


March 2020 Assisted Living Activities

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 🦋 Thoughts of Gratitude [LR1] 1</p> <p>9:30 🦋 Communion Service [LR2]</p> <p>10:30 🦋 Sit & Be Fit [LR1]</p> <p>11:00 🦋 Current Events [LR1]</p> <p>11:30 🦋 Conversation [LR1]</p> <p>1:00 🦋 Ken Burns "The West"</p> <p>2:00 🦋 Trivia [LR1]</p> <p>3:00 🦋 Sing a Long [LR1]</p> <p>4:00 🦋 Bowling/Balloon Toss [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 2</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Finish the Phrase [LR1]</p> <p>1:00 🦋 Music W/Will & Judy [LR1]</p> <p>2:00 🦋 Resident Food Meeting [LR1]</p> <p>3:00 🦋 Bingo [LR2]</p> <p>4:00 🦋 Yoga [LR1]</p> <p>4:30 🦋 Dance Music of the 1940s & 1950s [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 3</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Hour [LR1]</p> <p>1:30 🦋 Linked/Senior W/ iPads [LR1]</p> <p>2:30 🦋 Where in the World? [LR1]</p> <p>3:30 🦋 Games [LR1]</p> <p>4:00 🦋 "NEW" History of the Bay Area</p> <p>4:30 🦋 Music ~ Resident Choice [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 4</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Harps [LR1]</p> <p>1:30 🦋 Arts & Crafts W/Richard [LR2]</p> <p>3:30 🦋 Yoga [LR1]</p> <p>4:00 🦋 "NEW" Book Club</p> <p>4:00 🦋 Music of Sammy Davis Jr. [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 5</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>10:15 🦋 Pastor Abraham [LR1]</p> <p>11:00 🦋 Piano W/ Pat [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Bowling [LR1]</p> <p>2:30 🦋 Yoga [LR1]</p> <p>3:00 🦋 Sing Fit [LR1]</p> <p>4:00 🦋 Where Should We Go? [LR1]</p> <p>5:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 6</p> <p>10:00 🦋 Piano W/Shirley [LR1]</p> <p>10:45 🦋 Current Events [LR1]</p> <p>11:30 🦋 Trivia [LR1]</p> <p>1:30 🦋 Sing Fit [LR1]</p> <p>3:00 🦋 Happy Hour W/Margaret & Kristoph [LR1]</p> <p>04:00 🦋 Telling Stories [LR1]</p> <p>05:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 7</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Conversations [LR1]</p> <p>12:45 🦋 Piano W/Ciro [LR1]</p> <p>2:00 🦋 Gardening [G]</p> <p>3:00 🦋 Saturday Matinee [LR1]</p>	
<p>Daylight Saving Time Begins</p> <p>9:00 🦋 Thoughts of Gratitude [LR1] 8</p> <p>9:30 🦋 Communion Service [LR2]</p> <p>10:30 🦋 Sit & Be Fit [LR1]</p> <p>11:00 🦋 Current Events [LR1]</p> <p>1:00 🦋 Ken Burns "National Parks" [LR1]</p> <p>2:00 🦋 Trivia [LR1]</p> <p>3:00 🦋 Sing a Long [LR1]</p> <p>4:00 🦋 Bowling/Balloon Toss [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 9</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Finish the Phrase [LR1]</p> <p>1:00 🦋 Music W/Will & Judy [LR1]</p> <p>2:00 🦋 Bingo [LR2]</p> <p>3:00 🦋 Adult Coloring [LR2]</p> <p>4:00 🦋 Yoga [LR1]</p> <p>4:30 🦋 Big Band Music of the 1940s [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 10</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Hour [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Linked/Senior W/ iPads [LR1]</p> <p>2:30 🦋 Where in the World? [LR1]</p> <p>3:30 🦋 Games [LR1]</p> <p>4:00 🦋 "NEW" History of the Bay Area</p> <p>4:30 🦋 Music ~ Resident Choice [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 11</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spirituality