March 2025

Memory Care

Life Enrichment Monthly Calendar

Activities are subject to change Sunday **Monday Tuesday** Wednesday **Thursday Friday** Saturday 31 30 9:30 Daily Hope/Chronicles 9:30 Daily Hope/Chronicles 9:30 Daily Chronicles 10:00 Hope Online Service 10.00 Sunshine and Stretch 10:00 Cardio Drumming 10:30 Gentle Stretches 10:30 Dust and Shine 1:30 Flower Arranging 6:00 Puzzles and Word Search 1:30 Balloon Bat 3:00 Skip-Bo 6:00 Aromatherapy/Hand 6:00 Coloring Creations **Massages** 2 3 International Womans 8 Day 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:00 Hope Online Service 10:00 March to the Music! 10:00 Cardio Drumming 10:00 Live 2B Healthy 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Gentle Stretches 1:30 Wicked BI Annual Event 1:30 BINGO 1:30 Beauty Bash 2:00 Happy Hour: 10.00 Sunshine and Stretch 1:30 Tech Corner: TikTok 3:00 Shake, Rattle and Roll! 1:30 Dr. Seuss Rhyme Time 3:00 Polish Perfection 3:00 Lets Get Crafty: Masquerade Madness 10:30 Shake Loose a Memory! 3:00 Festive Faces (Mask Craft) 6:00 Evening Tea Time 6:00 Aromatherapy/Hand Shamrock Wreath 6:00 Guided Relaxation 3:00 Been There. Done That! 6:00 Puzzles and Word Search 6:00 Coloring Creations 6:00 Coloring Creations Massages 6:00 Movie Tuesday 12 9 10 13 Pi Day 14 15 ш 9:30 Daily Hope/Chronicles 10:30 Fun with Healthpro 10.00 Sunshine and Stretch 10:00 March to the Music! 10:00 Cardio Drumming 10:00 Cardio Drumming 10:00 Hope Online Service 10:00 Bible Study with Jim 1:30 Ticketless Time Travel: 10:30 Name 10 1:30 BINGO 1:30 Cooking Corner: Fluff 10:30 Gentle Stretches 1:30 Color Sorting 2:00 Happy Hour: 6:00 Puzzles and Word Search Cruising the Nile 3:00 Let's Get Crafty: Pot of 'n' Pie Leprechaun's Delight 1:30 Jumbo Bowling 3:00 Cardio Drumming 3:00 Bead Sorting 3:00 Shake, Rattle and Roll! Gold! 3:00 Music with Tom Hofer 6:00 Aromatherapy/Hand 6:00 Coloring Creations 6:00 Movie Tuesday 6:00 Coloring Creations 6:00 Evening Tea Time 6:00 Guided Relaxation Massages St. Patrick's Day 17 18 19 First Day of Spring 20 21 22 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:00 Music and Massages w/ 10:00 March to the Music! 10:00 Live 2b Healthy 10:00 Cardio Drumming 10:00 Hope Online Service 10.00 Sunshine and Stretch 1:30 Pet Therapy 1:30 Name That Tune! **Jean Blum** 1:30 Tea Talk Time 1:30 BINGO 10:30 Gentle Stretches 10:30 lumbo Bowling 2:00 Cooking Corner: Sweet 2:00 Happy Hour: Spring Rolls 3:00 Stuart Walker 3:00 Lets Get Crafty: Tweet 3:00 Polish Perfection 3:00 Bean Bag Toss 6:00 Puzzles and Word Treats Station 3:00 Cardio Drumming Treat Holder 6:00 Movie Tuesday 6:00 Guided Relaxation 6:00 Aromatherapy/Hand Search 3:00 Shamrock Scavenger Hunt 6:00 Evening Tea Time 6:00 Coloring Creations Massages 6:00 Coloring Creations International Day of Happiness National Teacher's 23 24 25 29 26 28 Day 9:30 Daily Hope/Chronicles 10:00 Bible Study with Jim 10:00 Cardio Drumming 10:00 March to the Music! 10:00 Cardio Drumming 10:00 Hope Online Service 10.00 Sunshine and Stretch 10:00 Sit and Fit 1:30 Cardio Drumming 1:30 Music with Pat Lydon 2:00 Happy Hour: Olympus 1:30 Tea Talk Time 10:30 Gentle Stretches 10:30 Finish the Phrase 3:00 UNO! 1:30 Tales in a Teacup 3:00 Lets Get Crafty: Branching 2:00 Polish Perfection On the Rocks 1:30 Puzzles 6:00 Puzzles and Word Search 3:00 Food for Thought: 6:00 Coloring Creations 3:00 BINGO 3:00 Shake, Rattle and Roll! Memories 6:00 Aromatherapy/Hand Universal Yums 6:00 Evening Tea Time 6:00 Coloring Creations 6:00 Guided Relaxation **Massages** 6:00 Movie Tuesday **ILDR** - Independent Living ALLR - Assisted Living Living **CR - Community Room** Calender Key:

ALAR - Assisted Living **Activity Room**

Room

ALDR - Assisted Living Dining Room

EX - Exercise Room FR - Family Room

GR - Game Room

Dining Room TC - Town Center TH- Theater

Independence Village SENIOR LIVING

Life Skills:

Coupon Clipping

Counting Coins

Dust & Shine

Folding & Sorting

Stuffing Envelopes

Sorting Mail

Yarn Rolling

Seasonal Decorating

Napkin Folding

Bead Sorting

Sweeping

Reading/Writing (ex: thank you cards)

Grading Papers

Sweeping

Table Setting

Table Wipe Down

Kitchen Clean Up

Silverware Sorting

Silverware Polishing

Greeting Card Writing

List Making (ex. Grocery Lists)

Sorting Playing Cards

Sorting By Colors (ex. dominoes)

Watering Plants/Gardening

Baby Care

Identifying Tools/Household Items

Cooking Corner

Physical Engagement:

Target Practice Jumbo Bowling

Ladder Toss

Balloon Bat

Balloon Volleyball

Bean Bag Toss

Bucket Ball

Ring Toss

Ball Darts

Seated Ball Toss

Parachute Game

Basketball Toss

Tabletop Air Hockey

Velcro Catch (patio game)

Tabletop Ping Pong

Exercises:

Cardio Drumming

Chair Yoga

Seated Tai Chi

Stretching

Walking Club

Sit and Fit

Scarf Dancing

Ribbon Dancing

Mental Engagement/Memory Recall:

Trivia

Name 10

Finish the Phrase

Pictionary

BINGO

Sensory (ex: scent guessing)

Name that Sound (youtube)

Reading Daily Chronicle

Open Ended Questions

My 2 Cents Game

Shake Loose a Memory Game

Recipe Recall Activity

Sequencing Tasks

Card Games

Board Games

Identify Famous Faces

What's in the Box?

Puzzles

Taste Testing

Who Am I?/What Am I? (activity connection)

Name That Landmark

Name That Tune

Sing Along

Instrument Exploration (maracas/shakers)

Life Long Learning

Tech Exploration

National Geographic/Earth/Historic Documentaries

Ticketless Travel (activity connection)

Reminisce

Conversation Prompts/Discussions (open-ended questions)