

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 Virtual Sunday Non-Denominational Church Service 1</p> <p>10:00 Snack & Hydration</p> <p>11:00 Helping Hands: Towel Sorting</p> <p>11:45 Namaste- Aromatherapy</p> <p>2:15 Linda Updike Sing Along in The Lodge</p> <p>3:00 Go Traveler: Mexico One Plate at a Time E1</p>	<p>9:30 Morning Stretch & Music 2</p> <p>10:00 Communion with Deacon Dennis</p> <p>10:30 Snack & Hydration</p> <p>11:00 Crafts w/ Katie: Painting Tulips</p> <p>11:30 Namaste- Aromatherapy</p> <p>1:30 Bingo</p> <p>2:30 Yoga w/ Myrlene from Steel Feathers</p> <p>3:00 Popping Popcorn & A Movie: Mr. Magoo <small>Purim Begins</small></p>	<p>9:30 Chair Chi 3</p> <p>10:30 Music, Tea, Cocoa & Coffee</p> <p>11:00 Current Events & Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 March Jeopardy</p> <p>2:00 Snack & Hydration</p> <p>3:00 Painting & Music</p> <p>4:00 Wonders of Scotland</p> <p>6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 4</p> <p>10:00 Snack, Hydration & Music</p> <p>10:30 Dog Visit w/ Baily and Stephen</p> <p>11:00 Cat Visit w/ Gigi & Dolly the Tie Dyed Poodle</p> <p>11:00 Namaste- Aromatherapy Hand Massages</p> <p>11:30 Yoga w/ Myrlene from Steel Feathers</p> <p>1:15 Flower Arranging</p> <p>3:00 Tommy P Country Music</p> <p>4:00 Classic Movie: The Little Rascals</p>	<p>9:00 Morning Outdoor Walk 5</p> <p>10:00 Snack & Hydration</p> <p>10:30 Scenic Bus Ride</p> <p>11:00 Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Balloon Noodle Ball</p> <p>2:30 Baking Strawberry Sprinkle Cupcakes</p> <p>4:00 Puzzles in the Activity Room</p> <p>6:00 Thursday Night Movie: Mrs. Doubtfire</p>	<p>9:30 Easy Cardio w/ Katie 6</p> <p>10:00 Snack & Hydration</p> <p>10:30 Daily Chronicles</p> <p>11:00 Vinyl Café Book Club</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Sing Along w/ Katie</p> <p>3:00 Social: Potato Chips Day, Can You Guess the Flavor?</p> <p>4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 7</p> <p>10:00 Snack & Hydration</p> <p>10:30 Chatting in the Gazebo</p> <p>11:00 Namaste- Aromatherapy Hand Massage</p> <p>1:30 UNO!</p> <p>2:00 Afternoon Snack</p> <p>3:00 Join Us for Family Bingo!</p> <p>4:00 Concert: Bruce Springsteen Live in Nebraska</p> <p>6:00 Word Search in the Enclave</p>	
<p>9:00 Virtual Sunday Non-Denominational Church Service 8</p> <p>10:00 Snack & Hydration</p> <p>11:00 Helping Hands: Tile Sorting</p> <p>11:45 Namaste- Aromatherapy</p> <p>2:00 Church Service w/ Faith Community Church</p> <p>3:00 Go Traveler: Mexico One Plate at a Time E2 <small>Daylight Saving Time Begins</small></p>	<p>9:30 Morning Stretch & Music 9</p> <p>10:00 Communion with Deacon Dennis</p> <p>10:30 Snack & Hydration</p> <p>11:00 Johnny Appleseed and His Legacy w/ Apple Turnovers</p> <p>11:30 Namaste- Aromatherapy</p> <p>1:30 Bingo</p> <p>2:30 Yoga w/ Myrlene from Steel Feathers</p> <p>3:00 Popping Popcorn & A Movie: Live Action: The Jungle Book</p>	<p>9:30 Chair Chi 10</p> <p>10:30 Music, Tea, Cocoa & Coffee</p> <p>11:00 Current Events & Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Craft w/ Rosanda Spring Trees</p> <p>2:00 Snack & Hydration</p> <p>3:00 Painting & Music</p> <p>4:00 Wonders of Vietnam</p> <p>6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 11</p> <p>10:00 Snack, Hydration & Music</p> <p>10:30 Dog Visit w/ Baily and Stephen</p> <p>11:00 Cat Visit w/ Gigi & Lilith the Cat</p> <p>11:00 