

Activities subject to change.



**MARCH 2024**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Dimensions of Wellness**

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

**Meeting Places**

- BFR** Bistro/Front Room
- BWL** Bardwell Room
- 6LR** 6th fl. Living Room
- DRH** dining room hall
- CS** Community Store
- DR** Dining Room
- 2SA** 2nd floor Salon

**Birthdays:**

Becki 3/20

**Holidays:**

International Women's Day

3/8

Daylight Savings Time

Begins 3/10

St. Patrick's Day 3/17

1st Day of Spring 3/20

Palm Sunday 3/24

Mar 31	03	04	05	06	07	08	09
<p><b>Mar 31</b></p> <p>All Day   Weekend Activity Packets</p> <p>10:00a   Independent Board &amp; Card Games <b>BWL</b></p> <p>2:00p   Resident led Chair Exercises <b>6LR</b></p> <p>3:00p   Bored Board Activities with Friends <b>BWL</b></p>	<p><b>03</b></p> <p>All Day   Weekend Activity Packets</p> <p>10:00a   Independent Board &amp; Card Games <b>BWL</b></p> <p>2:00p   Resident led Chair Exercises <b>6LR</b></p> <p>3:00p   Bored Board Activities with Friends <b>BWL</b></p>	<p><b>04</b></p> <p>All Day   Daily Wellness Checks</p> <p>9:30a   Personal Hugo Visits! <b>BFR</b></p> <p>11:00a   Bingo with Jessica <b>BWL</b></p> <p>1:30p   Balloon Toss! <b>BWL</b></p> <p>2:00p   Chair Yoga w/ Oak Street Health <b>BWL</b></p> <p>3:00p   Bored Board Activities with Friends <b>DRH</b></p> <p>4:00p   independent board games <b>BWL</b></p>	<p><b>05</b></p> <p>All Day   Daily Wellness Checks</p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Puzzles &amp; Music <b>BWL</b></p> <p>1:00p   Bingo with Jessica <b>BWL</b></p> <p>2:00p   Chair Cardio Class <b>BWL</b></p> <p>5:30p   Independent Card Games <b>BWL</b></p>	<p><b>06</b></p> <p>All Day   Daily Wellness Checks</p> <p>10:00a   Walgreens Outing <b>BFR</b></p> <p>10:00a   Bake Banana Oatmeal Cookies! <b>DR</b></p> <p>1:00p   Word Searches <b>BWL</b></p> <p>2:00p   Chair Yoga <b>BWL</b></p> <p>3:00p   Manicures &amp; Music <b>BWL</b></p> <p>4:00p   Pictionary <b>BWL</b></p>	<p><b>07</b></p> <p>All Day   Daily Wellness Checks</p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Card Games <b>BWL</b></p> <p>1:00p   Media Discussion Club <b>BWL</b></p> <p>2:00p   Flashcard Fitness <b>BWL</b></p> <p>3:00p   Game with Jessica - You Choose! <b>BWL</b></p>	<p><b>01</b></p> <p>9:00a   Church Service &amp; Hymn Singing <b>BWL</b></p> <p>10:00a   Resident Led Bible Study <b>BWL</b></p> <p>11:00a   Cover All Bingo with Jessica <b>BWL</b></p> <p>1:30p   Fly Swatter Balloon Toss <b>BWL</b></p> <p>2:00p   Exercise Follow the Leader <b>BWL</b></p> <p>3:00p   Guess the Movie/Song Trivia <b>BWL</b></p> <p>4:00p   Movie &amp; Snacks <b>BFR</b></p>	<p><b>02</b></p> <p>All Day   Weekend Activity Packets</p> <p>9:30a   Coffee &amp; Chat with Staff <b>BFR</b></p> <p>11:00a   Resident Led indoor walking <b>BWL</b></p> <p>12:30p   Bored Board Activities with Friends <b>BWL</b></p> <p>2:00p   independent chair yoga <b>BWL</b></p>
