

March 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
<p>9:15 Virt. Catholic Mass (YT)</p> <p>10:15 Communion w/ OLM</p> <p>11:15 Exercise Group</p> <p>2:15 Balloon Bash</p> <p>3:00 Sunday Matinee (NF) Your Place or Mine (2023 1:51 Rated-PG13)</p> <p>6:00 Resident Choice Movie (HM) Terms of Endearment (1983 2:11 Rated-PG)</p>	<p>10:30 Hangman—word game (On TV screen)</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>3:15 Activity Council/ Ambassador's Meeting</p> <p>4:00 Happy Hour</p> <p>6:15 Hi-Lo Jack</p>	<p>10:30 Silver Sneakers (Walking Group)</p> <p>11:00 Exercise Group</p> <p>1:30 Crafting w/ Connie</p> <p>3:00 Book Club</p> <p>6:00 Trivia Night w/ April</p>	<p>10:30 Trivia Challenge (On TV screen)</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>2:30-3:30 Exercise Bike Assistance</p> <p>3:00 Ring Toss</p> <p>4:00 Happy Hour</p> <p>6:15 Mid-Week Movie (NF) Leap Year (2010 1:40 Rated-PG)</p>	<p>10:30 Silver Sneakers (Walking Group)</p> <p>11:00 Exercise w/ Jill</p> <p>1:30 Nail Care</p> <p>3:00 LRC (Left Right Center) -free games-</p> <p>4:00 Dominos</p> <p>6:15 Docuseries (NF) Secrets of...Castles (S1:E4 Caernarvon Castle)</p>	<p>Dr. Golden Podiatry</p> <p>10:30 AM Crosswords (On TV screen)</p> <p>11:00 Exercise Group</p> <p>1:30 Shopping Trip: Macy's</p> <p>1:45 Quarter Bingo</p> <p>2:30-3:15 Exercise Bike Assistance</p> <p>3:30 Music W/ Jake Kimbo (Diana Colardo's Nephew)</p> <p>6:15 Historical Drama (NF) The Crown (S4:E10) "War"</p>	<p>10:00 Independent Walking Club</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series: (AP) "Mary Tyler-Moore Show"</p> <p>1:45 Indoor Bocci Ball</p> <p>2:00 Bridge Club</p> <p>3:00 Word-Brain Games</p> <p>6:00 High Stakes Bingo \$1/card—3 card max</p>

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting