


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>1</p> <p>10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit</p>	<p>2</p> <p>10:15 – Chair Aerobic (A&C) 11:00 - Trivia (B) 12:00 - Meal Assist 1:1 1:30 – Creative Corner 2:30 – Tea Talk</p> <p><small>Purim Begins</small></p>	<p>3</p> <p>10:15– Strength Fitness 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Tea Talk 3:30 - Heart for Music</p>	<p>4</p> <p>10:15 – Gentle Stretches 11:00 – Gentle Stretches 2:00 – Bingo 3:00 – Mingle Mugs Social</p>	<p>5</p> <p>10:15 – Chair Yoga 11:00 – Word Games 12:00 - Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social</p>	<p>6</p> <p>10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure</p>	<p>7</p> <p>10:15 – Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo</p>		
<p>8</p> <p>10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit</p> <p><small>Daylight Saving Time Begins</small></p>	<p>9</p> <p>10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Creative Corner 2:30 – Tea & Trivia</p>	<p>10</p> <p>10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Tea Talk 3:30 - Heart for Music</p>	<p>11</p> <p>10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Concert in Care with live entertainment 3:30 – 1:1 Visit</p>	<p>12</p> <p>10:15 – Chair Yoga 11:00 – Word Games 12:00 - Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social</p>	<p>13</p> <p>10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure</p>	<p>14</p> <p>10:15 – Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 2:00 – Birthday Celebration with live Entertainment 3:30 – 1:1 Visit</p>		
<p>15</p> <p>10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit</p>	<p>16</p> <p>10:15 – Chair Aerobic (A&C) 11:00 – St Patrick Trivia 2:00 – St. Patrick Celebration with live entertainment 3:30 – 1:1 Visit</p>	<p>17</p> <p>10:15– Strength Fitness 11:00 – St Patrick Day Word Find (B) 12:00 – Meal Assist 1:1 2:00 – Tea Talk 3:30 - Heart for Music</p> <p><small>St. Patrick's Day</small></p>	<p>18</p> <p>10:15 – Gentle Stretches 11:00 – Gentle Stretches 2:00 – Bingo 3:00 – Mingle Mugs Social 3:30 – Sing a long</p>	<p>19</p> <p>10:15 – Chair Yoga 11:00 – Word Games 12:00 - Meal Assist 1:1 2:00 – Nowruz Celebration 3:30 – 1:1 visit</p>	<p>20</p> <p>10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure</p> <p><small>Spring Begins</small></p>	<p>21</p> <p>10:15 – Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo</p>		
<p>22</p> <p>10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit</p>	<p>23</p> <p>10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Creative Corner 2:30 – Tea Talk</p>	<p>24</p> <p>10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Chinese Cultural Tea 3:30 - Heart for Music</p>	<p>25</p> <p>10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Spa in the Lobby 3:30 – 1:1 visit</p>	<p>26</p> <p>10:15 – Chair Yoga 11:00 – Word Games 12:00 - Meal Assist 1:1 1:30 – Church Service 2:00 – Crossword Fun with Roger 3:00 – Tea Social</p>	<p>27</p> <p>10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure</p>	<p>28</p> <p>10:15 – Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo</p>		
<p>29</p> <p>10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit</p> <p><small>Palm Sunday</small></p>	<p>30</p> <p>10:15 – Chair Aerobic (A&C) 11:00 – News & View (B) 12:00 – Meal Assist 1:1 1:30 – Creative Corner 2:30 – Tea & Trivia</p>	<p>31</p> <p>10:15 – Strength Fitness 11:00 – Charades (B) 12:00 - Meal Assist 1:1 2:00 – Happy Hour with Live Entertainment 3:30 – 1:1 Visit</p>	<h1>March 2026</h1> <p>1st Floor Calendar</p>					

Programs are subject to change. Please refer to the activity whiteboard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games	2 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice <small>Purim Begins</small>	3 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure	4 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Happy Hour with Entertainment 3:30 – 1:1 visit	5 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 2:00 – Manicure and Spa 3:00 – Table Games	6 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – International Women’s Day 3:30 – Drum Playing	7 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along		
8 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games <small>Daylight Saving Time Begins</small>	9 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon: St. Patrick Edition	11 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Concert in Care entertainment 3:30 – 1:1 Visit	12 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner: St. Patrick Craft 3:00 – 1:1 visit	13 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Table Games 3:30 – Sensory Stimulation	14 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – 5 Card Bingo 3:00 – Social Tea 3:30 – Sing Along		
15 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games	16 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 – St. Patrick Celebration with live entertainment 3:30 – 1:1 Visit <small>St. Patrick's Day</small>	17 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure	18 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Creative Corner 3:00 – 1:1 visit	19 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Nowruz Celebration 3:30 – 1:1 visit	20 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Poetry Club 3:30 – Drum Playing <small>Spring Begins</small>	21 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along		
22 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit	23 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	24 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Men’s Group 3:00 – Manicure	25 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Spa in the Lobby 3:30 – 1:1 visit	26 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 1:30 – Church Service 2:00 – Cooking Program 3:30 - 1:1 visit	27 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Soccer 3:30 – Sing a long (A)	28 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – 5 Card Bingo 3:00 – Social Tea 3:30 – Sing Along		
29 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games <small>Palm Sunday</small>	30 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	31 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure	<h1>March 2026</h1> <h2>2nd Floor Calendar</h2>					

Programs are subject to change. Please refer to the activity whiteboard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Active Games	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a Long <small>Purim Begins</small>	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun (B) 11:00 - Fitness & Fun (A&C) 2:00 – Word Games 3:00 – St. Patrick Creative Corner	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo		
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games <small>Daylight Saving Time Begins</small>	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Make Music Bin	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun (B) 11:00 - Fitness & Fun (A&C) 2:00 – Concert in Care with live entertainment 3:30 – 1:1 Visit	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Cooking Program 3:30 – 1:1 Visit	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Happy Hour with Live Entertainment 3:30 – 1:1 Visit	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo		
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Active Games	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 2:00 – St. Patrick Celebration 3:30 – 1:1 Visit	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – St. Patrick's Trivia <small>St. Patrick's Day</small>	10:15 – Fitness & Fun (B) 11:00 - Fitness & Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Nowruz Celebration 3:30 – 1:1 visit	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games <small>Spring Begins</small>	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo		
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Make Music Bin	10:15 - Zumba (B) 11:00 – Zumba (A&C) 2:00 – Chinese Cultural Tea (1st floor) 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun (B) 11:00 - Fitness & Fun (A&C) 2:00 – Spa in the Lobby 3:30 – 1:1 visit	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Baking Program 3:30 – 1:1 Visit	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Bingo	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with live Entertainment 3:30 – 1:1 Visit		
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Active Games <small>Palm Sunday</small>	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a Long	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	<h1 style="color: #76923c;">March 2026</h1> <p>3rd Floor Calendar</p>					

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