






Sun	Mon	Tue	Wed	Thu	Fri	Sat
March: Birthstone: Aquamarine 	March: Flower: Daffodil 				1 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns / Tom 4:00 Small Groups	2 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups
3 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	4 10:30 Exercise 12:00 Trivia 2:15 Bible Study w/ Ron 4:00 Memory Choir	5 10:30 Exercise 12:00 Word Games 12:00 Active Game 2:15 Spa Day 3:30 Scenic Drive 4:00 Small Groups	6 10:30 Exercise 12:00 Crafts 2:15 Bingo 4:00 Small Groups	7 10:30 Exercise 12:00 Bowling 2:15 China 3:00 Happy Hour 4:00 Small Groups 4:00 Small Groups	8 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns / Tom 4:00 Small Groups	9 10:30 Exercise 12:00 Games 2:00 Movie 2:30 Bellingham Youth Sax Ensemble (D) 4:00 Small Groups
10 10:00 Exercise 10:30 Flute w/ Fred 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	11 10:30 Exercise 12:00 Trivia 2:15 Bible Study 4:00 Memory Choir	12 10:30 Exercise 11:30 Scenic Drive 12:00 Bingo 2:15 Spa Day 4:00 Small Groups	13 10:30 Exercise 12:00 Crafts 2:30 Live Music D 2:30 Let's Chat 4:00 Small Groups	14 10:30 Exercise 12:00 Bowling 2:15 Hymn (D) 2:15 Let's Chat 3:00 Happy Hour 4:00 Small Groups	15 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns / Tom 4:00 Small Groups	16 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups
17 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church/ Movie 3:00 St. Patrick's Day Party -Irish Dancers 4:00 Small Groups	18 10:30 Exercise 12:00 World of Words 2:15 Bible Study 4:00 Memory Choir	19 10:30 Exercise 11:30 Scenic Drive 12:00 Active Game 2:15 Spa Day 4:00 Small Groups	20 10:30 Crafts with kids 12:00 Remember When 12:00 Trivia 2:15 Bingo 4:00 Small Groups	21 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 3:00 Happy Hour 4:00 Small Groups	22 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns / Tom 4:00 Small Groups	23 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups
24/ 31 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Groups	25 10:30 Exercise 12:00 Story Time 2:15 Bible Study 4:00 Memory Choir	26 10:30 Exercise 12:00 Word Games 12:00 Bingo 2:15 Spa Day 3:30 Scenic Drive 4:00 Small Groups	27 10:30 Exercise 12:00 Crafts - Play Dough 2:30 Live Music D 2:30 Let's Chat 2:15 Word Game 4:00 Small Groups	28 10:30 Exercise 12:00 Bowling 2:30 Hymns (D) 2:30 Let's Chat 3:30 Happy Hour 4:00 Small Groups	29 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns / Tom 4:00 Small Groups	30 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Groups



Daily Schedule:

- 9:00 Breakfast
- 10:00 Quiet Time and 1:1 Visits
- 10:30 Exercise
- 11:15 Morning Snack
- 12:00 See Calendar
- 1:00 Lunch
- 2:15 See Calendar
- 3:00 Afternoon Snack
- 4:00 Small Groups and 1:1 Visits
- 5:00 Afternoon Stretch
- 5:30 Dinner

Additional small groups and individual activities occur on an ongoing basis throughout the day and evening. Our goal is to enhance the natural rhythm of each resident's day. Changes to this calendar are sometimes necessary in order to accomplish this.