

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

Union Station – 4 West

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| <p>9:30 Morning Greetings 10:30 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Self Care Sunday Spa Day 12:30 Lunch Social 1:30 Cognitive Train 2:00 Giggling with Jaylin 3:00 One-on-One Visits 4:00 Meet me at the Movies 6:15 Evening Wind Down</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Tabletop Games 11:30 Balloon Toss 12:30 Lunch Social 1:30 Monday Motivation 2:00 Crafting Creations 3:00 Cognitive Station 4:00 Musical Therapy 6:15 Classic TV</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Movement Party 11:30 Readers Circle 12:30 Lunch Social 1:30 Sing Along 2:00 Pillow Stories Part 1 (Craft) 3:00 One-on-One Visits 4:00 Joke Hour 6:15 Nature Relaxation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Exercise 11:30 Game Circle 12:30 Lunch Social 1:30 World is your limit. 2:00 BINGO 3:00 Bakers Workshop 4:00 Vintage TV 6:15 Mediation Relaxation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Cognitive Exercise 1:30 One-on-One Visits 2:00 Groove with Jaylin 3:00 Musical Sation 4:00 Classic TV Community 6:15 Bilateral Stimulation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Tools 11:30 Fact Friday 12:30 Lunch Social 1:30 Cognitive Cruise 2:00 Pillow Stories Part 2 (Craft) 3:00 Happy Hour with Music 4:00 Classic TV Land 6:15 Relaxation Train</p> | <p>9:30 Morning Greetings 10:00 Morning Coffee Cart One-on-One Visits 11:00 Move it or Lose it 11:30 Readers Group 12:30 Lunch Social 1:30 Creating Creations 2:00 Crafting Creations 3:00 Bakers Workshop 4:00 Vintage TV Party 6:15 Wind Down Evening</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 Morning Greetings 10:30 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Self Care Sunday Spa Day 12:30 Lunch Social 1:30 Cognitive Sation 2:00 Residents Shenanigans 3:00 One-on-One Visits 4:00 Move Meet Up 6:15 Evening Relaxation <small>Ramadan Begins Daylight Saving Time Begins</small></p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Game Block 11:30 Balloon Racket Ball 12:30 Lunch Social 1:30 Monday Motivation 2:00 Crafting Creations 3:00 Cognitive Stimulation 4:00 Musical Sation 6:15 Classic TV Land</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Move & Groove 11:30 Readers Rodeo 12:30 Lunch Social 1:30 Sing Along 2:00 Pillow Stories Part 3 (Craft) 3:00 One-on-One Visits 4:00 Comedy Club 6:15 Nature Relaxation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Wellbeing 11:30 Game Party 12:30 Lunch Social 1:30 World is your limit. 2:00 BINGO 3:00 Bakers Workshop 4:00 TV Land 6:15 Mediation Refresh</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Cognitive Conductor 12:30 Lunch Social 1:30 One-on-One Visits 2:00 Groove with Jaylin 3:00 Musical Therapy 4:00 Classic TV 6:15 Bilateral Stimulation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Exercise 11:30 Fact Friday 12:30 Lunch Social 1:30 Cognitive Juggle 2:00 Plant a Flower Day (Gardening) 3:00 Happy Hour with Music 4:00 Classic TV Community 6:15 Relaxation Paradise</p> | <p>9:30 Morning Greetings 10:00 Morning Coffee Cart One-on-One Visits 11:00 Movement Parade 11:30 Readers Exploration 12:30 Lunch Social 1:30 Creating Creations 2:00 Crafting Creations 3:00 Bakers Workshop 4:00 Vintage TV 6:15 Evening Chill Time</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 Morning Greetings 10:30 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Self Care Sunday Spa Day 12:30 Lunch Social 1:30 Cognitive Party 2:00 Giggling with Jaylin 3:00 One-on-One Visits 4:00 Moves and Me 6:15 Evening Chill Time <small>St. Patrick's Day</small></p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Active Games 11:30 Parashoot Balloon Toss 12:30 Lunch Social 1:30 Monday Motivation 2:00 Crafting Creations 3:00 Cognitive Stimulation 4:00 Musical Memories 6:15 Vintage TV</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Grooving Party 11:30 Readers Social 12:30 Lunch Social 1:30 Sing Along 2:00 Springing into Spring (Picnic) 3:00 One-on-One Visits 4:00 Comedy Party 6:15 Nature Relaxation <small>Spring Begins</small></p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Motivation 11:30 Tabletop Train 12:30 Lunch Social 1:30 World is your limit. 