

# March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LAVENDAR GARDENS RECREATION CALENDAR</b></p> <p>ACTIVITY LEADER KEY: C = CASEY N = NATASHA A = ADAM</p>	<p><b>Daylight Savings time Sunday, March 10<sup>th</sup> 2019 at 2:00 AM</b></p> <p>Don't forget to set your clocks one hour forward!</p>				<p>1</p> <p>9:30 Music of the 50's - A 10:00 Morning Exercise- A 10:30 Finish the Lyrics - A 11:00 Keep it Up - A 1:00 Life Skills – N 2:00 Craft Corner – N 3:00 Ring Toss - N</p>	<p>2</p> <p>9:30 Music Relaxation - A 10:00 Saturday Morning Stretch – A 10:30 Reading corner - A 11:00 Riddles and Jokes - A 1:00 BINGO – A 3:00 Matinee Movie</p>
<p>3</p> <p>9:30 Dance to the Music - N 10:00 Move your Body - N 10:30 Art Therapy - N 11:30 Finish the Phrase – N 1:00 Ball Toss Trivia - N 2:00 Puzzles and board games 3:00 Matinee Movie</p>	<p>4</p> <p>9:30 Current Events - N 10:00 Cardio Exercise – N 10:30 Let's reminisce- N 11:00 Balloon Volleyball- N 1:30 Musical Memories 2:00 Life Skills 3:00 Tic-Tac-Tournament C</p>	<p>5</p> <p>9:30 Music for the Soul 10:00 Chair Yoga – C 10:30 Alphabet Game - C 11:30 Opposites - C 1:00 Matching and Sorting - N 2:00 BINGO – N 3:00 Karaoke - N</p>	<p>6</p> <p>9:30 Soothing Sounds 10:00 Wake up your body – C 11:00 Guesstures – C 1:00 Bowling - N 2:00 Aromatherapy &amp; hand massages - N 3:00 Watercolor Painting - N</p>	<p>7</p> <p>9:30 Songs that we love - A 10:00 Morning stretches - A 10:30 What am I describing? - A 11:00 Stories and Fables - A 1:00 Horse racing – C 2:00 Matching and Sorting - C 3:00 Sing-a-long - C</p>	<p>8</p> <p>9:30 Music of the 60's -A 10:00 Morning Exercise- A 10:30 Finish the Lyrics – A 11:00 Balloon Volleyball - A 1:00 Life Skills <b>2:00-4:00 BIRTHDAY BASH Entertainment – The New Yorkers</b></p>	<p>9</p> <p>9:30 Music Relaxation - A 10:00 Saturday Morning Stretch – A 10:30 Reading corner - A 11:00 Riddles and Jokes - A 1:00 BINGO - A 3:00 Word Games - A</p>
<p>10</p> <p>9:30 Dance to the Music - N 10:00 Move your Body - N 10:30 Art Therapy - N 11:30 Finish the Phrase - N 1:00 Ball Toss Trivia- N 2:00 Puzzles and board games 3:00 Matinee Movie</p>	<p>11</p> <p>9:30 Current Events - N 10:00 Cardio Exercise – N 10:30 Let's reminisce - N 11:00 Balloon Volleyball - N 1:30 Musical Memories 2:00 Life Skills 3:00 Tic-Tac-Tournament - C</p>	<p>12</p> <p>9:30 Music for the Soul 10:00 Chair Yoga – C 10:30 Alphabet Game - C 11:30 Opposites - C 1:00 Matching and Sorting – N 1:45 BINGO - N <b>2:30 Pet Therapy with Ken &amp; Barbie</b> 3:00 Karaoke - N</p>	<p>13</p> <p>9:30 Soothing Sounds 10:00 Wake up your body – C 11:00 Guesstures – C 1:00 Bowling – N 2:00 Aromatherapy &amp; hand massages - N 3:00 Watercolor Painting - N</p>	<p>14</p> <p>9:30 Songs that we love - A 10:00 Morning stretches - A 10:30 What am I describing? - A 11:00 Stories and Fables- A 1:00 Horse racing – C 2:00 Matching and Sorting - C 3:30 Sing-a-long - C</p>	<p>15</p> <p>9:30 Music of the 70's - A 10:00 Morning Exercise- A 10:30 Finish the Lyrics - A 11:00 Keep it Up - A 1:00 Life Skills 2:00 Art Therapy 3:00 Matinee Movie</p>	<p>16</p> <p>9:30 Music Relaxation - A 10:00 Saturday Morning Stretch – A 10:30 Reading corner - A 11:00 Riddles and Jokes - A 1:00 BINGO - A <b>2:00 ENTERTAINMENT- George Maselli</b> 3:00 Word Games - A</p>
