

# MARCH 2026

## ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1:00 Bible Study with Pastor Shelton</p> <p>2:00 Independent Exercise</p> <p>6:00 Walking club</p>	<p><b>1</b> 10:00 Meditation Monday</p> <p>11:00 Self Sit and stretch</p> <p>3:00 Bean bag toss</p> <p>6:00 Walking club</p>	<p><b>2</b> 11:00 Tone it Tuesday</p> <p>1:00 St Patrick's Crafts</p> <p>2:30 UNO Game</p> <p>6:00 Walking club</p>	<p><b>3</b> 10:45 SingFit</p> <p>11:00 Work out Wednesday</p> <p>1:00 Bingo</p> <p>3:00 Fellowship Time</p> <p>6:00 Walking club</p>	<p><b>4</b> <i>Chat with Lanette</i></p> <p>8:00 Medical appointment transportation</p> <p>11:00 Tone it Thursday</p> <p>1:00 Chat with Lanette</p> <p>2:00 Crafty Time</p> <p>6:00 Walking club</p>	<p><b>5</b> 10:45 SingFit</p> <p>11:00 Sit &amp; be Fit Friday</p> <p>1:00 Bingo</p> <p>2:15 WHO AM I?</p> <p>6:00 Walking club</p>	<p><b>6</b> 11:00 Coffee Social</p> <p>1:00 Nails and Tales</p> <p>2:00 One on One</p> <p>6:00 Walking club</p>
<p><i>Daylight Savings</i></p> <p>11:00 Hot cocoa and Chat</p> <p>1:00 Puzzle Time</p> <p>2:00 Coloring Therapy</p> <p>6:00 Walking club</p>	<p><b>8</b> 10:00 Meditation Monday</p> <p>11:00 Self Sit and stretch</p> <p>3:00 Bean bag toss</p> <p>6:00 Walking club</p>	<p><b>9</b> <i>Walmart Day</i></p> <p>11:00 Tone it Tuesday</p> <p>1:00 Walmart Shopping</p> <p>6:00 Walking club</p>	<p><b>10</b> <i>Women's Breakfast</i></p> <p>7:30 Women's Breakfast</p> <p>10:45 SingFit</p> <p>11:00 Work out Wednesday</p> <p>1:00 Bingo</p> <p>2:15 March Birthday Celebration</p> <p>6:00 Walking club</p>	<p><b>11</b> <i>Kitchen Talk with Shanequa</i></p> <p>8:00 Medical appointment transportation</p> <p>11:00 Tone it Thursday</p> <p>1:00 Kitchen Talk with Shanequa</p> <p>2:00 St Patrick's Crafts</p> <p>6:00 Walking club</p>	<p><b>12</b> 10:45 SingFit</p> <p>11:00 Eggshell Seed Starters</p> <p>1:00 Bingo</p> <p>2:15 Chair Travel to London England</p> <p>6:00 Walking club</p>	<p><b>13</b> 11:00 Morning Coffee and Chat</p> <p>1:00 Nails and Tales</p> <p>2:00 Dollar Store Walk</p> <p>6:00 Walking club</p>
<p>11:00 Coffee Social</p> <p>1:00 Bible Study with Pastor Shelton</p> <p>2:00 Dominoes</p> <p>6:00 Walking club</p>	<p><b>15</b> 10:00 Meditation Monday</p> <p>11:00 Self Sit and stretch</p> <p>3:00 Bean bag toss</p> <p>6:00 Walking club</p>	<p><b>16</b> <i>St Patrick's Day</i></p> <p>11:00 Tone it Tuesday</p> <p>1:30 St Patrick's Day Celebration</p> <p>6:00 Walking club</p>	<p><b>17</b> 10:45 SingFit</p> <p>11:00 Work out Wednesday</p> <p>1:00 Bingo</p> <p>3:00 Fellowship Time</p> <p>6:00 Walking club</p>	<p><b>18</b> <i>Council Meeting with Patty</i></p> <p>8:00 Medical appointment transportation</p> <p>11:00 Tone it Thursday</p> <p>1:00 Council Meeting with Patty</p> <p>2:00 Crafty Time (Spring Center pieces)</p> <p>6:00 Walking club</p>	<p><b>19</b> <i>First Day of Spring</i></p> <p>10:45 SingFit</p> <p>11:00 Sit &amp; be Fit Friday</p> <p>1:00 Bingo</p> <p>2:15 Spring Sip and Paint</p> <p>6:00 Walking club</p>	<p><b>20</b> 11:00 Morning Coffee and Chat</p> <p>1:00 Nails and Tales</p> <p>2:00 One on One</p> <p>6:00 Walking club</p>
<p>11:00 Social Hour</p> <p>1:00 Independent Exercise</p> <p>2:00 Golden Oldies</p> <p>6:00 Walking club</p>	<p><b>22</b> 10:00 Meditation Monday</p> <p>11:00 Self Sit and stretch</p> <p>3:00 Bean bag toss</p> <p>6:00 Walking club</p>	<p><b>23</b> <i>Olive Garden</i></p> <p>11:00 Olive Garden out to lunch</p> <p>11:00 Tone it Tuesday</p> <p>2:00 Crafty Time</p> <p>6:00 Walking club</p>	<p><b>24</b> 10:45 SingFit</p> <p>11:00 Work out Wednesday</p> <p>2:15 Bingo</p> <p>6:00 Walking club</p>	<p><b>25</b> 8:00 Medical appointment transportation</p> <p>10:30 Senior Wellness Health Talk with McKenna</p> <p>1:00 Tonque Twister with a twist</p> <p>2:15 UNO Game</p> <p>6:00 Walking club</p>	<p><b>26</b> 10:45 SingFit</p> <p>11:00 Sit &amp; be Fit Friday</p> <p>1:00 Bingo</p> <p>2:15 Jokes and Goodies</p> <p>6:00 Walking club</p>	<p><b>27</b> 11:00 Hot Cocoa and Chat</p> <p>1:00 Nails and Tales</p> <p>2:00 Gardening</p> <p>6:00 Walking Club</p>
<p>11:00 Hot Cocoa and Chat</p> <p>1:00 Bible Study with Pastor Shelton</p> <p>2:00 Connect Four</p> <p>6:00 Walking club</p>	<p><b>29</b> 10:00 Meditation Monday</p> <p>11:00 Self Sit and stretch</p> <p>3:00 Bean bag toss</p> <p>6:00 Walking club</p>	<p><b>30</b> 11:00 Tone it Tuesday</p> <p>1:00 WHERE AM I?</p> <p>2:00 Dominoes</p> <p>6:00 Walking club</p>	<p><b>31</b></p>	<p><b>HAPPY INTERNATIONAL WOMEN'S DAY!</b></p> 	<p><b>HAPPY St. Patrick's DAY</b></p> <p>MARCH 17</p> 	<p><b>HELLO Spring</b></p> 