

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Happy Birthday!

03/03 Voula K. 03/15 Ronald B. 03/27 Darlene M.

**Activity Area Key**  
 AR – Activity Room  
 BC – Baker Community  
 DC – Denali Community  
 CC – Cascade Community  
 AC – Adam Community  
 LO – Lobby/Outdoor  
 O - Outing  
 RL - Resident Led Activity

<b>1</b> 10:00 Exercise (AR) 10:30 Namaste (AR) 11:00 Zen Coloring (AR) 2:30 Ring Toss (AR) 3:00 Balloon Tennis (AR) 3:30 Crosswords (BC & DC) 4:00 Sing It (BC & DC) 6:00 TEDTALKS (BC,DC, & CC)	<b>2</b> 10:00 Coffee & News 10:30 Chair Yoga (AR) 11:00 Meditation & Hydrations (AR) 1:30 Craft (AR) 2:00 Movie (AR) 3:30 Jeopardy (BC & DC) 6:00 Community News (BC,DC, & CC)
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<b>3</b> 8:30 Devotion (BC,DC, & CC) 9:30 Game of Choice (AR) 10:30 Craft (AR) 1:30 Corn Hole (AR) 3:00 Manicures (AR) 6:00 Community Movie (BC,DC, & CC)  <i>Voula's Birthday</i>
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<b>4</b> 8:30 Coffee & News 9:30 Yoga (AR) 10:30 Water Color 1:30 Yahtzee (AR) 2:00 Balloon Volleyball (AR) 3:00 Movie & Popcorn 6:00 Community News (BC,DC, & CC)
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<b>5</b> 8:30 Coffee & News 9:30 Giant Checkers 10:30 Zen Coloring (AR) 1:30 Crossword (AR) 2:00 Board Games (AR) 3:00 Exercise (AR) 6:00 Community Documentary (BC,DC, & CC)
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<b>6</b> 8:30 Daily Chronicles 9:30 Chair Dance (AR) 10:30 Namaste (AR) 1:30 Craft (AR) 2:00 Ring Toss (AR) 3:00 Karaoke (AR) 4:30 Special Dinner (AR) 6:00 Community Movie (BC,DC, & CC)
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<b>7</b> 10:00 Stretching (AR) 10:30 Namaste (AR) 11:00 Volleyball (AR) 2:30 Sports (AR) 3:00 Your Choice (AR) 3:30 Pawn Star (AR) 4:00 Afternoon Stretching (AR) 6:00 Community Netflix (BC,DC, & CC)
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<b>8</b> 8:30 Daily Chronicles 10:00 Chair Yoga (AR) 10:30 Namaste (AR) 11:00 Jeopardy (AR) 2:30 Canva Painting 3:00 Documentary (AR) 3:30 Popcorn & Movie 6:00 Community Documentary (BC,DC, & CC)
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<b>9</b> 8:30 Coffee & News 9:30 Jigsaw Puzzle (AR) 10:30 Namaste (AR) 1:30 Craft (AR) 2:30 Memory Lane (BC & DC) 3:30 Exercise (AR) 6:00 Community Movie (BC,DC, & CC)
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<b>10</b> 8:30 Devotion (BC,DC, & CC) 9:30 Game of Choice 10:30 Craft (AR) 1:30 Corn Hole (AR) 3:00 Manicures (AR) 6:00 Community News (BC,DC, & CC)
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<b>11</b> 8:30 Coffee & News 9:30 Exercise (AR) 10:30 Namaste (AR) 1:30 Craft Monday (AR) 3:00 Movie & Popcorn (AR) 6:00 Community Documentary (BC,DC, & CC)
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<b>12</b> 8:30 Daily Chronicles 9:30 Ring Toss (AR) 10:30 Namaste (AR) 1:30 Craft Corner (AR) 2:00 Go Fish (AR) 3:00 Exercise (AR) 6:00 Community Netflix (BC,DC, & CC)
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<b>13</b> 8:30 Coffee & News 9:30 Yoga (AR) 10:30 Namaste (AR) 1:30 Crafts (AR) 2:30 Ring Toss (AR) 3:00 Karaoke (AR) 6:00 Community Movie (BC,DC, & CC)
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<b>14</b> 10:00 Chair Yoga 10:30 Meditation & Hydration (AR) 11:00 Sing that Song 2:30 Dominoes (AR) 3:00 Crosswords (AR) 3:30 Karaoke (AR) 4:00 Keep it Flowing 6:00 TEDTALKS (BC,DC, & CC)
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<b>15</b> 10:00 Stretching (AR) 10:30 Rita & Cathy Craft (AR) 2:30 Snack & Social (AR) 3:00 Namaste (AR) 3:30 Make that rule 4:00 Song Choice (AR) 6:00 Community Movie (BC,DC, & CC)  <i>Ronald's Birthday</i>
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<b>16</b> 8:30 Daily Chronicles 9:30 Giant Checkers 10:30 Namaste (AR) 1:30 Craft (AR) 2:30 Crosswords (AR) 3:00 Exercise (AR) 6:00 Community Documentary (BC,DC, & CC)
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All activities and events are subject to change based on resident interests, requests and weather.