<p>17</p> <p>9:30 Dance to the Music - N 10:00 Move your Body - N 10:30 Art Therapy - N 11:30 Finish the Phrase - N 1:00 Ball Toss Trivia - N 2:00 Puzzles and board games 3:00 Matinee Movie</p>	<p>18</p> <p>9:30 Current Events - N 10:00 Cardio Exercise – N 10:30 Let's reminisce - N 11:00 Balloon Volleyball - N 1:00 Musical memories 2:00 Life Skills 3:00 Tic-Tac Tournament - C</p>	<p>19</p> <p>9:30 Music for the Soul 10:00 Chair Yoga – C 10:30 Alphabet Game - C 11:30 Opposites - C 1:00 Matching and Sorting - N 2:00 BINGO- N 3:00 Karaoke -N</p>	<p>20</p> <p>9:30 Soothing Sounds 10:00 Wake up your body – C 11:00 Guesstures – C 1:00 Bowling – N <b>2:00 ENTERTAINMENT – John Clancy</b> 3:00 Aromatherapy &amp; hand massages - N</p>	<p>21</p> <p>9:30 Songs that we love - A 10:00 Morning stretches - A 10:30 What am I describing? - A 11:00 Stories and fables - A 1:00 Horse racing – C 2:00 Matching and Sorting - C 3:00 Sing-a-long – C</p>	<p>22</p> <p>9:30 Music of the 80's - A 10:00 Morning Exercise- A <b>10:30 Pet Therapy with Kiowa</b> 11:00 Keep it Up - A 1:00 Life Skills 2:00 Art Therapy 3:00 Matinee Movie</p>	<p>23</p> <p>9:30 Music Relaxation - A 10:00 Saturday Morning Stretch – A 10:30 Reading corner - A 11:00 Riddles and Jokes - A 1:00 BINGO – A 3:00 Word Games - A</p>
<p>24</p> <p>9:30 Dance to the Music - N 10:00 Move your Body - N 10:30 Art Therapy - N 11:30 Finish the Phrase - N 1:00 Ball Toss Trivia - N 2:00 Puzzles and board games 3:00 Matinee Movie</p>	<p>25</p> <p>9:30 Current Events - N 10:00 Cardio Exercise – N 10:30 Let's reminisce - N 11:00 Balloon Volleyball - N 1:30 Musical Memories 2:00 Life Skills 3:00 Tic-Tac-Tournament - C</p>	<p>26</p> <p>9:30 Music for the Soul 10:00 Chair Yoga – C 10:30 Alphabet Game – C 11:30 Opposites – C 1:00 Matching and Sorting – N 2:00 BINGO -N 3:00 Karaoke- N</p>	<p>27</p> <p>9:30 Soothing Sounds 10:00 Wake up your body – C 11:00 Guesstures – C 1:00 Bowling – N 2:00 Aromatherapy &amp; hand massages - N 3:00 Watercolor Painting - N</p>	<p>28</p> <p>9:30 Songs that we love - A 10:00 Morning stretches - A 10:30 What am I describing? - A 11:00 Stories and fables - A 1:00 Horse racing – C 2:00 Matching and Sorting - C 3:00 Sing-a-long - C</p>	<p>29</p> <p>9:30 Music of the 90's - A 10:00 Morning Exercise- A 10:30 Finish the Lyrics - A 11:00 Keep it Up - A 1:00 Life Skills <b>2:00 ENTERTAINMENT – Nina Etc.</b> 3:00 Matinee Movie</p>	<p>30</p> <p>9:30 Music Relaxation - A 10:00 Saturday Morning Stretch – A 10:30 Reading corner - A 11:00 Riddles and Jokes - A 1:00 BINGO – A 3:00 Word Games - A</p>

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9:30 Dance to the Music - N  
10:00 Move your Body - N  
10:30 Art Therapy - N  
11:30 Finish the Phrase - N  
1:00 Ball Toss Trivia - N  
2:00 Puzzles and board games  
3:00 Matinee Movie

Birchwood Suites

Enhanced Assisted Living & Memory Care Community

\*ALL ACTIVITIES ARE SUBJECT TO CHANGE\*

PLEASE CONTACT CASEY, YOUR RECREATION DIRECTOR,  
WITH ANY QUESTIONS, COMMENTS, OR CONCERNS!