<p><b>10</b></p> <p>All Day   Weekend Activity Packets</p> <p>10:00a   Independent Board &amp; Card Games <b>BWL</b></p> <p>2:00p   Resident led Chair Exercises <b>6LR</b></p> <p>3:00p   Bored Board Activities with Friends <b>BWL</b></p>	<p><b>11</b></p> <p>9:30a   Easter Door Sign Craft <b>BWL</b></p> <p>11:00a   Bingo with Jessica <b>BWL</b></p> <p>1:30p   Balloon Toss! <b>BWL</b></p> <p>2:00p   Chair Yoga w/ Oak Street Health <b>BWL</b></p> <p>3:00p   Bored Board Activities with Friends <b>DRH</b></p> <p>4:00p   independent board games <b>BWL</b></p>	<p><b>12</b></p> <p>9:00a   Hair Salon Day! <b>2SA</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Puzzles &amp; Music <b>BWL</b></p> <p>1:00p   Bingo with Jessica <b>BWL</b></p> <p>2:00p   Chair Cardio Class <b>BWL</b></p> <p>3:00p   Bake Cookies - Staff Appreciation <b>DR</b></p> <p>5:30p   Independent Card Games <b>BWL</b></p>	<p><b>13</b></p> <p>10:00a   Library Outing <b>BFR</b></p> <p>1:00p   Word Search Social <b>BWL</b></p> <p>1:30p   Mary Kay Cosmetics Demo! <b>BWL</b></p> <p>2:00p   Chair Yoga <b>BWL</b></p> <p>3:00p   Manicures &amp; Music <b>BWL</b></p> <p>4:00p   Gratitude Journaling &amp; Coloring <b>BWL</b></p>	<p><b>14</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Card Games <b>BWL</b></p> <p>1:00p   Media Discussion Club <b>BWL</b></p> <p>2:00p   Flashcard Fitness <b>BWL</b></p> <p>3:00p   Game with Jessica - You Choose! <b>BWL</b></p>	<p><b>15</b></p> <p>9:00a   Church Service &amp; Hymn Singing <b>BWL</b></p> <p>10:00a   Bible Study <b>BWL</b></p> <p>11:00a   Bingo <b>BWL</b></p> <p>1:30p   St. Patrick's Day Ice cream social <b>DR</b></p> <p>2:00p   Exercise Follow the Leader <b>BWL</b></p> <p>3:00p   Guess the Movie/Song Trivia <b>BWL</b></p> <p>4:00p   Movie &amp; Snacks <b>BFR</b></p>	<p><b>16</b></p> <p>All Day   Weekend Activity Packets</p> <p>9:30a   Coffee &amp; Chat with Staff <b>BFR</b></p> <p>11:00a   Resident Led indoor walking <b>BWL</b></p> <p>12:30p   Bored Board Activities with Friends <b>BWL</b></p> <p>2:00p   independent chair yoga <b>BWL</b></p>	
<p><b>17</b></p> <p>All Day   Weekend Activity Packets</p> <p>10:00a   Independent Board &amp; Card Games <b>BWL</b></p> <p>2:00p   Resident led Chair Exercises <b>6LR</b></p> <p>3:00p   Bored Board Activities with Friends <b>BWL</b></p>	<p><b>18</b></p> <p>11:00a   Bingo with Jessica <b>BWL</b></p> <p>1:30p   Balloon Toss! <b>BWL</b></p> <p>2:00p   Indoor Walking Exercise <b>BWL</b></p> <p>2:00p   Personal Hugo Visits! <b>BFR</b></p> <p>3:00p   Understanding &amp; Responding to Dementia <b>BWL</b></p> <p>4:00p   independent board games <b>BWL</b></p>	<p><b>19</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Puzzles &amp; Music <b>BWL</b></p> <p>1:00p   Bingo with Jessica <b>BWL</b></p> <p>2:00p   Chair Cardio Class <b>BWL</b></p> <p>3:00p   Resident Council Meeting <b>DR</b></p> <p>5:30p   Independent Card Games <b>BWL</b></p>	<p><b>20</b></p> <p>10:00a   Dollar Store Outing <b>BFR</b></p> <p>1:00p   VNA Take a Break Event w/ Crystal! <b>BWL</b></p> <p>2:00p   Chair Yoga <b>BWL</b></p> <p>3:00p   Manicures &amp; Music <b>BWL</b></p> <p>4:00p   Pictionary <b>BWL</b></p>	<p><b>21</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Card