

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2022

1  
 9:30 Morning Stretch  
 10:00 Scenic Drive  
 10:30 Morning Snack  
 11:00 **Our Planet Series**  
 11:30 Namaste  
 1:30 Cornhole Toss  
 2:00 **Soda and Snack Social**  
 3:00 Chicken Soup for the Soul  
Mardi Gras

2  
 9:30 Stretch with Garth  
 10:00 Hand Spa  
 10:30 Morning Snack  
 10:45 Brain Games  
 11:30 **Namaste**  
 1:30 Kick Ball  
 2:30 Snack Social  
 3:00 **Sing A Long**  
 6:30 Wheel of Fortune  
Ash Wednesday

3  
 9:00 Garden Time  
 10:00 **Morning Stretch**  
 10:30 Morning Snack  
 10:45 Bowling  
 11:30 Namaste  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

4  
 9:30 Stretch with Garth  
 10:00 Beauty and Barber  
 10:30 Morning Snack  
 11:00 **Sun Sound Reader**  
 1:30 Games and Coloring  
 2:30 Snack Social-CG  
 4:30 Jeopardy

5  
 10:00 Morning Stretch  
 11:15 **Something for Everyone!**  
 1:30 Namaste  
 2:30 Snack Social-CG  
 3:00 **Balloon Volleyball**

6  
 10:30 Morning Snack  
 11:00 **Pastor Paul &Hymn Sing with Frank**  
 11:30 Namaste  
 1:00 **Visit with Mia the Golden Retriever**  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

7  
 9:00 Reminisce  
 9:45 **Communion**  
 10:00 Beauty and Barber  
 10:45 Painting  
 1130 Namaste  
 1:30 Everfit Exercise  
 2:30 Snack Social  
 3:00 **Cardio Drumming**

8  
 9:30 Morning Stretch  
 10:00 Scenic Drive  
 10:30 Morning Snack  
 11:00 **Our Planet Series**  
 11:30 Namaste  
 1:30 Afternoon Fitness  
 2:00 **Root Beer Float Social**  
 3:00 Chicken Soup for the Soul

9  
 9:30 Stretch with Garth  
 10:00 Hand Spa  
 10:30 Morning Snack  
 10:45 Brain Games  
 11:30 Namaste  
 12:00 **Pizza Party!**  
 1:30 Kick Ball  
 2:30 Snack Social  
 3:00 **Littlest Big Band**  
 6:30 Wheel of Fortune

10  
 9:00 Garden Time  
 10:00 **Morning Stretch**  
 10:30 Morning Snack  
 10:45 **Cooking Club**  
 11:30 Namaste  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

11  
 9:30 Stretch with Garth  
 10:00 Beauty and Barber  
 10:30 Morning Snack  
 11:00 **Sun Sound Reader**  
 1:30 Games and Coloring  
 2:30 Snack Social- CG  
 4:30 Jeopardy

12  
 10:00 Morning Stretch  
 11:00 **Coffee and Chat**  
 1:30 Namaste  
 2:30 Snack Social-CG  
 3:00 **Balloon Volleyball**

13  
 10:30 Morning Snack  
 11:00 **Pastor Paul &Hymn Sing with Frank**  
 11:30 Namaste  
 1:00Garden Time  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**  
Daylight Saving Time Begins

14  
 9:00 Reminisce  
 9:45 **Communion**  
 10:00 Beauty and Barber  
 11:00 Craft  
 11:30 Namaste  
 1:30 Everfit Exercise  
 2:30 Snack Social  
 3:00 **Balloon Volleyball**

15  
 9:30 Morning Stretch  
 10:00 Scenic Drive  
 10:30 Morning Snack  
 11:00 **Our Planet Series**  
 11:30 Namaste  
 1:30 Cornhole Toss  
 2:00 **Wine and Cheese Social**  
 3:00 Chicken Soup for the Soul

