


March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 3:30 Dominoes LSL	Activities in Blue require you to sign up in the notebook at the front desk. Special events are in Red .		KEY AR = Activity Room 2nd Floor (Aviary) MR = Media Room 2nd Floor LDR = Large Dining Rm 1st Floor SDR = Small Dining Rm 1st Floor PDR = Private Dining RM 1st Floor LSL = Lakeside Lounge 1st Floor		1 10:00 Manicures MR 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 5:00 Pizza and Beer Night	2 10:00 Rosary Prayer PDR 3:30 Bingo SDR 6:30 Movie Night MR
3 3:30 Dominoes LSL	4 11:00 Skip-Bo LSL 11:00 Hy-Vee 12:00 Chair Massages 1:00 Sr Fitness SDR 2:30 Presentation: Info March 5th Sales Tax Vote SDR	5 11:00 Book Club LSL 3:00 Games AR	6 1:00 Senior Fitness Class SDR 2:00 "Community Classroom" Mental Health SDR	7 2:00 Men's Group AR 3:00 Rummikub LSL	8 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Happy Hour	9 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR
10 Daylight Saving Time Begins 3:30 Dominoes LSL	11 1:00 Senior Fitness Class SDR 2:15 Walmart	12 11:00 Book Club LSL 3:00 Games AR	13 9:30 IA Gold Star Military Museum 1:00 Senior Fitness Class SDR 2:15 Library	14 3:00 Rummikub LSL	15 10:00 Manicures MR 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Shamrock Shake Happy Hour LSL	16 10:00 Rosary Prayer PDR 2:30 Bingo SDR 3:30 Iowa Scottish Pipes and Drums LDR 6:30 Movie Night MR
17 Happy St. Patrick's Day 3:30 Dominoes LSL	18 11:00 Fareway 1:00 Senior Fitness Class SDR 2:30 Meals from the Heartland LDR 5:00 Helene V. LDR	19 11:00 Book Club LSL 1:00 March Madness Tournament Bracket AR 3:00 Jewelry AR	20 1:00 Senior Fitness Class SDR TBD Beanbag Baseball	21 9:30 Pet Therapy LSL 2:00 Music with Rick Ludwig LDR 3:00 Rummikub LSL	22 9:45 Social Eats and Crafts w/ Bowling 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Happy Hour LSL	23 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR
24 3:30 Dominoes LSL	25 1:00 Senior Fitness Class SDR 2:15 Target 4:30 Supper @ Applebees	26 11:00 Book Club LSL 3:00 Games AR	27 11:00 Walgreens 1:00 Senior Fitness Class SDR TBD Beanbag Baseball	28 10:00 Manicures MR 3:00 Rummikub LSL	29 1:00 Senior Fitness Class SDR 2:00 One Man Band Music! LDR 3:15 Armchair Travels MR	30 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Games 6:00 Radio Show CD 6:30 Listen to Music				Special events are in Red. Bus outings are in Blue.	1 9:30 Current Events 10:00 Cool Watercolor Weaving Craft 1:30 Travelogue 2:00 Group Exercises 3:30 Listen to Music 6:00 Progressive Relax. 6:30 Picture Books	2 9:30 Current Events 10:00 Hand Massages 10:30 Word Search 1:30 Bingo 2:30 Sorting 3:30 Sing A-Long 1 6:00 Drawer Detective 6:30 Movie Night
3 9:30 Current Events 10:00 Scarf Exercises 10:30 Nail Care 1:30 Bingo 2:30 Radio Show CD 3:30 Picture Books 6:00 Family Feud 6:30 Listen to Music	4 9:30 Current Events 10:00 Scenic Ride 1:30 Random Trivia 2:00 Group Exercises 3:30 Sing-Along 2 6:00 Sorting/Organizing 6:30 Paint By Numbers	5 9:30 Current Events 10:00 Spiritual time w/ Michelle 1:30 Cooking Club 2:30 Timeslips 3:30 Iowa Books 5:30 Group Walk 6:00 Book on CD	6 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Picture This 1:30 Sing Along Hymns 2:00 Group Exercises 3:30 Jig Saw Puzzles 5:30 Bingo 6:30 Health and Fitness--Swiss Alps	7 9:30 Current Events 10:00 Remembering the Luck of the Irish 11:00 Timeslips 2:00 Ball Toss 3:30 Good Old Days Reminisce 6:00 What Am I?	8 9:30 Current Events 10:00 Scenic Drive 1:00 Flying Spring Bird Craft 2:00 Group Exercises 3:30 Listen to Music 6:00 Beach Visualization Relaxation. 