W/Joanne [LR1]</p> <p>1:30 🦋 Arts & Crafts W/Richard [LR2]</p> <p>2:30 🦋 Bingo [LR2]</p> <p>3:30 🦋 Yoga [LR1]</p> <p>4:00 🦋 "NEW" Book Club</p> <p>4:00 🦋 Music of Dinah Shore [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 12</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>10:15 🦋 Pastor Abraham [LR1]</p> <p>11:00 🦋 Pets W/Dan & Valerie [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Bowling [LR1]</p> <p>2:30 🦋 Yoga [LR1]</p> <p>3:00 🦋 Sing Fit [LR1]</p> <p>4:00 🦋 Where Should We Go? [LR1]</p> <p>5:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 13</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 Trivia [LR1]</p> <p>1:30 🦋 Sing Fit [LR1]</p> <p>3:00 🦋 Happy Hour W/Joey [LR1]</p> <p>04:00 🦋 Telling Stories [LR1]</p> <p>05:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 14</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Conversations [LR1]</p> <p>1:00 🦋 CV Performing Arts</p> <p>3:00 🦋 Saturday Matinee [LR1]</p>	
<p>9:00 🦋 Thoughts of Gratitude [LR1] 15</p> <p>9:30 🦋 Communion Service [LR2]</p> <p>10:30 🦋 Sit & Be Fit [LR1]</p> <p>11:00 🦋 Current Events [LR1]</p> <p>1:00 🦋 Ken Burns "National Parks" [LR1]</p> <p>2:00 🦋 Trivia [LR1]</p> <p>3:00 🦋 Sing a Long [LR1]</p> <p>4:00 🦋 Bowling/Balloon Toss [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 16</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Finish the Phrase [LR1]</p> <p>1:00 🦋 Music W/Will & Judy [LR1]</p> <p>2:00 🦋 Bingo [LR2]</p> <p>3:00 🦋 Adult Coloring [LR2]</p> <p>4:00 🦋 Yoga [LR1]</p> <p>4:30 🦋 Music of Billie Holiday [LR1]</p>	<p>St. Patrick's Day 17</p> <p>9:00 🦋 Sit & Be Fit [LR1]</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Hour [LR1]</p> <p>12:45 🦋 Piano W/Ciro [LR1]</p> <p>1:45 🦋 "NEW" Walking Group</p> <p>1:45 🦋 Linked/Senior W/ iPads [LR1]</p> <p>2:30 🦋 Where in the World? [LR1]</p> <p>3:00 🦋 St. Patrick's Day Celebration W/ Margaret & Kristoph [LR1]</p> <p>4:00 🦋 "NEW" History of the Bay Area</p> <p>4:30 🦋 Music ~ Resident Choice [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 18</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Harps [LR1]</p> <p>1:30 🦋 Arts & Crafts W/Richard [LR2]</p> <p>2:30 🦋 Bingo [LR2]</p> <p>3:30 🦋 Yoga [LR1]</p> <p>4:00 🦋 "NEW" Book Club</p> <p>4:00 🦋 Music of Nat King Cole [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 19</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>10:15 🦋 Pastor Abraham [LR1]</p> <p>11:00 🦋 Piano W/ Pat [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Bowling [LR1]</p> <p>2:30 🦋 Yoga [LR1]</p> <p>3:00 🦋 Sing Fit [LR1]</p> <p>4:00 🦋 Where Should We Go? [LR1]</p> <p>5:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 20</p> <p>10:00 🦋 Piano W/Shirley [LR1]</p> <p>10:45 🦋 Current Events [LR1]</p> <p>11:30 🦋 Trivia [LR1]</p> <p>1:30 🦋 Sing Fit [LR1]</p> <p>3:00 🦋 Happy Hour [LR1]</p> <p>04:00 🦋 Telling Stories [LR1]</p> <p>05:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 21</p> <p>10:00 🦋 Current Events [LR1]</p> <p>10:30 🦋 Music W/Sage & Golden [LR1]</p> <p>11:30 🦋 Conversations [LR1]</p> <p>1:30 🦋 American Music Choices [LR1]</p> <p>2:30 🦋 Gardening [G]</p> <p>3:00 🦋 Saturday Matinee [LR1]</p>	
