

The Village

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Virtual Worship 10:30 Exercise Video 11:00 Slow Tempo Stretching 1:00 Listen to Music 2:30 Zen Mandala Coloring 6:00 Card Games - RL	2 10:00 Dollar Store - O 10:30 Exercise with Marshal 11:00 Slow Tempo Stretching 1:30 Guitar Gil - DR 3:00 Brendan's Bingo 6:00 Puzzle - RL	3 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Meditation 1:00 Bible Study - IL 1:00 Arts & Craft Hour 2:30 Make Employee Appreciation Cards 6:00 Table Games - RL	4 10:00 Brain Games 10:30 Exercise Video 11:00 Slow Tempo Yoga 1:00 Daily Chronicle Discussion 2:30 Town Hall with Maddy & Amber 4:30 Special Dinner - DR	5 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Seated Stretches 1:00 Bible Study - IL 1:00 Cooks Corner with Kaera 3:00 Melissa & Larry Music Performance - DR 6:00 Evening News	6 10:00 Fred Meyer - O 10:00 Brain Games 10:30 Seated Yoga 11:00 Deep Breathing Exercise 1:00 Balloon Bop 2:30 <i>Oreo Day!</i> Oreos & Ice Cream Social Hour 6:00 Puzzle - RL	7 9:15 Table Games - DR 10:30 Seated Thai Chi 11:00 Meditation 1:30 Daily Chronicle Discussion 2:30 Creative Coloring 3:30 Brendan's Bingo 6:00 Evening News
8 <i>Daylight Savings</i> 9:30 Virtual Worship 10:30 Exercise Video 11:00 Seated Stretches 1:00 Zen Coloring 2:00 Worship with First Christian Church 6:00 Evening News	9 10:00 Walmart - O 10:30 Exercise with Marshal 11:00 Seated Yoga 1:30 Daily Chronicle Discussion 3:00 Brendan's Bingo 6:00 Puzzle - RL	10 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Meditation 1:00 Bible Study - IL 1:30 Saint Patrick's Craft with Jamie 6:00 Card Games - RL	11 10:00 Brain Games 10:45 Exercise with Christy 11:15 Zen Meditation 12:45 Popcorn & Watch <i>Stutz</i> 3:00 Brendan's Bingo 6:00 Evening News	12 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Seated Stretches 1:00 Bible Study - IL 1:30 March Baking with Kaera 3:00 Daily Chronicle Discussion 6:00 Evening News	13 10:00 Fred Meyer - O 10:00 Brain Games 10:30 Exercise Video 11:00 Seated Yoga 1:00 Daily Chronicle Discussion 2:00 Cabaret - DR 3:00 Balloon Bop 6:00 Table Games - RL	14 9:15 Table Games - DR 10:30 Seated Yoga 11:00 Deep Breathing Exercise 1:00 Saint Patrick's Day Coloring 2:00 Pie for Pie Day! 3:30 Brendan's Bingo 6:00 Puzzle - RL

Happy Birthday!

4th - Janet L.

17th - Marcia N.

29th - Bonnie C.

Please refer to Daily Schedules for any schedule/activity changes!

24121 116th Ave SE, Kent, WA 98030
 All activities and events are subject to change based on resident interests, requests and weather.

