

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>National Peanut Lover's Day</b> 1 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Word Teasers : Homonyms 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Tony B. 5:30 Classic Card Games	<b>Dr. Seuss Day</b> 2 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>Employee Appreciation Day</b> 3 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Saint Patrick's Day Crafts 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	<b>Marching Music Day</b> 4 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Popcorn Movie Night
<b>Girl Scout Sunday</b> 5 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>Happy Birthday Sandy!</b> 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>National Cereal Day</b> 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>International Women's Day</b> 8 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Word Teasers : Homonyms 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby R. 5:30 Classic Card Games	<b>Nametag Day</b> 9 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 1:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>Salvation Army Day</b> 10 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Color By Numbers : Spring Flowers 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	<b>Happy Birthday Gerri!</b> 11 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Popcorn Movie Night
<b>Academy Awards Day</b> 12 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:00 95th Academy Awards Night *Serving Wine, Cheese & Crackers*	<b>K-9 Veterans Day</b> 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>Potato Chip Day</b> 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>Brutus Day</b> 15 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Word Teasers : Opposites 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda H. 5:30 Classic Card Games	<b>Lips Appreciation Day</b> 16 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>Saint Patrick's Day</b> 17 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Saint Patrick's Day Crafts 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	<b>World Whale Day</b> 18 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Popcorn Movie Night
<b>National Backyard Day</b> 19 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>First Day of Spring</b> 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>International Day of Happiness</b> 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>National Goof Off Day</b> 22 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Word Teasers : Opposites 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Classic Card Games	<b>Near Miss Day</b> 23 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Raisinets Day</b> 24 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Color By Numbers : Spring Flowers 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	<b>Waffle Day</b> 25 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo w/ HS Staff 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack
<b>Spinach Day</b> 26 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>World Theatre Day</b> 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>Barnum &amp; Bailey Day</b> 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>World Piano Day</b> 29 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Word Teasers : Slangs 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Karaoke Fun with HS Staff 5:30 Classic Card Games	<b>Virtual Vacation Day</b> 30 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	<b>National Prom Day</b> 31 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Springtime Crafts 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	

**Heritage Springs Memory Care Events** **All Activities are subject to change by the Life Enrichment Director**