

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**  
 9:30 Coffee & Conversation  
 10:30 Senior Fitness Video  
 1:30 Baking for Peanut Butter Lover's Day  
 2:00 Sunday Bingo  
 4:00 Poetry Club  
 6:00 Sunday Night Movie with Popcorn

**2**  
 9:30 Monthly Gazette  
 10:00 Sit & Stretch with Paz  
 1:15 Ever Fit with Chris  
 2:30 March Craft  
 4:00 Quality Face to Face  
 6:00 Cornhole

Purim Begins

**3**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 2:00 **Tuesday Matinee in the Dorian Theater (3<sup>rd</sup> Floor)**  
 4:00 Ever fit with Chris  
 6:00 Bowling

**4**  
 9:30 Tim's Bible Study  
 10:45 Everfit with Chris  
 1:30 **Scenic Drive**  
 2:00 Cookie Baking and Table Activities  
 3:00 Ever fit with Chris  
 4:00 Quality Face to Face  
 6:00 Ring Toss

**5**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:15 Ever fit with Chris  
 2:30 **Thirsty Thursday**  
 4:00 Reminiscence Chat  
 6:00 Tic-Tac-Toe

**6**  
 9:30 Daily Chronicle  
 10:45 Everfit with Chris  
 1:30 **Louis Faro Plays Piano**  
 3:00 Mindful Meditation with Chris  
 4:00 Quality Face to Face  
 6:00 Music, Rhythm, Dance!

**7**  
 9:30 Daily Chronicle  
 10:30 Morning Sit & Stretch  
 2:00 **Guitar and Sing with Tim**  
 3:30 Noodle Ball  
 4:00 Quality Face to Face  
 6:00 Balloon Ball

**8**  
 9:30 Coffee & Conversation  
 10:30 Morning Yoga/Stretching  
 1:30 Waterford walk  
 2:00 Sunday Bingo  
 4:00 Quality Face to Face  
 6:00 Sunday Night Movie with Popcorn

Daylight Saving Time Begins

**9**  
 9:30 Morning Gather  
 10:00 Sit & Stretch with Paz  
 1:15 Ever fit with Chris  
 2:30 Cookie/Coffee Social with Trivia Games  
 4:00 Quality face to Face  
 6:00 Cornhole

**10**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:30 Music sing-along  
 2:00 **Gus Russell Plays Piano**  
 3:30 Indoor Walks  
 4:00 Ever Fit with Chris  
 6:00 Bowling

**11**  
 9:30 Tim's Bible Study  
 10:45 Everfit with Chris  
 1:30 **Scenic Drive**  
 2:00 Armchair Travelogue  
 3:00 Ever Fit with Chris  
 4:00 Quality Face to Face  
 6:00 Ring Toss

**12**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:15 Ever fit with Chris  
 2:30 **Thirsty Thursday**  
 4:00 Quality face to Face  
 6:00 Tic-Tac-Toe

**13**  
 9:30 Daily Chronicle  
 10:45 **Entertainment with the "Timeless Treasures"**  
 2:00 Pet Therapy w/ F.E.T.C.H  
 3:00 Mindful Meditation with Chris  
 4:00 Quality Face to Face  
 6:00 Music, Rhythm, Dance!

**14**  
 9:30 Daily Chronicle  
 10:30 Morning Sit & Stretch  
 1:30 **Scenic Drive**  
 3:30 Noodle Ball  
 4:00 Quality Face to Face  
 6:00 Balloon Ball

**15**  
 9:30 Coffee & Conversation  
 10:30 Senior Fitness Video  
 1:30 Painting with Buttons  
 2:00 Sunday Bingo  
 4:00 Poetry Club  
 6:00 Sunday Night Movie with Popcorn

**16**  
 9:30 Morning Gather  
 10:00 Sit & Stretch with Paz  
 1:15 Ever fit with Chris  
 2:00 **Timothy Patrick Performs!**  
 3:15 Music Therapy  
 4:00 Quality Face to Face  
 6:00 Cornhole