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15 9:30 Virtual Worship 10:30 Exercise Video 11:00 Seated Yoga 1:00 Listen to Music 2:00 Creativity Hour 3:00 Daily Chronicle 6:00 Evening News	16 10:00 Target - O 10:30 Exercise with Marshal 11:30 Deep Breathing Exercise 1:30 Daily Chronicle Discussion 3:00 Brendan's Bingo 6:00 Puzzle - RL	17 <i>Saint Patrick's Day</i> 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Meditation 1:00 Bible Study - IL 1:30 Travel Through Ireland 2:30 Green Drink Happy Hour 6:00 Card Games - RL	18 10:00 Kent Covenant Church Hymn & Devotion 10:30 Balloon Bop - DR 12:45 Popcorn & Watch <i>Saturday Night Fever</i> 3:00 Brendan's Bingo 6:00 Evening News	19 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Meditation 1:00 Bible Study - IL 1:30 Make Thank You Cards for Our Nurses 3:00 Melissa & Larry Music Performance - DR 6:00 Evening News	20 <i>Spring Equinox</i> 10:00 Fred Meyer - O 10:00 Brain Games 10:30 Exercise Video 11:00 Seated Yoga 1:30 Jokes with Brendan 2:30 March Resident Birthday Social 6:00 Table Games - RL	21 9:15 Table Games - DR 10:15 Brain Games 10:30 Exercise Video 11:00 Seated Stretches 1:30 Spring Trivia 3:30 Brendan's Bingo 6:00 Puzzle - RL	
22 9:30 Virtual Worship 10:30 Exercise Video 11:00 Meditation 1:00 Listen to Music 2:00 Creativity Hour 3:00 Daily Chronicle 6:00 Evening News	23 10:00 Kohls - O 10:30 Exercise with Marshal 11:00 Deep Breathing Exercise 1:30 Daily Chronicle Discussion 3:00 Brendan's Bingo 6:00 Puzzle - RL	24 10:00 Brain Games 10:30 Zumba with Claudia 11:00 Meditation 1:00 Bible Study - IL 2:00 Pineapple Express Ukelele Performance 4:30 Diner Night - DR 6:00 Evening News	25 10:00 Brain Games 10:45 Exercise with Christy 11:15 Deep Breathing Exercise 1:00 Daily Chronicle Discussion 3:00 Brendan's Bingo 6:00 Evening News	26 10:30 Chronic Illness & Grief Support Group 10:30 Zumba with Claudia - DR 11:00 Seated Stretches 1:00 Bible Study - IL 1:30 Popcorn & Watch <i>Mrs. Doubtfire</i> 3:00 Dementia Education at the Lodge - MC	27 10:00 Fred Meyer - O 10:00 Brain Games 10:30 Seated Exercise 11:00 Meditation 1:00 Watch <i>My Fair Lady</i> 3:00 Rootbeer Float Social 6:00 Evening News	28 9:15 Table Games - DR 10:30 Seated Thai Chi 11:00 Seated Stretches 1:00 Cornhole 1:30 Balloon Bop 3:30 Brendan's Bingo 6:00 Puzzle - RL	
29 10:30 Exercise Video 11:00 Seated Yoga 1:00 Watch <i>Mediterranean Holiday</i> 2:30 Worship with the Schaffers 3:30 Listen to Music 6:00 Table Games - RL	30 10:00 Costco - O 10:30 Slow Tempo Movement 11:00 Seated Stretches 12:45 Watch <i>Clash of the Titans</i> 3:00 Brendan's Bingo 6:00 Evening News	31 10:00 Daily Chronicle Discussion 10:30 Seated Thai Chi 11:00 Deep Breathing Exercise 1:00 Popcorn & Watch <i>Cabaret</i> 3:00 Wine & Watercolor 6:00 Table Games - RL			<p style="text-align: center;"><u>Exercise</u></p> <p><i>We hold Exercise class every day @ 10:30am Sun-Sat.</i></p> <p><i>Monday's, Tuesday's & Thursday's are led by exercise instructors Marshal & Claudia from Everfit Fitness.</i></p> <p><i>Every 2nd & 4th Wednesday Christy, a physical therapist, runs exercise @ 10:45am.</i></p>	<p style="text-align: center;"><i>*Please refer to Daily Schedules for any schedule/activity changes!*</i></p>	<p style="text-align: center;">Activity Key</p> <p>Unless otherwise noted, activities will be held in the Activity Room.</p> <p>IL – The Inn Building DR– Dining Room AR - Activity Room MC - Memory Care O - Outing RL - Resident Led Activity</p>

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