Namaste- Aromatherapy Hand Massages</p> <p>11:30 Yoga w/ Myrlene from Steel Feathers</p> <p>1:15 Flower Arranging</p> <p>2:30 Sing Along w/ Linda Updike</p> <p>4:00 Classic Movie: The Sandlot</p> <p>6:00 Coloring in the Activity Room</p>	<p>9:00 Morning Outdoor Walk 12</p> <p>10:00 Snack & Hydration</p> <p>10:30 Scenic Bus Ride</p> <p>11:00 Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Balloon Noodle Ball</p> <p>2:30 Baking Easy Peanut Butter Cookies</p> <p>4:00 Puzzles in the Activity Room</p> <p>6:00 Thursday Movie: Miracle</p>	<p>9:30 Easy Cardio w/ Katie 13</p> <p>10:00 Snack & Hydration</p> <p>10:30 Daily Chronicles</p> <p>11:00 Vinyl Café Book Club</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Ladder Ball</p> <p>2:30 Resistance Training w/ Myrlene From Steel Feathers</p> <p>3:00 Social: Fresh Fruit</p> <p>4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 14</p> <p>10:00 Snack & Hydration</p> <p>10:30 Chatting in the Gazebo</p> <p>11:00 Namaste- Aromatherapy Hand Massage</p> <p>1:30 Easy War Card Game</p> <p>2:00 Afternoon Snack</p> <p>3:00 Join Us for Family Bingo!</p> <p>4:00 Concert: The Everly Brothers Reunion</p>	
<p>9:00 Virtual Sunday Non-Denominational Church Service 15</p> <p>10:00 Snack & Hydration</p> <p>11:00 Helping Hands: Towel Sorting</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Let's Color!</p> <p>3:00 Go Traveler: Mexico One Plate at a Time E3</p>	<p>9:30 Morning Stretch & Music 16</p> <p>10:00 Communion with Deacon Dennis</p> <p>10:30 Snack & Hydration</p> <p>11:00 Crafts w/ Katie: Expanding Art</p> <p>11:30 Namaste- Aromatherapy</p> <p>1:30 Bingo</p> <p>2:30 Yoga w/ Myrlene from Steel Feathers</p> <p>3:00 Popping Popcorn & A Movie: Polvanna</p>	<p><i>Happy St. Patrick's Day</i> 17</p> <p>First day of March Madness</p> <p>9:30 Chair Chi</p> <p>10:30 Music, Tea, Cocoa & Coffee</p> <p>11:00 Current Events & Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 St. Patty's Fun Facts Trivia</p> <p>2:00 Minty Shamrock Parfaits</p> <p>3:00 Painting & Music</p> <p>4:00 Wonders of Ireland</p> <p>6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 18</p> <p>10:00 Snack, Hydration & Music</p> <p>10:30 Dog Visit w/ Baily and Stephen</p> <p>11:00 Cat Visit w/ Gigi & Dolly the Tie Dyed Poodle</p> <p>11:00 Namaste- Aromatherapy Hand Massages</p> <p>11:30 Yoga w/ Myrlene from Steel Feathers</p> <p>1:15 Flower Arranging</p> <p>3:00 Come and Enjoy Jamie's Band</p> <p>4:00 Classic Movie: Swiss Family</p>	<p>9:00 Morning Outdoor Walk 19</p> <p>10:00 Snack & Hydration</p> <p>10:30 Scenic Bus Ride</p> <p>11:00 Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Balloon Noodle Ball</p> <p>2:30 Baking St. Patrick's Cupcakes</p> <p>4:00 Puzzles in the Activity Room</p> <p>6:00 Thursday Night Movie: The Adventures of Huck Finn</p>	<p>9:30 Easy Cardio w/ Katie 20</p> <p>10:00 Snack & Hydration</p> <p>10:30 Daily Chronicles</p> <p>11:00 Vinyl Café Book Club</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Noodle Ball</p> <p>2:30 Resistance Training w/ Myrlene From Steel Feathers</p> <p>3:00 Popcorn & Soda w/ Banjo Doug</p> <p>4:00 Crossword Puzzles <small>Spring Begins</small></p>	<p>9:30 Morning Stretch 21</p> <p>10:00 Snack & Hydration</p> <p>10:30 Chatting in the Gazebo</p> <p>11:00 Namaste- Aromatherapy Hand Massage</p> <p>1:30 UNO!</p> <p>2:00 Afternoon Snack</p> <p>3:00 Join Us for Family Bingo!</p> <p>4:00 Concert: André Rieu live in Dublin</p> <p>6:00 Word Search in the Enclave</p>	
