


# ST. ANNES MEAD MEMORY CARE HOME MARCH LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>31</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>		<p><b>ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.</b></p>	<p><u>LOCATION CODES</u></p> <p><b>ECU</b> Extended Care Unit <b>HHR</b> Hollingshead Room <b>CAS</b> Creative Art Studio <b>SL</b> South Lounge <b>NL</b> North Loung <b>MDR</b> Main Dining Room</p>		<p style="text-align: right;"><b>1</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>2</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION</p>
<p style="text-align: right;"><b>3</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>4</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ BOB RIDGWAY (MDR) 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>5</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 MARDI GRAS GAME &amp; PARTY (HHR) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>6</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 ENTERTAINMENT W/ PETE FETTERS (MCH) 4:00 TENDERHEART 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>7</b></p> <p>8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:30 SING ALONG W/ CHUCK (MDR) 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>8</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>9</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 WIND DOWN HOUR</p>
<p style="text-align: right;"><b>10</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 CHAMBER CONCERT (HHR) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>11</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 COOKING DEMONSTRATION (HHR) 5:00 BRAINSTORMING 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>12</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING ALONG W/ CHUCK 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>13</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 SILLY SENTENCES 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>14</b></p> <p>8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 PARACHUTE PLAY 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>15</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ST PATRICK'S PARTY (MDR) 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>16</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING MEDITATION</p>
<p style="text-align: right;"><b>17</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>18</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 IRISH CUSINE INSPIRED COOK OFF (MDR) 4:00 SPORTS GAMES 5:00 WORDS THAT START W/ K 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>19</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 BIRTHDAY PARTY W/ RICHARD SENNEMA (MDR) 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>20</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LADY'S LUNCHEON (MDR) 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 RANDOM LETTERS 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>21</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>22</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>23</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION</p>
<p style="text-align: right;"><b>24</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>25</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 FACT OR FICTION 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>26</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 ENTERTAINMENT W/ HENRIK THE VIOLINIST (MDR) 3:00 SNACK TIME 4:00 BOWLING 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION</p>	<p style="text-align: right;"><b>27</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 CATEGORY CRUNCH 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>28</b></p> <p>8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 2:00 NEW RESIDENT WINE &amp; CHEESE (MDR) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR</p>	<p style="text-align: right;"><b>29</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION</p>	<p style="text-align: right;"><b>30</b></p> <p>8:30 BREAKFAST 9:30 COFFEE &amp; NEWS 10:30 EXERCISE 11:30 CHUG &amp; CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION</p>