

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8:30 BREAKFAST 9:00 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ONE ON ONES 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:00 MASS W/ FATHER JOHN (ECU) 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING A LONG W/ CHUCK (MDR) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 MARIMBA MUSIC W/ PAUL DEMICK (MDR) 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BIRMINGHAM STRING ENSEMBLE (HHR) 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 PURIM PROGRAM (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 3:30 BIBLE STUDY W/ PATTY FRALEY 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8:30 BREAKFAST 9:00 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ONE ON ONES 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:00 MASS W/ FATHER JOHN (ECU) 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ENTERTAINMENT W/ RICHARD SENNEMA (MDR) 3:30 SNACK TIME 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 MASS W/ FATHER JOHN (CH) 3:45 GIRL SCOUT COOKIE SOCIAL (MDR) 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 EXERCISE 11:30 TENDEHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 NUTRITIONAL HAPPY HOUR (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 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 WIND DOWN
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
8:30 BREAKFAST 9:00 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ONE ON ONES 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:00 MASS W/ FATHER JOHN (ECU) 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ST. PATRICK'S DAY PARTY (MDR) 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SPORTS GAMES 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 IRISH COOKING DEMONSTRATION (HHR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BINGO W/ THE CHILDREN FROM FIRST UNITED METHODIST CHURCH OF BIRMINGHAM 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 3:30 BIBLE STUDY W/ PATTY FRALEY 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
8:30 BREAKFAST 9:00 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SHANE GANG CLOGGING PERFORMANCE 3:30 ONE ON ONES 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:00 MASS W/ FATHER JOHN (ECU) 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT & BIRTHDAY PARTY 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 THIS WEEK IN HISTORY 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 RESIDENT & STAFF CHALLENGE (MDR) 3:00 SNACK TIME 3:00 MASS W/ FATHER JOHN (CH) 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMINSING 12:30 LUNCH 2:00 ROSARY (CH) 3:00 MASS W/ FATHER JOHN (CH) 3:00 SNACK TIME 4:00 ONE ON ONES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 9:30 MASS W/ FATHER JOHN (CH) 10:30 EXERCISE 11:30 TENDEHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 SING A LONG W/ CHUCK 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & 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 WIND DOWN
<b>29</b>	<b>30</b>	<b>31</b>				
8:30 BREAKFAST 9:00 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 MASS W/ FATHER JOHN (CH) 9:30 BRAIN GAMES 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 NEW RESIDENT WELCOME PARTY (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:00 MASS W/ FATHER JOHN (ECU) 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 HAWKS VIDEO PRESENTATION (NL) 3:30 SNACK TIME 4:00 MUSIC & MOVEMENT 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN				
					<b>LOCATION CODES</b> <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 <b>FC</b> Fountain Courtyard <b>KC</b> Kass Courtyard	<b>ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.</b>

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