Wednesday Sunday **Monday Tuesday Thursday Saturday** Friday

# MARCH 2024 Independent & Assisted Living



# **MARCH Birthdays**

Jimmy Mabry 3/8 Grace Reed 3/26 Noah Rader 3/22 Kathy Kaufman 3/14



**SALON DAY** 9:30 (B) Fellowship & Coffee 10:00 (TH) Daily Devotions w/ **Carolyn Hill** 

10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 2:00 (B) Play Cards 3:00 (TH) Live Music with Yvette **Happy Hour** 

6:00 (CR) Sundown Social

**SALON DAY** 

9:30 (B) Fellowship & Coffee

11:00 (FL) Lunch Outing to

12:45 (CR) B-I-N-G-O

**International Women's Day** 

10:00 (TH) Daily Devotions w/

10:30 (TH) Movement is Medicine

Texas Roadhouse. Sign up Req

10:00 (CR) Daily Devotions\* 10:30 (ER) Movement is Medicine 1:00 (CR) B-I-N-G-O 2:00 (B) Let's Get a group

2 Super Saturday



# 3 Splendid Sunday

11:00 (TH) Duluth First United Methodist Church Will be viewed Online in the Theater. 12:00 (ER) Movement is Medicine\* 1:00 (CR) B-I-N-G-O \* 2:00 (TH) Covenant

**Presbyterian Church Sing** 

w/ Elder Bob Baily

# 4 Magnificent Monday

9:30 (AO) Take A Stroll 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine

12:00 (FL) Go Thrifting w/ Us Sign up Required

12:45 (CR) B-I-N-G-O 1:30 (B) Uno 3:00 Let's Go Sing In

**Memory Care** 6:00 (TH) Late Night Movie "One Flew Over the Cuckoo's Nest"

# **5 Terrific Tuesday**

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 12:30 (TH) Movie & Popcorn "Mr. Deeds"

2:30 (TH) Resident Council 3:00 (B) Fox Rehabs Student **Meredith on Aquatic Exercising** 6:00 (CR) Sundown Social

# 6 Wonderful Wednesday

9:30 (AO) Take a Walk 10:00 (TH) Daily Devotions w/ **Bishop Collier, Linda & Judith** 10:30 (TH) Movement is Medicine 12:45 (FL) Walmart Sign up Reg 12:45 (CR) B-I-N-G-O 1:30 (B) Dominoes 3:00 (B) Wine Down Wednesday

w/Randy Richards 6:00 (CR) Sundown Social

7 Thankful Thursday

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions **Bishop Emmitt** 

10:30 (TH) Movement is Medicine

1:00 (TH) Movie & Popcorn "Hitch"

1:30 (B) Gin Rummy 3:00 (B) National Nutrition **Month with Kila** 

6:00 (CR) Sundown Social

1:30 (B) Play Cards

3:00 (B) Play Pool Upstairs

**Friday Happy Hour** 

6:00 (CR) Sundown Social

**Together and Play a Game!** 



10:00 (CR) Daily Devotions\*

10:30-11:30 (TH) Miss Carol w/ Christ the King Church. 10:30 (ER) Movement is

Medicine

1:00 (CR) B-I-N-G-O

2:00 (TH) Saturday Matinee "Get On Up" The James **Brown Story** 



# 10 Splendid Sunday Turn Clocks "Ahead"

11:00 (TH) Duluth First United Methodist Church Will be viewed Online in the Theater. 12:00 (ER) Movement is Medicine\* 1:00 (CR) B-I-N-G-O \* 2:00 (B) Rummikub\*



# 11 Magnificent Monday

9:30 (AO) Take A Stroll 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 1:30 (B) Yahtzee 3:00 (TH) Arm Chair Travel "New Jersey, USA" 6:00 (TH) Late Night Movie

"Harriet"

### 12 Terrific Tuesday

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 1:00 (TH) Movie & Popcorn "Red"

1:30 (CR) Rummikub 2:30 (2FD) Book Club 3:00 (B) T-R-I-V-I-A Tuesday 6:00 (CR) Sundown Social