<p>9:00 Virtual Sunday Non-Denominational Church Service 22</p> <p>10:00 Snack & Hydration</p> <p>11:00 Helping Hands: Bead Sorting</p> <p>11:45 Namaste- Aromatherapy</p> <p>2:00 Church Service w/ Faith Community Church</p> <p>3:00 3:00 Go Traveler: Mexico One Plate at a Time E4</p>	<p>9:30 Morning Stretch & Music 23</p> <p>10:00 Communion with Deacon Dennis</p> <p>10:30 Snack & Hydration</p> <p>11:00 Sing Along w/ Katie</p> <p>11:30 Namaste- Aromatherapy</p> <p>2:00 Bingo</p> <p>2:30 Yoga w/ Myrlene from Steel Feathers</p> <p>3:00 Popping Popcorn & A Movie: Homeward Bound the Incredible Journey</p>	<p>9:30 Chair Chi 24</p> <p>10:30 Music, Tea, Cocoa & Coffee</p> <p>11:00 Current Events & Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Crafts w/ Rosanda Stencils & Stamps</p> <p>2:00 Snack & Hydration</p> <p>3:00 March Birthday Party</p> <p>4:00 Wonders of France</p> <p>6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 25</p> <p>10:00 Snack, Hydration & Music</p> <p>10:30 Dog Visit w/ Baily and Stephen</p> <p>11:00 Cat Visit w/ Gigi & Lilith the Cat</p> <p>11:30 Yoga w/ Myrlene from Steel Feathers</p> <p>1:15 Flower Arranging</p> <p>3:00 Making Giant Bubbles in the Courtyard</p> <p>4:00 Classic Movie: A League of Their Own</p> <p>6:00 Coloring in the Activity Room</p>	<p>9:00 Morning Outdoor Walk 26</p> <p>9:30 Ft. Lowell Park Picnic</p> <p>10:00 Snack & Hydration</p> <p>10:00 Health Rhythm w/ Gail in AL</p> <p>11:00 Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Balloon Noodle Ball</p> <p>2:30 Baking Brownies</p> <p>4:00 Puzzles in the Activity Room</p> <p>6:00 Thursday Movie: Mighty Joe Young</p>	<p>9:30 Easy Cardio w/ Katie 27</p> <p>10:00 Snack & Hydration</p> <p>10:30 Daily Chronicles</p> <p>11:00 Vinyl Café Book Club</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Ladder Ball</p> <p>2:30 Resistance Training w/ Myrlene From Steel Feathers</p> <p>3:00 Social: Wine & Cheese</p> <p>4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 28</p> <p>10:00 Snack & Hydration</p> <p>10:30 Chatting in the Gazebo</p> <p>11:00 Namaste- Aromatherapy Hand Massage</p> <p>1:30 Easy War Card Game</p> <p>2:00 Afternoon Snack</p> <p>3:00 Join Us for Family Bingo!</p> <p>4:00 Concert: Toto Falling in Between</p> <p>6:00 Word Search in the Enclave</p>	
<p>9:00 Virtual Sunday Non-Denominational Church Service 29</p> <p>10:00 Snack & Hydration</p> <p>11:00 Helping Hands: Tile Sorting</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Let's Color!</p> <p>3:00 Go Traveler: Mexico One Plate at a Time E5 <small>Palm Sunday</small></p>	<p>9:30 Morning Stretch & Music 30</p> <p>10:00 Communion with Deacon Dennis</p> <p>10:30 Snack & Hydration</p> <p>11:00 Crafts w/ Katie: Clay Animals</p> <p>11:30 Namaste- Aromatherapy</p> <p>1:30 Bingo</p> <p>2:30 Yoga w/ Myrlene from Steel Feathers</p> <p>3:00 Popping Popcorn & A Movie: Old Dogs</p>	<p>9:30 Chair Chi 31</p> <p>10:30 Music, Tea, Cocoa & Coffee</p> <p>11:00 Current Events & Daily Chronicles</p> <p>11:45 Namaste- Aromatherapy</p> <p>1:30 Fun Facts Trivia</p> <p>2:00 Snack & Hydration</p> <p>3:00 Painting & Music</p> <p>4:00 Wonders of Brazil</p> <p>6:00 Word Search in the Enclave</p>	<h1>March 2026</h1> <h2>The Lodge at Sierra Del Sol</h2>				

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710