> <p>3:00 Collaborative Story Circle</p> <p>3:30 Resident Choice Craft</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Super Snacks &amp; Hydration</p> <p>10:15 Chair Stretching</p> <p>10:15 Daily Chronicles(AC)</p> <p>11:00 Bus Outing</p> <p>11:00 Game of Choice IN2L</p> <p>1:00 Louisa May Alcott's Short stories- A Treasury</p> <p>6:00 Care Team to Run IN2L</p>                                                                                       | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Chair-Based Rhythm and Motion</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Simon Memory Game</p> <p>11:00 Uno</p> <p>1:00 Spiritual Song Circle: Connecting Through Melodies</p> <p>2:30 Baking Club</p> <p>3:30 Topix Cards</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:15 Entertaining Exercises</p> <p>10:30 IN2L- Jeopardy</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>11:15 Who Am I ? (AC)</p> <p>1:15 Cards with Friends</p> <p>3:00 Happy Hour Bingo</p> <p>3:30 Afternoon News</p> <p>6:00 Care Team to Run IN2L</p>                      | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Fitness Fun: Chair Exercises for Seniors</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:00 Green House Care</p> <p>1:30 Celebrity of the Week Spotlight</p> <p>2:00 EZ Short Story-It takes a town</p> <p>3:15 Nail Day: Nourishing Nail Care Session</p> <p>3:30 Resident Choice Movie</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Daily Chronicles(AC)</p> <p>10:15 Seated Zumba Class</p> <p>10:30 Sensational Snacks</p> <p>10:45 Saturday Sing-a-long( IN2L)</p> <p>11:00 Interfaith Wisdom Circle</p> <p>1:00 Uno</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p>                   |
| <p>9:30 Sunday Morning Devotional Worship &amp; Prayer</p> <p>10:15 Daily Chronicles(AC)</p> <p>10:15 IN2L stretches</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Adult Guided Art</p> <p>2:00 Sunday Afternoon History</p> <p>3:30 IN2L- Resident Choice</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:15 Daily Chronicles(AC)</p> <p>10:30 Super Snacks &amp; Hydration</p> <p>10:45 Resident Choice IN2L Game</p> <p>1:00 Aromatic Journey: Essential Oil Exploration</p> <p>2:00 Gentle Chair Yoga Stretch Session</p> <p>2:30 Whiteboard Word Association Challenge</p> <p>3:00 Collaborative Story Circle</p> <p>3:30 Resident Choice Craft</p> <p>6:00 Care Team to Run IN2L</p> | <p>10:00 Super Snacks &amp; Hydration</p> <p>10:15 Chair Stretching</p> <p>10:15 Daily Chronicles(AC)</p> <p>11:00 Bus Outing</p> <p>11:00 Game of Choice IN2L</p> <p>1:00 Louisa May Alcott's Short stories- A Treasury</p> <p>2:45 Tabletop Ring Toss Challenge</p> <p>6:00 Care Team to Run IN2L</p>                                              |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                   |

## Happy Birthday!

Frank L. 03/07  
Linda S. 03/09  
Mary S. 03/18



## Activity type

- Emotional
- Environmental
- Intellectual/Cognitive
- Physical
- Professional/Vocational
- Social
- Spiritual