

March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 Breakfast 10:30 Hydration 12:00 Lunch 3:00 Snacks 5:00 Dinner	10:00 Exercise 10:30 Bowling 11:00 Pictures with Compliment Frames 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Puzzles 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 1950'S Highways 11:00 Anthem Sing a Long 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Sherry Zak YOGA 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Magazine reading 2:00 Painting Trains 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Daily Check-in 11:00 Ball Basket Toss 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Stained glass bookmarks 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Daily Check-in 11:00 Sing a Long 11:30 Aromatherapy 1:00 Magazines 1:30 Fiddling fingers 2:00 Materials & Memories 3:00 Movie and snack 4:30 Aromatherapy	8:00 Spiritual Music 10:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	
8:00 Spiritual Music 10:00 Church 11:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Puzzles 2:00 Chinese Lanterns 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Travel to Bermuda 11:00 Sing a Long 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Sherry Zak YOGA 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Bowling 11:00 Harriet Tubman's Life 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Sherry Zak YOGA 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Daily Check-in 11:00 Ball Basket Toss 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Arts & Crafts 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Footprints in the Sand 11:00 Sing a Long 11:30 Aromatherapy 1:00 Magazines 1:30 Fiddling fingers 2:00 ABSTRACT ART 3:00 Movie and snack 4:30 Aromatherapy	8:00 Spiritual Music 10:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	
8:00 Spiritual Music 10:00 Church 11:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Puzzles 2:00 Shamrock tissue art 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Travel to Canada 11:00 Sing a Long 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Sherry Zak YOGA 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 First Ladies 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Shamrock Water Coloring 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Famous Pittsburgh Bridges 11:00 Ball Basket Toss 11:30 Aromatherapy 1:00 Copy Coloring 2:00 Arts & Crafts 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Daily Check-in 11:00 Sing a Long 11:30 Aromatherapy 1:00 Magazines 1:30 Fiddling fingers 2:00 Materials & Memories 3:00 Movie and snack 4:30 Aromatherapy	8:00 Spiritual Music 10:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	
8:00 Spiritual Music 10:00 Church 11:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Puzzles 2:00 Arts and Crafts 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Travel to Rocky Mountains 11:00 Listen to John Denver 11:30 Aromatherapy 1:30 Fiddling fingers 2:00 Sherry Zak YOGA 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Flower Clothespins 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Daily Check-in 11:00 Ball Basket Toss 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Arts & Crafts 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Daily Check-in 11:00 Sing a Long 11:30 Aromatherapy 1:00 Magazines 1:30 Fiddling fingers 2:00 Materials & Memories 3:00 Movie and snack 4:30 Aromatherapy	8:00 Spiritual Music 10:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	
8:00 Spiritual Music 10:00 Church 11:00 FaceTime Visits 1:00 Rest/Relaxation 3:00 Movie/Snack 4:00 FaceTime Visits	10:00 Exercise 10:30 Bowling 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:00 Puzzles 2:00 Arts and Crafts 3:00 Movie/Snack 4:30 Aromatherapy	10:00 Sherry Zak YOGA 10:30 Daily Check-in 11:00 Sing a Long 11:30 Aromatherapy 1:00 Copy Coloring 1:30 Fiddling fingers 2:00 Sherry Zak YOGA 3:00 Movie and snack 4:30 Aromatherapy	10:00 Exercise 10:30 Spring is coming! 11:00 Word Games 11:30 Aromatherapy 1:00 Rest/Relaxation 1:30 Book Reading 2:00 Spring Tree Art 3:00 Movie/Snack 4:30 Aromatherapy				

Activities are subject to change