# March 2026

North Shore Memory Care

Waterford Grand
Assisted Living and Memory Care

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>9:30 Coffee & Conversation<br>10:30 Senior Fitness Video<br>1:30 Baking for Peanut Butter Lover's Day<br>2:00 Sunday Bingo<br>4:00 Poetry Club<br>6:00 Sunday Night Movie with Popcorn | **2**<br>9:30 Daily Chronicle<br>10:00 Sit & Stretch with Paz<br>1:30 Afternoon Gather<br>2:00 Art & Crafts<br>3:00 Ever Fit with Chris<br>4:00 Quality Face to Face<br>6:00 Balloon Ball<br>Purim Begins | **3**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:15 Ever Fit with Chris<br>2:00 Tuesday Matinee in the Dorian Theater<br>4:00 Quality Face to Face<br>6:00 Cornhole | **4**<br>9:30 Tim's Bible study<br>9:45 Ever Fit with Chris<br>1:30 Scenic Drive<br>2:00 Cookie Baking and Table Activities<br>3:00 Chair Chi with Chris<br>4:00 Quality Face to Face<br>6:00 Bowling | **5**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:30 Kim's Story Corner<br>2:30 Thirsty Thursday<br>4:00 Ever Fit with Chris<br>6:00 Ring Toss | **6**<br>9:45 Ever Fit with Chris<br>1:30 Louis Faro Plays Piano<br>2:45 Indoor Waterford Walk<br>3:00 Mindful Meditation with Chris<br>4:00 Quality Face to Face<br>6:00 Music, rhythm, dance! | **7**<br>9:30 Daily Chronicle<br>10:30 Morning Sit & Stretch<br>2:00 Guitar and Sing with Tim<br>3:30 Noodle Ball<br>4:00 Quality Face to Face<br>6:00 Tic-tac-toe |
| **8**<br>9:30 Coffee & Conversation<br>10:30 Morning Yoga/Stretching<br>1:30 Waterford walk<br>2:00 Sunday Bingo<br>4:00 Quality Face to Face<br>6:00 Sunday Night Movie with Popcorn<br>Daylight Saving Time Begins | **9**<br>9:30 Morning Gather<br>10:00 Sit & Stretch with Paz<br>1:30 Arts & Crafts<br>2:30 Cookie Coffee Social with Trivia Games<br>3:00 Ever Fit with Chris<br>4:00 Puzzle Groups<br>6:00 Balloon Ball | **10**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:15 Ever Fit with Chris<br>2:00 Gus Russell Plays Piano<br>3:30 Puzzle Club<br>4:00 Quality Face to Face<br>6:00 Cornhole | **11**<br>9:30 Tim's Bible Study<br>9:45 Ever Fit with Chris<br>1:30 Scenic Drive<br>2:00 Armchair Travelogue with Refreshments<br>3:00 Chair Chi with Chris<br>4:00 Quality Face to Face<br>6:00 Bowling | **12**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:30 Kim's Story Corner<br>2:30 Thirsty Thursday<br>4:00 Ever Fit with Chris<br>6:00 Ring Toss | **13**<br>9:30 Morning Gather<br>10:00 Entertainment with the "Timeless Treasures"<br>2:00 Pet Therapy w/ F.E.T.C.H.<br>3:00 Mindful Meditation with Chris<br>4:00 Where Am I? Triva<br>6:00 Music, rhythm, dance! | **14**<br>9:30 Daily Chronicle<br>10:30 Morning Sit & Stretch<br>1:30 Scenic Drive<br>3:30 Noodle Ball<br>4:00 Quality Face to Face<br>6:00 Tic-tac-toe |
