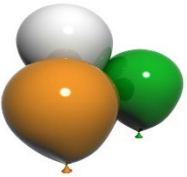



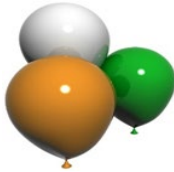




March Activity calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
|  |  |  |  |  | 1 9am Sit & fit time 11am Music listening time 1pm Painting or puzzle time 3pm Meditation time 5pm order out night | 2 10am Relaxation time 1pm Craft of choice time 3pm Beading time 5pm Open baking night for resident and staff |
| 3 10am Spiritual programming 1pm Crafting of choice time 3pm Sensory activity 5pm UNO time. | 4 9am Sit & fit time. 10am Sensory activity 1pm Card game of choice 3pm Meditation time 5pm Rainbow rice krispy night | 5 9am Morning Stretch 11am MTAH movie outing 3pm Board game of choice 5pm Shamrock cookie baking night | 6 9am Sensory exercise 11am Flash card time 1pm Skip-Bo time 3pm Open craft time 5pm Pots of gold crafting night | 7 9am Chair exercises 11am Coloring time 1pm Card game of choice 3pm sensory massage. 5pm open crafting time | 8 9am Sit & fit. 11am Board game of choice 3pm Sensory activities 5pm shamrock shake night | 9 10am Open activity 1pm Let us play UNO 3pm Relaxation time. 5pm Pamper your resident night |
| 10 10am Spiritual reading 1pm Sudoku time 3pm Phase 10 time 5pm Open talk time | 11 9am sit & fit. 11am Music listening time 1pm Open card game 3pm UNO time 5pm let's make St. Patrick's day treat boxes | 12 9am Morning Stretch 11am sensory activities 1pm Dominoes time 3pm Meditation time 6pm Open Baking night | 13 9 am Sensory exercise 11am Journaling time 3pm Memory match 5pm Saint Patrick day Bingo | 14 9am Morning stretch 11am Flash card time 1pm Let us play sorry 3pm puzzle time. 5pm Let's make leprechaun hats | 15 9am Sit and fit time. 11am UNO time. 1pm Painting time 3pm Card game of choice 5pm Movie of choice | 16 10am Meditation time 1pm Movie and popcorn time 3pm Card game of choice 5pm Organization time |
| 17 Happy St. Patrick's day 10am Spiritual reading 1pm organization time 3pm Let us play Sorry 5pm St. Patrick's day smoothie night | 18 9am Sit and fit time. 11am Outdoor activities 1pm Journaling time 3pm Sensory activity 5pm Flash card time | 19 9am Morning Stretch 11am MTAH Pizza ranch outing 3pm Painting time 5pm Uno time | 20 9am chair exercises 11am Beading time 1pm Sensory activity 3pm UNO time 5pm Beading time | 21 9am Sit & Fit time. 11pm Phase 10 time 1pm Sensory activity 3pm Open activity 5pm movie time | 22 9 am Sensory exercise 11am Music listening 1pm Open movie time 3pm Coloring time 5pm order out night | 23 10am Relaxation time 1pm Board game of choice or cards game 3pm Journaling time 5pm Resident choice |
| 24 10am Spiritual Programming 1pm Painting time 3pm Memory match time. 5pm Connect four time. | 25 9am Sit & fit time. 11am Sensory activities 1pm Dominoes time 3pm Meditation time 5pm Movie of choice | 26 9am Morning stretch 11am Flash card time 1pm Let's play sorry 3pm puzzle time 5pm Open craft time | 27 9am Morning stretch 11am Board game of choice 1pm Music listening 3pm puzzle time. 6pm Find the pot of gold night at COF | 28 9 am Sensory exercise 10am Music listening 1pm Coloring time. 3pm Card game of choice. 5pm Resident choice | 29 9am Morning stretch 11am UNO time 1pm painting time 3pm puzzle time. 5pm Open craft time | 30 9am Sit & fit. 11am Skip-Bo time 1pm Board game of choice 5pm Wordsearch time or open activities |
| 31 | | | | | | |

Easter Sunday

10am Spiritual programming
1pm Crafting of choice
3pm Sensory activity
5pm UNO time.

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