

March 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAYLIGHT SAVINGS 12	13	14	15	16	ST. PATRICK'S DAY 17	18
<p>9:15 Virt. Catholic Mass (YT)</p> <p>10:15 Communion w/ OLM</p> <p>11:15 Exercise Group</p> <p>1:45 Balloon Bash</p> <p>2:45 Rosary</p> <p>3:45 Darts</p> <p>6:00 LRC (Left Right Center) -Penny games-</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 Nail Care</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 Fireside Chat (Social group)</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>1:30 Exercise Bike Assistance</p> <p>1:45 Quarter Bingo</p> <p>3:00 Chaplain Chat</p> <p>4:00 Happy Hour</p> <p>6:15 Mid-Week Movie (AP) Erin Brockovich (2000 2:11 Rated-R)</p>	<p>10:30 Silver Sneakers (Walking Group)</p> <p>11:00 Exercise w/ Jill</p> <p>1:30 Nail Care</p> <p>2:45 Darts</p> <p>3:45 Musical Mystery Word</p> <p>6:15 Music w/ Luke Jackson</p>	<p>10:30 AM Crosswords (On TV screen)</p> <p>11:00 Exercise Group</p> <p>12:00 Holiday Lunch w/ Live Music by Brad</p> <p>1:30 Shopping Trip: Burlington</p> <p>1:45 Quarter Bingo</p> <p>2:30 Shamrock Milkshakes</p> <p>3:00 Shopping Trip: Burlington</p> <p>4:00 Trivia Pub</p> <p>6:15 Historical Drama (NF) The Crown (S5:E1) “Queen Victoria Syndrome”</p>	<p>10:15 Walking Club</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series: (AP) “Mary Tyler-Moore Show”</p> <p>2:15 Indoor Bocci Ball</p> <p>2:00 Bridge Club</p> <p>3:00 Saturday Matinee (HM) 9 to 5 (1980 1:49 Rated-PG)</p> <p>6:00 Saturday Cinema: (HM) Cats (2019 1:49 Rated-PG)</p>

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

All Outings are Weather Permitting