

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SHOPPER 1 9:30 Balance Exercises 10:00 Sip N Social 2:00 Jeopardy-Style Trivia 2:30 Juice Cart 3:15 Hope & Happiness Happy Birthday Chris	9:30 Resistance Bands 10:00 Sip N Social 10:30 Welcome to the Iditarod 2:00 Meditation with Pastor Scott Schmidt from St. Matthew's Lutheran 2:30 Juice Cart 3:00 Name the Game	3 9:30 Scarves 10:00 Sip N Social 10:30 Iditarod Update 1:30 BINGO 2:30 Juice Cart & Ice Cream Floats 3:15 Bridge	4 9:30 Active Body 10:00 Sip N Social 1:30 Spa Day 2:30 Juice Cart
5 9:30 Sit N Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service 3:30 Juice Cart Happy Birthday Ruth	Wear Black & White 6 9:30 Breathing Techniques & Simple Stretches 10:00 Sip N Social - Oreo 10:30 Iditarod Begins 1:30 Movie Monday: "Runaway Bride" 2:30 Popcorn Cart Happy Birthday Beth <small>Purim Begins</small>	PODIATRIST 7 9:30 Weight Lifting 10:00 Sip N Social 10:30 Iditarod Tracking 2:00 Cooking Club - Healthy Spinach Wrap 2:30 Juice Cart	8 9:30 Exercise Balls 10:00 Sip N Social 10:30 Iditarod Update - Pam Flowers 2:00 Jack Ness on Keyboards 2:30 Juice Cart 3:15 Show & Share	9 9:30 Random Moves 10:00 Sip N Social 10:30 Iditarod Update - Jessi Royer Former Iditarod Champion 2:00 Meditation with Pastor Bill Shields from 1st Lutheran 3:00 Name the Game Happy Birthday Julia	10 9:30 Guided Imagery & Movement 10:00 Lori's Iditarod Experiences 1:30 BINGO 2:30 Juice Cart & Beer with Pretzels 3:15 Bridge	11 9:30 Active Body 10:00 Sip N Social 10:30 Iditarod Tracking 1:30 Balloon Volleyball 2:30 Juice Cart
12 9:30 Sit N Fit 10:00 Sip N Social 10:00 Catholic Communion 10:30 Iditarod Finish - Race Results 1:30 Internet Church Service 3:30 Juice Cart	13 9:30 Breathing Techniques & Simple Stretches 10:00 Sip N Social 1:30 Movie Monday: "Officer & A Gentleman" 2:30 Popcorn Cart	14 9:30 Weight Lifting 10:00 Sip N Social 2:00 Science for Seniors: "Bugs? Why We Need Them" 2:30 Juice Cart	SHOPPER 15 9:30 Balance Exercises 10:00 Sip N Social 2:00 Meditation with Pastor Marcia Peddicord from 1st United Methodist 2:30 Juice Cart	16 9:30 Resistance Bands 10:00 Sip N Social 10:15 Walker Wash 2:00 International Snacks - South America 2:30 Juice Cart 3:00 BYOC	WEAR GREEN 17 9:30 Scarves 10:00 Sip N Social 1:30 St. Paddy's Day BINGO with Kristi from VITAS 2:30 St. Patty's Day Treat <small>St. Patrick's Day</small>	18 9:30 Active Body 10:00 Sip N Social 1:30 Independent Games 2:30 Juice Cart
19 9:30 Sit N Fit 10:00 Sip N Social 10:00 Catholic Communion 10:30 Iditarod Finish 1:30 Internet Church Service 3:30 Juice Cart	Wear Spring Colors 20 9:30 Breathing Techniques & Simple Stretches 10:00 Sip N Social 2:00 Relax & Unwind, It's Patio Time! 2:30 Popcorn Cart 1st Day of Spring <small>Spring Begins</small>	21 9:00 Catholic Mass 10:00 Sip N Social 11:00 Weight Lifting 2:00 Green Thumbers Gardening Group - Planning 2:30 Juice Cart	22 9:30 Paper Plates 10:00 Sip N Social 11:30 Spring Fling - Resident Choice Dining Out 2:00 Eileen Quest Entertainer 3:15 Hope & Happiness Happy Birthday Kate <small>Ramadan Begins</small>	23 9:30 Random Moves 10:00 Sip N Social 2:00 Meditation with Pastor Derek Boggs from Evangelical Covenant 2:30 Juice Cart 3:00 Name the Game	24 9:30 Guided Imagery & Movement 10:00 Sip N Social 1:30 BINGO 2:30 Juice Cart & Beer with Pretzels 3:00 Bridge	25 9:30 Active Body 10:00 Sip N Social 1:30 Wordscapes Game 2:30 Juice Cart
26 9:30 Sit N Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 Internet Church Service 3:30 Juice Cart	27 9:30 Breathing Techniques & Simple Stretches 10:00 Sip N Social 10:30 Dietary Meeting 2:00 RESIDENT COUNCIL - SHELTER CARE 2:30 Popcorn Cart 6:00 Movie Night: "Hachi!"	28 9:30 Weight Lifting 10:00 Sip N Social 2:00 Tea & Talk - Share a Spring Story 2:30 Juice Cart	29 9:30 Balance Exercises 10:00 Sip N Social 1:30 Shopping @ the Dollar Tree 2:30 Juice Cart Happy Birthday Scherry	30 9:30 Resistance Bands 10:00 Sip N Social 2:00 Heart to Heart: An Uplifting Spiritual Experience 2:30 Juice Cart 3:00 Name the Game	Wear Your Favorite Color 31 9:30 Scarves 10:00 Sip N Social 1:30 BINGO 2:30 Juice Cart & Ice Cream Floats 3:00 Bridge	Watch for Alaskan Iditarod Race Updates. 

Calendar is subject to change and all changes will be posted.

7:40am Announcements/Prayers

Hair Salon open by Appointments