Games <b>BWL</b></p> <p>1:30p   Melissa N. Guitar &amp; Singing! <b>BWL</b></p> <p>2:30p   Flashcard Fitness <b>BWL</b></p> <p>3:00p   Game with Jessica - You Choose! <b>BWL</b></p>	<p><b>22</b></p> <p>9:00a   Church Service &amp; Hymn Singing <b>BWL</b></p> <p>10:00a   Resident Led Bible Study <b>BWL</b></p> <p>11:00a   Cover All Bingo with Jessica <b>BWL</b></p> <p>1:00p   Benefits of Exercise &amp; Rootbeer Floats! <b>BWL</b></p> <p>2:00p   Exercise Follow the Leader <b>BWL</b></p> <p>3:00p   Trivia Board Game <b>BWL</b></p> <p>4:00p   Movie &amp; Snacks <b>BFR</b></p>	<p><b>23</b></p> <p>All Day   Weekend Activity Packets</p> <p>9:30a   Aurora's 17th Annual Health Fair <b>BFR</b></p> <p>9:30a   Coffee &amp; Chat with Staff <b>BFR</b></p> <p>11:00a   Resident Led indoor walking <b>BWL</b></p> <p>12:30p   Bored Board Activities with Friends <b>BWL</b></p> <p>2:00p   independent chair yoga <b>BWL</b></p>	
<p><b>24</b></p> <p>All Day   Weekend Activity Packets</p> <p>10:00a   Independent Board &amp; Card Games <b>BWL</b></p> <p>2:00p   Resident led Chair Exercises <b>6LR</b></p> <p>3:00p   Bored Board Activities with Friends <b>BWL</b></p>	<p><b>25</b></p> <p>10:00a   Big Word Game <b>BWL</b></p> <p>11:00a   Bingo with Jessica <b>BWL</b></p> <p>1:30p   Balloon Toss! <b>BWL</b></p> <p>2:00p   Indoor Walking Exercise <b>BWL</b></p> <p>3:00p   Bored Board Activities with Friends <b>DRH</b></p> <p>4:00p   independent board games <b>BWL</b></p>	<p><b>26</b></p> <p>9:00a   Hair Salon Day! <b>2SA</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Puzzles &amp; Music <b>BWL</b></p> <p>1:00p   Bingo with Jessica <b>BWL</b></p> <p>2:00p   Chair Cardio Class <b>BWL</b></p> <p>5:30p   Independent Card Games <b>BWL</b></p>	<p><b>27</b></p> <p>9:00a   Appointment Day Shuttle Services (sign up) <b>BFR</b></p> <p>1:00p   Word Search Social <b>BWL</b></p> <p>1:30p   Food Council Meeting <b>DR</b></p> <p>2:00p   Chair Yoga <b>BWL</b></p> <p>3:00p   Manicures &amp; Music <b>BWL</b></p> <p>4:00p   Gratitude Journaling &amp; Coloring <b>BWL</b></p> <p>5:00p   Dementia Support Group <b>BWL</b></p>	<p><b>28</b></p> <p>10:00a   Community Store Open! <b>CS</b></p> <p>11:00a   Independent Card Games <b>BWL</b></p> <p>1:00p   Media Discussion Club <b>BWL</b></p> <p>2:00p   Flashcard Fitness <b>BWL</b></p> <p>3:00p   Game with Jessica - You Choose! <b>BWL</b></p>	<p><b>29</b></p> <p>9:00a   Church Service <b>BWL</b></p> <p>10:00a   Bible Study <b>BWL</b></p> <p>11:00a   Bingo with Jessica <b>BWL</b></p> <p>1:00p   March Birthday Social! <b>DR</b></p> <p>1:30p   Fly Swatter Balloon Toss <b>BWL</b></p> <p>2:00p   Exercise Follow the Leader <b>BWL</b></p> <p>3:00p   Guess the Movie/Song Trivia <b>BWL</b></p> <p>4:00p   Movie &amp; Snacks <b>BFR</b></p>	<p><b>30</b></p> <p>All Day   Weekend Activity Packets</p> <p>9:30a   Coffee &amp; Chat with Staff <b>BFR</b></p> <p>11:00a   Resident Led indoor walking <b>BWL</b></p> <p>12:30p   Bored Board Activities with Friends <b>BWL</b></p> <p>2:00p   independent chair yoga <b>BWL</b></p>	