

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Vacation Day 30 9:00 Joel Osteen on Channel 26 9:45 Catholic Mass at the Living Room 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 Netflix Weekender Series: Sweet Magnolias	National Crayon Day 31 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 1:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games					1 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 Simple Nail Care with Carol 5:30 Life Story Movie on Netflix
Academy Awards Day 2 9:00 Joel Osteen on Channel 26 9:45 Catholic Mass at the Living Room 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 Watch the Academy Awards on Channel 13	International Ear Care Day 3 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 1:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	Courageous Follower Day 4 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	Ash Wednesday 5 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 1:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Birthday Bash with Tony B. 5:30 Large Floor Jigsaw Puzzles	Nametag Day 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking Goodies with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	Employee Appreciation Day 7 9:00 Zen Music Meditation 9:00 The Daily Chronicle 0:00 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 1:00 Group Coloring Art w/ Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	International Women's Day 8 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 Namaste and Simple Spa Hour 5:30 Life Story Movie on Netflix
Daylight Saving Time Begins 9 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 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 Netflix Weekender Series: Sweet Magnolias	Land Line Telephone Day 10 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 1:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	National 311 Day 11 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	Working Mom's Day 12 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 1:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Large Floor Jigsaw Puzzles	Donald Duck Day 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking Goodies with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	Int'l Ask-a-Question Day 14 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Love Songs 10:30 Brain Teasers and Trivia 1:00 Group Coloring Art w/ Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30	Ides of March 15 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 St. Patrick's Hour at the Bistro 5:30 Life Story Movie on Netflix
Happy Birthday Sandy C! 16 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 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 Netflix Weekender Series: Sweet Magnolias	Saint Patrick's Day 17 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 1:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	Awkward Moments Day 18 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	Chocolate Caramel Day 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Large Floor Jigsaw Puzzles	Int'l Day of Happiness 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking Goodies with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	Twitter Day 21 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 1:00 Group Coloring Art w/ Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	World Water Day 22 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:30 Trivia and Snacks with Amina 3:00 Namaste and Simple Spa Hour 5:30 Life Story Movie on Netflix
National Puppy Day 23 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 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 Netflix Weekender Series: Sweet Magnolias	Raisinets Day 24 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 1:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	National Cocktail Day 25 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	Legal Assistants Day 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 1:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Large Floor Jigsaw Puzzles	National Scrabble Day 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Scrabble with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	World Theatre Day 28 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation Instrumentals 10:30 Brain Teasers and Trivia 1:00 Group Coloring Art w/ Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	World Piano Day 29 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:30 Trivia and Snacks with Amina 3:00 Simple Nail Care with Carol 5:30 Life Story Movie on Netflix

March 2025 Heritage Springs Memory Care Events

Activities are subject to change based on the interests and requests of our residents.