16  
 9:30 Stretch with Garth  
 10:00 Hand Spa  
 10:30 Morning Snack  
 10:45 Brain Games  
 11:30 Namaste  
 1:30 Kick Ball  
 2:30 Birthday Party!  
 3:00 **Sing Along**  
 6:30 Wheel of Fortune  
Purim Begins

17  
 9:00 Garden Time  
 10:00 **Morning Stretch**  
 10:30 Morning Snack  
 10:45 Bowling  
 11:30 Namaste  
 1:00 **Bingo**  
 2:30 Saint Patrick's Day Social  
 3:15 **Irish Step Dancers**  
St. Patrick's Day

18  
 9:30 Stretch with Garth  
 10:00 Beauty and Barber  
 10:30 Morning Snack  
 11:00 **Sun Sound Reader**  
 1:30 Games and Coloring  
 2:30 Snack Social  
 4:30 Jeopardy

19  
 10:00 Morning Stretch  
 11:15 **Something for Everyone!**  
 1:30 Namaste  
 2:30 Snack Social-CG  
 3:00 **Balloon Volleyball**

20  
 10:30 Morning Snack  
 11:00 **Pastor Paul &Hymn Sing with Frank**  
 11:30 Namaste  
 1:00 **Visit with Mia the Golden Retriever**  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**  
Spring Begins

21  
 9:00 Reminisce  
 9:45 **Communion**  
 10:00 Beauty and Barber  
 10:45 Painting  
 11:30 Namaste  
 1:30 Everfit Exercise  
 2:30 Snack Social  
 3:00 **Cardio Drumming**

22  
 9:30 Morning Stretch  
 10:00 Scenic Drive  
 10:30 Morning Snack  
 11:00 **Our Planet Series**  
 11:30 Namaste  
 1:30 Afternoon Fitness  
 2:00 **Nachos Social**  
 3:00 Chicken Soup for the Soul

23  
 9:30 Stretch with Garth  
 10:00 Hand Spa  
 10:30 Morning Snack  
 10:45 Brain Games  
 11:30 Namaste  
 1:30 Kick Ball  
 2:30 Snack Social  
 3:00 **Sing Along**  
 6:30 Wheel of Fortune

24  
 9:00 Garden Time  
 10:00 **Morning Stretch**  
 10:45**Cooking Club**  
 11:30 **Namaste**  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

25  
 9:30 Stretch with Garth  
 10:00 Beauty and Barber  
 10:30 Morning Snack  
 11:00 **Sun Sound Reader**  
 1:30 Games and Coloring  
 2:30 Snack Social- CG  
 4:30 Jeopardy

26  
 10:00 Morning Stretch  
 11:00 **Coffee and Chat**  
 1:30 Namaste  
 2:30 Snack Social-CG  
 3:00 **Balloon Volleyball**

27  
 10:30 Morning Snack  
 11:00 **Pastor Paul &Hymn Sing with Frank**  
 11:30 Namaste  
 1:00 Garden Time  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

28  
 9:00 Reminisce  
 9:45 **Communion**  
 10:00 Beauty and Barber  
 11:00 Craft  
 11:30 Namaste  
 1:30 Everfit Exercise  
 2:30 Snack Social  
 3:00 **Balloon Volleyball**

29  
 9:30 Morning Stretch  
 10:00 Scenic Drive  
 10:30 Morning Snack  
 11:00 **Our Planet Series**  
 11:30 Namaste  
 1:30 Cornhole Toss  
 2:30 **Ice Cream Sundae Social**  
 3:00 Chicken Soup for the Soul

30  
 9:30 Stretch with Garth  
 10:00 Hand Spa  
 10:30 Morning Snack  
 10:45 Brain Games  
 11:30 Namaste  
 1:30 Kick Ball  
 2:30 Snack Social  
 3:00 **Sing Along**  
 6:30 Wheel of Fortune

31  
 9:00 Garden Time  
 10:00 **Morning Stretch**  
 10:30 Morning Snack  
 10:45 Bowling  
 11:30 **Namaste**  
 1:30 **Bingo**  
 2:30 Snack Social  
 3:00 **Meet Me at the Movies**

# Sierra Del Sol Lodge