# 13 Wonderful Wednesday

9:30 (AO) Take a Stroll 10:00 (TH) Daily Devotions w/ **Bishop Collier, Linda & Judith** 10:30 (TH) Movement is Medicine 11-3 Springtime Extravaganza Jewelry~Make up~Etc

12:45 (CR) B-I-N-G-O 12:45 (FL) Publix Sign up Req. 2:30 (B) Mexican Dominoes

2:30 (TH) Food Forum 3:00 (B) Wine Down Wednesday

6:00 (CR) Sundown Social

# 14 Thankful Thursday

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions **Bishop Emmitt** 

10:30 (TH) Movement is Medicine

1:00 (TH) Movie & Popcorn "Calendar Girls"

1:30 (B) Phase 10

3:00 (B) Around the World On A Paper Airplane

6:00 (CR) Sundown Social

# **SALON DAY**

**Carolyn Hill** 

9:30 (B) Fellowship & Coffee 10:00 (TH) Daily Devotions w/ Carolyn Hill

10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 1:30 (B) Play Cards

3:00 (B) St. Patrick's Day Party **Happy Hour. Support from Whitnee w/ Precious Hands Home Care** 

6:00 (CR) Sundown Social

# 16 Super Saturday

10:00 (CR) Daily Devotions\* 10:30 (ER) Movement is Medicine

10:30 (FL) Special Lunch **Outing w/ Kila** 

1:00 (CR) B-I-N-G-O

2:00 (2FD) Sharpen your **POOL Skills** 



# 17 Splendid Sunday St. Patrick's Day

11:00 (TH) Duluth First United Methodist Church Will be viewed Online in the Theater. 12:00 (ER) Movement is Medicine\* 1:00 (CR) B-I-N-G-O \* 2:00 (B) Uno\*

9:30 (AO) Take A Stroll 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 1:30 (B) Uno

3:00 Let's Go Sing in **Memory Care** 

18 Magnificent Monday

6:00 (TH) Late Night Movie "Casino Royale"

# 9:00 Transportation to the Dr 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine

1:00 (TH) Movie & Popcorn "How to Lose A Guy in 10 Days"

**Terrific Tuesday** 

1:30 (CR) Mexican Dominoes 3:00 (B) Cooking with Kila 6:00 (CR) Sundown Social

# 20 Wonderful Wednesday 9:00 Breakfast for the Men - In the Bistro

9:30 (AO) Take a Stroll 10:00 (TH) Daily Devotions w/ **Bishop Collier, Linda & Judith** 10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O

12:45 (FL) Kroger Sign up Reg. 1:30 (B) Phase 10 3:00 (B) Wine Down Wednesday w/ Tim Bower

6:00 (CR) Sundown Social

27 Wonderful Wednesday

21 Thankful Thursday 9:00 Transportation to the Dr 10:00 (TH) Daily Devotions **Bishop Emmitt** 

10:30 (TH) Movement is Medicine

1:00 (TH) Movie & Popcorn "The Smell of Success"

1:30 (B) Play Cards 3:00 (B) Chrissy & Garden **Club. Sunshine & Succulents** 

Come grow Plants with us. 6:00 (CR) Sundown Social

28 Thankful Thursday

10:30 (TH) Movement is

1:00 (TH) Movie & Popcorn

**Bunny Is Coming to Town!** 

3:00 (B) Ice Cream w/ all the toppings Happy Hour

6:00 (CR) Sundown Social

12:45 (CR) B-I-N-G-O

1:30 (B) Rummikub

**SALON DAY** 

Carolyn Hill

9:30 (B) Fellowship & Coffee

11:00 (FL) Lunch Outing to

Olive Garden Sign up Req.