**Happy St. Patty's Day 17**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:30 Reminiscence Chat  
 2:00 **St. Patrick's Day Party with Entertainment**  
 4:00 Ever fit with Chris  
 6:00 Shamrock Color Pencil Blending

St. Patrick's Day

**18**  
 9:30 Tim's Bible Study  
 10:45 Everfit with Chris  
 1:30 **Scenic Drive**  
 2:00 Mini Golf (Indoor putting)  
 3:00 Ever Fit with Chris  
 4:00 Quality Face to Face  
 6:00 Ring Toss

**19**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:15 Ever fit with Chris  
 2:00 **Sara Scofield Sings**  
 3:30 Watercolor Painting  
 4:00 Quality Face to face  
 6:00 Tic-Tac-Toe

**20**  
 9:30 Daily Chronicle  
 10:45 Everfit with Chris  
 2:00 **Reader's Theater**  
 3:00 Mindful Meditation  
 4:00 Quality Face to Face  
 6:00 Music, Rhythm, Dance!

Spring Begins

**21**  
 9:30 Daily Chronicle  
 10:30 Morning Sit & Stretch  
 2:00 **Guitar and Sing with Tim**  
 3:30 Noodle Ball  
 4:00 Quality Face to Face  
 6:00 Balloon Ball

**22**  
 9:30 Coffee & Conversation  
 10:30 Morning Yoga/Stretching  
 1:30 March Trivia  
 2:00 Sunday Bingo  
 4:00 Quality Face to Face  
 6:00 Sunday Night Movie with Popcorn

**23**  
 9:30 Morning Gather  
 10:00 Sit & Stretch with Paz  
 1:15 Ever Fit with Chris  
 2:30 **Garden Group Begins!**  
 4:00 Quality Face to Face  
 6:00 Cornhole

**24**  
 9:30 Daily Chronicle  
 10:00 Cardio Drumming w/ Paz  
 1:30 Afternoon Gather  
 2:00 **Tuesday Matinee in the Dorian Theater (3<sup>rd</sup> Floor)**  
 4:00 Ever Fit with Chris  
 6:00 Bowling

**25**  
 9:30 Tim's Bible Study  
 10:45 Everfit with Chris  
 1:30 **Scenic Drive**  
 2:00 Cookie Baking and Table Activities  
 3:00 Ever Fit with Chris  
 4:00 Quality Face to Face  
 6:00 Ring Toss

**26**  
 9:30 Morning Gather  
 10:00 Cardio Drumming w/ Paz  
 1:15 Ever fit with Chris  
 2:30 **Thirsty Thursday**  
 4:00 Quality Face to face  
 6:00 Tic-Tac-Toe

**27**  
 9:30 Daily Chronicle  
 10:45 Everfit with Chris  
 1:30 Name that Tune  
 3:00 Mindful Meditation  
 4:00 Quality Face to Face  
 6:00 Music, Rhythm, Dance!

**28**  
 9:30 Daily Chronicle  
 10:30 Morning Sit & Stretch  
 1:30 **Scenic Drive**  
 3:30 Noodle Ball  
 4:00 Quality Face to Face  
 6:00 Balloon Ball

**29**  
 9:30 Coffee & Conversation  
 10:30 Senior Fitness Video  
 2:00 Sunday Bingo  
 4:00 Poetry Club  
 6:00 Sunday Night Movie with Popcorn

Palm Sunday

**30**  
 9:30 Morning Gather  
 10:00 Sit & Stretch with Paz  
 1:15 Ever Fit with Chris  
 2:00 **Music with Tim Biggs and Family**  
 3:15 Afternoon Check-in  
 4:00 Quality Face to Face  
 6:00 Cornhole

**31**  
 9:30 Daily Chronicle  
 10:00 Cardio Drumming w/ Paz  
 1:30 Reminiscence Chat  
 2:00 **Tuesday Matinee in the Dorian Theater (3<sup>rd</sup> Floor)**  
 4:00 Ever Fit with Chris  
 6:00 Bowling



# March 2026

South Shore Memory Care

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