<p>9:00 🦋 Thoughts of Gratitude [LR1] 22</p> <p>9:30 🦋 Communion Service [LR2]</p> <p>10:30 🦋 Sit & Be Fit [LR1]</p> <p>11:00 🦋 Current Events [LR1]</p> <p>1:00 🦋 Ken Burns "National Parks" [LR1]</p> <p>2:00 🦋 Trivia [LR1]</p> <p>3:00 🦋 Sing a Long [LR1]</p> <p>4:00 🦋 Bowling/Balloon Toss [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 23</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Finish the Phrase [LR1]</p> <p>1:00 🦋 Music W/Will & Judy [LR1]</p> <p>2:00 🦋 Bingo [LR2]</p> <p>3:00 🦋 Adult Coloring [LR2]</p> <p>4:00 🦋 Yoga [LR1]</p> <p>4:30 🦋 Music of the 1940s [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 24</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Hour [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Linked/Senior W/ iPads [LR1]</p> <p>2:30 🦋 Where in the World? [LR1]</p> <p>3:30 🦋 Games [LR1]</p> <p>4:00 🦋 "NEW" History of the Bay Area</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 25</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spirituality W/Joanne [LR1]</p> <p>1:30 🦋 Arts & Crafts W/Richard [LR2]</p> <p>2:30 🦋 Bingo [LR2]</p> <p>3:30 🦋 Yoga [LR1]</p> <p>4:00 🦋 "NEW" Book Club</p> <p>4:00 🦋 Music of Ella Fitzgerald [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 26</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>10:15 🦋 Pastor Abraham [LR1]</p> <p>11:00 🦋 Pets W/Dan & Valerie [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Resident Council Meeting [LR2]</p> <p>2:30 🦋 Sit & Stretch [LR1]</p> <p>3:00 🦋 Yoga [LR1]</p> <p>4:00 🦋 Where Should We Go? [LR1]</p> <p>5:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 27</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 Trivia [LR1]</p> <p>1:30 🦋 Sing Fit [LR1]</p> <p>3:00 🦋 Happy Hour W/Jaime [LR1]</p> <p>04:00 🦋 Telling Stories [LR1]</p> <p>05:00 🦋 Evening Movie [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 28</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Conversations [LR1]</p> <p>1:30 🦋 American Music Choices [LR1]</p> <p>2:30 🦋 Gardening [G]</p> <p>3:00 🦋 Saturday Matinee [LR1]</p>	
<p>9:00 🦋 Thoughts of Gratitude [LR1] 29</p> <p>9:30 🦋 Communion Service [LR2]</p> <p>10:30 🦋 Sit & Be Fit [LR1]</p> <p>11:00 🦋 Current Events [LR1]</p> <p>1:00 🦋 Ken Burns "National Parks" [LR1]</p> <p>2:00 🦋 Trivia [LR1]</p> <p>3:00 🦋 Sing a Long [LR1]</p> <p>4:00 🦋 Bowling/Balloon Toss [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 30</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Finish the Phrase [LR1]</p> <p>1:00 🦋 Music W/Will & Judy [LR1]</p> <p>2:00 🦋 Bingo [LR2]</p> <p>3:30 🦋 Games of Your Choice [LR1]</p> <p>4:00 🦋 Yoga [LR1]</p> <p>4:30 🦋 Music of the 1950s [LR1]</p>	<p>9:00 🦋 Sit & Be Fit [LR1] 31</p> <p>9:30 🦋 Juice & Chat [LR1]</p> <p>10:00 🦋 Current Events [LR1]</p> <p>11:00 🦋 Spiritual Hour [LR1]</p> <p>1:00 🦋 "NEW" Walking Group</p> <p>1:30 🦋 Linked/Senior W/ iPads [LR1]</p> <p>2:30 🦋 Where in the World? [LR1]</p> <p>3:30 🦋 Games [LR1]</p> <p>4:00 🦋 "NEW" History of the Bay Area</p> <p>4:30 🦋 Music ~ Resident Choice [LR1]</p>	<p></p> <p><i>Assisted Living & Memory Care</i></p>			<p>🦋 Connected</p> <p>🦋 Emotional</p> <p>🦋 Intellectual</p> <p>🦋 Physical</p> <p>🦋 Purposeful</p> <p>🦋 Social</p> <p>🦋 Spiritual</p>	<p>Location Keys</p> <p>Garden G</p> <p>Living Room 1st Floor LR1</p> <p>Living Room 2nd Floor LR2</p>