10:00 (TH) Daily Devotions w/

10:30 (TH) Movement is Medicine

# 29 SALON DAY **Good Friday**

9:30 (B) Fellowship & Coffee 10:00 (TH) Daily Devotions w/ Carolyn Hill

10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 1:30 (B) Play Cards

3:00 (B) Play Pool Upstairs **Friday Happy Hour** 

23 Super Saturday

10:00 (CR) Daily Devotions\* 10:30 (ER) Movement is Medicine 1:00 (CR) B-I-N-G-O

2:00 (TH) Saturday Matinee "Mr. Brooks" This Movie is Rated "R"



30 Super Saturday

10:00 (CR) Daily Devotions\* 10:30 (ER) Movement is Medicine 1:00 (CR) B-I-N-G-O

2:00 (B) Let's Get a group **Together and Play a Game!** 



# 24 Splendid Sunday **Palm Sunday**

11:00 (TH) Duluth First United Methodist Church. Will be viewed Online in the Theater. 12:00 (ER) Movement is Medicine\*

1:00 – 4:00 (TH) The Nett **Church. Come Sing along** with Us, 10 people coming.

1:00 (CR) B-I-N-G-O \* 2:00 (B) Rummikub\*

# 25 Magnificent Monday

9:30 (AO) Take A Stroll 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 12:45 (CR) B-I-N-G-O 1:30 (B) Uno

3:15 (FL) Hammerheads **Dinner Outing. Sign up** Required 6:00 (TH) Late Night Movie

# 26 Terrific Tuesday

1:30 (CR) Yahtzee

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine 1:00 (TH) Movie & Popcorn "Bridget Jones's Diary"

3:00 (B) Let's Look at the **International Women** 6:00 (CR) Sundown Social

# 9:00 (FL) Ladies Breakfast @ Cracker Barrell. Sign up Req 10:00 (TH) Daily Devotions w/ **Bishop Collier, Linda & Judith**

10:30 (TH) Movement is Medicine 11:30 (DR) March Birthday Celebration

12:45 (CR) B-I-N-G-O 1:30 (B) Phase 10

3:00 (B) Calendar Review & **Activity Suggestions for Next Calendar** 6:00 (CR) Sundown Social

9:00 Transportation to the Dr 10:00 (TH) Daily Devotions **Bishop Emmitt** 

Medicine

"Divine Secrets of the Ya – Ya Sisterhood"

1:30 (CR) Gin Rummy 3:00 (B) Easter Party & Easter **Sponsored By Village Medical** 6:00 (CR) Sundown Social

# 6:00 (CR) Sundown Social

# 31 Splendid Sunday **Easter Sunday**

11:00 (TH) Duluth First United Methodist Church Will be viewed Online in the Theater

# (B) Bistro (2FD) 2<sup>nd</sup> Floor Den

(CR) Card Room (TH) Theater

"Miss Congeniality"

(DR) Dining Room

(FL) Front Lobby (C) Courtyard

(PL) Pool Deck (AO) Activity Office

(\*) Independently Led Red Is an Outing

**Purple are Visitors Green is Important** 

# **NATIONAL NUTRITION MONTH**





International Women's Day

8th March

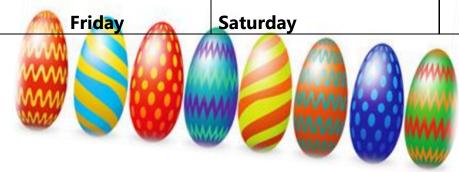






**Tuesday** Wednesday Saturday Sunday Monday **Thursday** Friday

# MARCH 2024 Memory Care





8:00 Breakfast

# 9-10 Lisa Rice & Guest Morning **Music & Blessing**

10:00 Hydration & Snack 10:30 Chronicles & Current Events 11:30 Lunch

# 1:00 Visit w/ Cosette the **Therapy Dog**

2:00 Hydration & Snack 3:30 Balloon Tennis 4:30 Dinner 6:00 You Can Puzzle Too

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack 10:30 Stretching & Yoga Breathing