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> 8:30 Devotion (AR) 9:30 Board Game (AR) 10:30 Namaste (AR) 1:30 Cookie Décor (AR) 2:00 Sunday Social (AR) 3:30 Exercise (AR) 6:00 Community Movie (BC,DC, & CC)  <i>St. Patrick's Days</i>	<b>18</b> 8:30 Coffee & News 9:30 Yoga (AR) 10:30 Namaste (AR) 1:30 Water Color (AR) 2:30 Movie & Popcorn 3:30 Bingo (AR) 6:00 Community Netflix (BC,DC, & CC)	<b>19</b> 8:30 Daily Chronicles 9:30 Exercise (AR) 10:30 Namaste (AR) 1:30 Crosswords (AR) 2:00 Ring Toss (AR) 3:30 Zen Coloring (AR) 6:00 Community TEDTALK (BC,DC, & CC)	<b>20</b> 8:30 Coffee & News 9:30 Yahtzee (AR) 10:30 Namaste (AR) 1:30 Chair Dance (AR) 2:00 Uno (AR) 3:30 Spring Collage (AR) 6:00 Community News (BC,DC, & CC)	<b>21</b> 10:00 Exercise 10:30 Meditation & Hydrations (AR) 11:00 Zen Coloring 2:30 Ring Toss (AR) 3:00 Balloon Tennis 3:30 Crosswords (AR) 4:00 Sing that Songs 6:00 TED TALKS (BC,DC, & CC)	<b>22</b> 10:00 Stretching 10:30 Rita & Cathy Craft (AR) 2:30 Snack & Social 3:00 Hydration & Meditation (AR) 3:30 Make that rule 4:00 Song Choice (AR) 6:00 Community Movie (BC,DC, & CC)	<b>23</b> 10:00 Coffee & News 10:30 Chair Yoga (AR) 11:00 Namaste (AR) 1:30 Craft (AR) 2:00 Movie (AR) 3:30 Jeopardy (AR) 6:00 Community News (BC,DC, & CC)
<b>24</b> 8:30 Devotion (AR) 9:30 Game of Choice 10:30 Craft (AR) 1:30 Corn Hole (AR) 3:00 Manicures (AR) 6:00 Community Movie (BC,DC, & CC)	<b>25</b> 8:30 Coffee & News 9:30 Yoga (AR) 10:30 Water Color (AR) 1:30 Yahtzee (AR) 2:00 Balloon Volleyball (AR) 3:00 Movie & Popcorn 6:00 Community News (BC,DC, & CC)	<b>26</b> 8:30 Coffee & News 9:30 Giant Checkers (AR) 10:30 Zen Coloring (AR) 1:30 Crossword (AR) 2:00 Board Games (AR) 3:00 Exercise (AR) 6:00 Community Documentary (BC,DC, & CC)	<b>27</b> 8:30 Daily Chronicles 9:30 Chair Dance (AR) 10:30 Namaste (AR) 1:30 Craft (AR) 2:00 Ring Toss (AR) 3:00 Karaoke (AR) 6:00 Community Movie (BC,DC, & CC)  <i>DC's Birthday</i>	<b>28</b> 10:00 Stretching 10:30 Namaste (AR) 11:00 Volleyball (AR) 2:30 Sports (AR) 3:00 Your Choice (AR) 3:30 Pawn Star (AR) 4:00 Afternoon Stretching (AR) 6:00 Community Netflix (BC,DC, & CC)	<b>29</b> 8:30 Daily Chronicles 10:00 Chair Yoga (AR) 10:30 Namaste (AR) 11:00 Jeopardy (AR) 2:30 Canva Painting 3:00 Documentary (AR) 3:30 Popcorn & Movie 6:00 Community Documentary (BC,DC, & CC)	<b>30</b> 8:30 Coffee & News 9:30 Jigsaw Puzzle (AR) 10:30 Namaste (AR) 1:30 Craft (AR) 2:30 Memory Lane 3:30 Exercise (AR) 6:00 Community Movie (BC,DC, & CC)
<b>31</b> 8:30 Daily Chronicles 9:30 Giant Checkers 10:30 Namaste (AR) 1:30 Craft (AR) 2:30 Crosswords (AR) 3:00 Exercise (AR) 6:00 Community Documentary (BC,DC, & CC)	 <h2>Happy Birthday!</h2>  <p>03/03 Voula K.    03/15 Ronald B.    03/27 Darlene M.</p>					

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