6:30 Picture Books	9 9:30 Current Events 10:00 Hand Massages 10:30 Basketball 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long 4 6:00 Picture This 6:30 Movie Night
10 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Paired UP Chocolate 6:00 Radio Show CD 6:30 Listen to Music	11 9:30 Current Events 10:00 Ball Toss 10:30 Stories of the Hat/ Reminisce Cards 1:30 Picture Books 2:00 Group Exercises 3:30 Chapter A Day 6:00 Coloring	12 9:30 Current Events 10:00 Spiritual time w/ Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	13 9:30 Current Events 10:00 Watercolor Painting 10:30 What's in the Bag? 1:30 Random Trivia 2:00 Group Exercises 3:30 Outburst 6:00 Bingo	14 9:30 Current Events 10:00 Cuckoo Door Décor Craft 11:00 Time Slips 1:30 Picture This 3:30 What am I? 6:00 Group Games	15 9:30 Current Events 10:00 Double Exposure 2:00 Group Exercises 3:30 Short Story & Discussion 6:00 Stories of the Hat 6:30 Picture Books	16 9:30 Current Events 10:00 Hand Massages 10:30 Making a List 1:30 Bean Bag Toss 2:30 Reminiscing 3:30 Bagpipers LDR 6:00 Drawer Detective 6:30 Movie Night
17 9:30 Current Events 10:00 Balloon Swat 10:30 Word Search Puzzles 1:30 Bingo 2:30 Skillset Work 3:30 Picture Books 6:00 Musical Instruments 6:30 Listen to Music	18 9:30 Current Events 10:00 Bingo! 2:00 Group Exercises 2:45 Capter A Day 3:30 Sing-Along Hymns 6:00 Paint By Numbers	19 9:30 Current Events 10:00 Spiritual time w/ Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	20 9:30 Current Events 10:00 Scenic Drive 11:00 Watch Categories 2:00 Group Exercises 3:30 Outburst 6:00 Bingo 6:30 Reminiscing	21 9:30 Pet Therapy LSL 11:00 Timeslips 2:00 Entertainment 3:30 Edelweiss Reminisce 5:30 Group Games 6:30 Listen to Music	22 9:30 Current Events 10:00 Scarf Exercises 10:30 The Sounds of Switzerland 1:30 Short Story 2:00 Group Exercises 3:30 Group Puzzles 6:00 Picture Books	23 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:00 Jigsaw Puzzles 6:30 Movie Night
24 9:30 Current Events 10:00 Football Toss 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Walk 6:00 Puzzles and Ponders 6:30 Listen to Music	25 9:30 Current Events 10:00 Scenic Drive 1:30 Group Walk 2:00 Group Exercises 3:30 Sing-Along 1 6:00 Picture It!	26 9:30 Current Events 10:00 Finish the Saying 1:30 Star of the Month 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD 6:30 "Caption This"	27 9:30 Current Events 10:00 Phone Categories 10:30 Never Have I Ever Game 2:00 Group Exercises 3:30 Outburst 6:00 Bingo	28 9:30 Current Events 10:00 Craft: Scalloped Coffee Filter 11:00 Timeslips 3:30 Group Walk 6:00 Group Games	29 9:30 Current Events 10:00 The Sounds of Switzerland 2:00 Group Exercises 2:30 Entertainment ONE Man Band 3:30 Foot/Ball Toss 6:00 Picture Books	30 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:00 Jigsaw Puzzles 6:30 Movie Night