11:30 Lunch 1:30 B-I-N-G-O

# 2:00 Hydration & Snack 3:00 Singing in Memory Care

4:30 Dinner 6:00Family TV – Happy Days

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack

# 10:30 Stretching & Moving

11:30 Lunch 1:30 Word Game Togetherness 2:00 Hydration & Snack

# 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-Laverne & Shirley

8:00 Breakfast

9:30 Chronicles & Current Events 10:00 Hydration & Snack 10:30 Sunshine Bubble Time 11:30 Lunch 1:30 B-I-N-G-O

## 2:00 Hydration & Snack 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-Bewitched

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack 11:30 Lunch

# 1:00 Entertainment by Tim **Bower**

1:30 Is it Black or Red 2:00 Hydration & Snack 3:00 Read A Short Story 4:30 Dinner 6:00 Family TV-Lone Ranger

2:00 Hydration & Snack

**SALON DAY** 

10:00 Hydration & Snack

10:30 Stretching & Moving

9:30 Chronicles & Current Events

8:00 Breakfast

11:30 Lunch

8

1:30 B-I-N-G-O

8:00 Breakfast

11:30 Lunch

4:30 Dinner

1:30 B-I-N-G-O

4:30 Dinner 6:00 Family TV-My 3 Sons

**SALON DAY** 

10:00 Hydration & Snack

2:00 Hydration & Snack

3:00 Read a Short Story

6:00 Family TV-My 3 Sons

10:30 Stretching & Moving

9:30 Chronicles & Current Events

3:00 Life Skills & Vocation

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack 10:30 Stretching & Moving

### 1:30 Name 5 Game

11:30 Lunch

2:00 Hydration & Snack 3:00 Dot to Dot 4:30 Dinner 6:00 You Can Puzzle Too

9

8:00 Breakfast 9:30 Chronicles & Current Events

10:00 Hydration & Snack 10:30 Stretching & Moving

11:30 Lunch

1:30 Word Game Togetherness 2:00 Hydration & Snack

3:00 Life Skills & Vocation

4:30 Dinner

6:00 Family TV-Happy Days

# 10 Spring Ahead.....

8:00 Breakfast

# 9-10 Lisa Rice & Guest Morning Music & Blessing

10:00 Hydration & Snack 10:30 Chronicles & Current Events 11:30 Lunch

## 1:00 Visit w/ Cosette the **Therapy Dog**

2:00 Hydration & Snack 3:30 Lets File your Nails 4:30 Dinner 6:00 You Can Puzzle Too

### 11

8:00 Breakfast

9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack

# 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-Three's Company

# 12

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

# 1:30 March Craft

2:00 Hydration & Snack 3:00 Read A Story 4:30 Dinner 6:00 Family TV-Rifleman

### 13

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack 10:30 Stretching & Moving 11:30 Lunch 1:30 B-I-N-G-O 2:00 Hydration & Snack 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-Charlie's Angels

# 14

8:00 Breakfast

9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

### 1:30 Name 5 Game

2:00 Hydration & Snack 3:00 Balloon Tennis Ball

4:30 Dinner 6:00 Family TV-Golden Girls

### 15 **SALON DAY**

8:00 Breakfast

# 9:30 Chronicles & Current Events

10:00 Hydration & Snack 10:30 Stretching & Moving 11:30 Lunch 1:30 B-I-N-G-O

2:00 Hydration & Snack

3:00 Life Skills & Vocation

4:30 Dinner

6:00 Family TV-Bonanza

# 16

8:00 Breakfast

9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving

11:30 Lunch

# 1:30 Name 5 Game

2:00 Hydration & Snack 3:00 Dot to Dot

4:30 Dinner

6:00 You Can Puzzle Too





# 17 St. Patrick's Day

8:00 Breakfast

# 9-10 Lisa Rice & Guest Morning Music & Blessing

10:00 Hydration & Snack 10:30 Chronicles & Current Events 11:30 Lunch

# 1:00 Visit w/ Cosette the Therapy Dog

2:00 Hydration & Snack 3:30 Balloon Tennis 4:30 Dinner

6:00 You Can Puzzle Too

# 8:00 Breakfast

18

9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack

# 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-The Munster's

### 8:00 Breakfast

19

9:30 Chronicles & Current Events
10:00 Hydration & Snack
10:30 Stretching & Moving