2:00 BINGO 3:00 Bakers Workshop 4:00 Classic TV Land 6:15 Mediation Happiness</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Cognitive Station 12:30 Lunch Social 1:30 One-on-One Visits 2:00 Groove with Jaylin 3:00 Musical Moments 4:00 TV Land 6:15 Bilateral Stimulation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Paradise 11:30 Fact Friday 12:30 Lunch Social 1:30 Campfire Smores (Baking) 2:00 Campfire Stories 3:00 Happy Hour with Music 4:00 Classic TV Island 6:15 Relaxation Meditation</p> | <p>9:30 Morning Greetings 10:00 Morning Coffee Cart One-on-One Visits 11:00 Move it to Grove it 11:30 Readers Paradise 12:30 Lunch Social 1:30 Creating Creations 2:00 Crafting Creations 3:00 Bakers Workshop 4:00 Vintage TV Land 6:15 Evening Relaxation <small>Purim Begins</small></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 Morning Greetings 10:30 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Self Care Sunday Spa Day 12:30 Lunch Social 1:30 Cognitive Train 2:00 Giggling with Jaylin 3:00 One-on-One Visits 4:00 Happy to be at the Movies. 6:15 Evening Meditation <small>Palm Sunday</small></p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Party Games 11:30 Hopping Balloon 12:30 Lunch Social 1:30 Monday Motivation 2:00 Crafting Creations 3:00 Cognitive Station 4:00 Musical Moments 6:15 TV Land</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Move it or Lose it. 11:30 Readers Journey 12:30 Lunch Social 1:30 Sing Along 2:00 Something on a Stick Day 3:00 One-on-One Visits 4:00 Comedy Show 6:15 Nature Relaxation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Relaxion 11:30 Game World 12:30 Lunch Social 1:30 World is your limit. 2:00 BINGO 3:00 Bakers Workshop 4:00 Classic TV 6:15 Mediation Moments</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Cognitive Stimulation 12:30 Lunch Social 1:30 One-on-One Visits 2:00 Groove with Jaylin 3:00 Musical Memories 4:00 Classic TV Land 6:15 Bilateral Stimulation</p> | <p>9:30 Morning Greetings 10:00 Morning Mass Morning Coffee Cart 11:00 Mindfulness Motivation 11:30 Fact Friday 12:30 Lunch Social 1:30 Cognitive Party 2:00 Happy Hour with Music 3:00 SAINT FRANCIS BOUTIQUE 4:00 Vintage TV Land 6:15 Relaxation Moments</p> | <p>9:30 Morning Greetings 10:00 Morning Coffee Cart One-on-One Visits 11:00 Movement Party 11:30 Readers Party 12:30 Lunch Social 1:30 Creating Creations 2:00 Crafting Creations 3:00 Bakers Workshop 4:00 Vintage TV 6:15 Evening Wind Down</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 Morning Greetings 10:30 Easter Mass Morning Coffee Cart 11:00 Ageless Grace 11:30 Self Care Sunday Spa Day 12:30 Lunch Social 1:30 Cognitive Party 2:00 Unit Easter Egg Hunt 3:00 One-on-One Visits 4:00 Everyone love the Movies. 6:15 Relaxing Evening <small>Easter Sunday</small></p> | <p style="text-align: center;">Special Events</p> <table border="0" style="width: 100%;"> <tr> <td>3/1 My Big Fat Greek Wedding Movie & Popcorn</td> <td>3/26 Something on a Stick Day</td> </tr> <tr> <td>3/5 Pillow Stories Part 1 (Craft)</td> <td>3/29 SAINT FRANCIS BOUTIQUE</td> </tr> <tr> <td>3/8 Pillow Stories Part 2 (Craft)</td> <td>3/31 Unit Easter Egg Hunt</td> </tr> <tr> <td>3/12 Pillow Stories Part 3 (Craft)</td> <td></td> </tr> <tr> <td>3/15 Plant a Flower Day (Gardening)</td> <td></td> </tr> <tr> <td>3/17 Magic of Irland (Live Entertainment (MDR))</td> <td></td> </tr> <tr> <td>3/19 Springing into Spring (Picnic)</td> <td></td> </tr> <tr> <td>3/22 Campfire Smores (Baking) & Campfire Stories</td> <td></td> </tr> </table> | | | | | 3/1 My Big Fat Greek Wedding Movie & Popcorn | 3/26 Something on a Stick Day | 3/5 Pillow Stories Part 1 (Craft) | 3/29 SAINT FRANCIS BOUTIQUE | 3/8 Pillow Stories Part 2 (Craft) | 3/31 Unit Easter Egg Hunt | 3/12 Pillow Stories Part 3 (Craft) | | 3/15 Plant a Flower Day (Gardening) | | 3/17 Magic of Irland (Live Entertainment (MDR)) | | 3/19 Springing into Spring (Picnic) | | 3/22 Campfire Smores (Baking) & Campfire Stories | | <p style="text-align: center;">Calendar Color Code Key</p> <table border="0" style="width: 100%;"> <tr> <td>One-to-One Based Activities</td> <td>Basic Activities (TV/Movies/etc.)</td> </tr> <tr> <td>Mindfulness/ Exercise Based Activities</td> <td>Wellness Health Based Activities</td> </tr> <tr> <td>Art & Caft Based Activities</td> <td>Special Activities</td> </tr> <tr> <td>Sensory Based Activities</td> <td>Baking Based Activities</td> </tr> <tr> <td>Music Based Activities</td> <td>Board Games / Tabletop Game Activities</td> </tr> <tr> <td>Cognitive Stimulation Based Activities</td> <td>Life Enrichment Assistant Choice</td> </tr> </table> | One-to-One Based Activities | Basic Activities (TV/Movies/etc.) | Mindfulness/ Exercise Based Activities | Wellness Health Based Activities | Art & Caft Based Activities | Special Activities | Sensory Based Activities | Baking Based Activities | Music Based Activities | Board Games / Tabletop Game Activities | Cognitive Stimulation Based Activities | Life Enrichment Assistant Choice |
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ALL ACTIVITIES ARE SUBJECT TO CHANGE TO BETTER MEET THE NEEDS OF OUR RESIDENTS.