| **15**<br>9:30 Coffee & Conversation<br>10:30 Senior Fitness Video<br>1:30 Painting with Buttons<br>2:00 Sunday Bingo<br>4:00 Poetry Club<br>6:00 Sunday Night Movie with Popcorn | **16**<br>9:30 Morning Gather<br>10:00 Sit & Stretch with Paz<br>2:00 Timothy Patrick Performs!<br>3:00 Ever Fit with Chris<br>4:00 Cranium Crunches<br>6:00 Balloon Ball | *Happy St. Patty's Day* **17**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:15 Ever Fit with Chris<br>2:00 St. Patrick's Day Party<br>4:00 Quality Face to Face<br>6:00 Shamrock Color Pencil Blending<br>St. Patrick's Day | **18**<br>9:30 Tim's Bible Study<br>9:45 Ever Fit with Chris<br>1:30 Scenic Drive<br>2:00 Mini Golf (Indoor putting)<br>3:00 Chair Chi with Chris<br>4:00 Quality Face to Face<br>6:00 Bowling | **19**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>2:00 Sara Scofield Sings<br>3:30 Puzzle Club<br>4:00 Ever Fit with Chris<br>6:00 Ring Toss | **20**<br>9:45 Ever Fit with Chris<br>1:30 Puzzles & Word Search<br>2:00 Reader's Theater<br>3:00 Mindful Meditation with Chris<br>4:00 Quality Face to Face<br>6:00 Music, rhythm, dance!<br>Spring Begins | **21**<br>9:30 Daily Chronicle<br>10:30 Morning Sit & Stretch<br>2:00 Guitar and Sing with Tim<br>3:30 Noodle Ball<br>4:00 Quality Face to Face<br>6:00 Tic-tac-toe |
| **22**<br>9:30 Coffee & Conversation<br>10:30 Morning Yoga/Stretching<br>1:30 March Trivia<br>2:00 Sunday Bingo<br>4:00 Quality Face to Face<br>6:00 Sunday Night Movie with Popcorn | **23**<br>9:30 Morning Gather<br>10:00 Sit & Stretch with Paz<br>1:30 Garden Group Begins!<br>2:30 EZ Does It Trivia<br>3:00 Ever Fit with Chris<br>3:30 Quality face to Face<br>6:00 Balloon Ball | **24**<br>9:30 Daily Chronicle<br>10:00 Cardio Drumming w/ Paz<br>1:15 Ever Fit with Chris<br>2:00 Tuesday Matinee in the Dorian Theater (3rd Floor)<br>4:00 Quality Face to Face<br>6:00 Cornhole | **25**<br>9:30 Tim's Bible Study or The Daily Chronicle<br>9:45 Everfit with Chris<br>1:30 Scenic Drive<br>2:00 Cookie Baking and Table Activities<br>3:00 Chair Chi with Chris<br>4:00 Quality Face to Face<br>6:00 Bowling | **26**<br>9:30 Morning Gather<br>10:00 Cardio Drumming w/ Paz<br>1:30 Kim's Story Corner<br>2:30 Thirsty Thursday<br>3:00 Chair Chi with Chris<br>4:00 Ever Fit with Chris<br>6:00 Ring Toss | **27**<br>9:45 Ever Fit with Chris<br>1:30 Sing a-long with Robin<br>2:00 Candy Bingo<br>3:00 Mindful Meditation with Chris<br>4:00 Quality Face to Face<br>6:00 Music, rhythm, dance! | **28**<br>9:30 Daily Chronicle<br>10:30 Morning Sit & Stretch<br>1:30 Scenic Drive<br>3:30 Noodle Ball<br>4:00 Quality Face to Face<br>6:00 Tic-tac-toe |
| **29**<br>9:30 Coffee & Conversation<br>10:30 Senior Fitness Video<br>1:30 Waterford Walk<br>2:00 Sunday Bingo<br>4:00 Poetry Club<br>6:00 Sunday Night Movie with Popcorn<br>Palm Sunday | **30**<br>9:30 Morning Gather<br>10:00 Sit & Stretch with Paz<br>2:00 Music with Tim Biggs and Family<br>3:00 Ever Fit with Chris<br>4:00 Quality Face to Face<br>6:00 Balloon Ball | **31**<br>9:30 Daily Chronicle<br>10:00 Cardio Drumming w/ Paz<br>1:15 Ever fit with Chris<br>2:00 Tuesday Matinee in the Dorian Theater (3rd Floor<br>4:00 Quality Face to Face<br>6:00 Cornhole | | | | |

**Waterford Grand (541) 636-3329 PLEASE NOTE: All activities are subject to change.**