11:30 Lunch

# 1:30 Puppy & Cat Origami

2:00 Hydration & Snack 3:00 Read Current Events 4:30 Dinner 6:00 Family TV-Star Trek

# 8:00 Breakfast

20

9:30 Chronicles & Current Events
10:00 Hydration & Snack
10:30 Stretching & Moving

11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack 3:00 Volley Ball

# 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-Dick Van Dyke

# 9:30 Chronicles & Current Events

10:00 Hydration & Snack 10:30 Stretching & Moving 11:30 Lunch

1:30 Finish the Phrase 2:00 Hydration & Snack

3:00 Life Skills & Vocation

4:30 Dinner

# 22 SALON DAY

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack

# 3:00 Life Skills & Vocation

4:30 Dinner

6:00 Family TV-Carol Burnett Show

# 2:00 Hydration & Snack

10:00 Hydration & Snack

10:30 Stretching & Moving

9:30 Chronicles & Current Events

3:00 Fresh Air Outside

1:30 Stress Ball Toss

4:30 Dinner

11:30 Lunch

8:00 Breakfast

6:00 Family TV-Mash

# 24 Palm Sunday

8:00 Breakfast

# 9-10 Lisa Rice & Guest Morning Music & Blessing

10:00 Hydration & Snack 10:30 Chronicles & Current Events 11:30 Lunch

# 1:00 Visit w/ Cosette the Therapy Dog

2:00 Hydration & Snack 3:30 Balloon Tennis 4:30 Dinner

6:00 You Can Puzzle Too

### -

8:00 Breakfast

## 9:30 Chronicles & Current Events

10:00 Hydration & Snack 10:30 Stretching & Moving 11:30 Lunch 1:30 B-I-N-G-O 2:00 Hydration & Snack

# 3:00 Singing in Memory Care

4:30 Dinner 6:00 Family TV-Barney Miller

# 26

8:00 Breakfast 9:30 Chronicles & Current Events

# 10:00 Hydration & Snack 10:30 Stretching & Moving

11:30 Lunch 1:30 Name 5 Game

# 2:00 Hydration & Snack 3:00 Life Skills & Vocation

4:30 Dinner 6:00 Family TV-I Love Lucy

# 27

8:00 Breakfast 9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack

### 3:00 Word Search

4:30 Dinner 6:00 Family TV-Kojak

# 28

21

8:00 Breakfast

8:00 Breakfast

9:30 Chronicles & Current Events

10:00 Hydration & Snack 10:30 Stretching & Moving 11:30 Lunch

# 1:30 March Craft

2:00 Hydration & Snack

## 3:00 Life Skills & Vocation

4:00 Easter Bunny Is Coming to Town, Sponsored by Village Medical

4:30 Dinner 6:00 Family TV-Little House on The Prairie

# **9** Good Friday

8:00 Breakfast

9:30 Chronicles & Current Events 10:00 Hydration & Snack

10:30 Stretching & Moving 11:30 Lunch

1:30 B-I-N-G-O

2:00 Hydration & Snack

# 3:00 Life Skills & Vocation

4:30 Dinner

6:00 Family TV-Charlie's Angels

### 30

23

8:00 Breakfast

9:30 Chronicles & Current Events

10:00 Hydration & Snack

10:30 Stretching & Moving

11:30 Lunch

1:30 Word Game Togetherness 2:00 Hydration & Snack

3:00 Life Skills & Vocation

4:30 Dinner

6:00 Family TV-Happy Days

# 31 Easter Sunday

8:00 Breakfast

# 9-10 Lisa Rice & Guest Morning Music & Blessing

10:00 Hydration & Snack 10:30 Chronicles & Current Events 11:30 Lunch

# 1:00 Visit w/ Cosette the Therapy Dog

2:00 Hydration & Snack 3:30 Balloon Tennis 4:30 Dinner 6:00 You Can Puzzle Too

# NATIONAL NUTRITION MONTH

