

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Sherwood Oaks Skilled Nursing

			<p>9:45 Yoga and Breathing Exercises L 2:00 Scattegories Game F 3:00 Wiser Now Wednesday 6:30 Evening Movie F</p>	<p>9:45 Strengthen and Stretch L 2:00 Board Games Flip It Card Game F 3:00 Thursday Trivia F 6:30 Evening Movie F</p>	<p>9:45 Funky Friday Chair Moves L 2:00 <b>Cultural Day: Persian Poets and Food Tasting</b> F 6:30 Evening Movie F</p>	<p>2:00 <b>Music with Patrick</b> F 6:30 Evening Movie F</p>
<p>9:30-11:00 Catholic Holy Communion (in room visits) 2:00 Chapel AUD 3:30 Devotions and Irish Hymns 6:30 Evening Movie F</p>	<p>9:45 Monday Morning Move and Groove L 10:30 Good News Day L 2:00 Exploring the Science of "Awe" F 6:30 Evening Movie F</p> <p>Purim Begins</p>	<p>10:00 Roberta's Rock and Roll Fitness L 2:00 <b>Florida Facts: Sunshine, Spelling Bee and Orange Juice</b> F 6:30 Evening Movie F</p>	<p>10:00 Brain Games L 2:00 Name That Tune F 6:30 Evening Movie F</p>	<p>10:00 Chair Yoga L 10:30 White Board Word Games L 1:30 <b>Accordion Music with Hank</b> F 2:45 Throwback Thursday: Game F</p>	<p>9:45 Chair Yoga L 2:00 Mario Day Bingo F 6:30 Evening Movie F</p>	<p>9:45 Saturday Morning L 2:00 Velvet Art Mandalas F 6:30 Evening Movie F</p>
<p>9:30-11:00 Catholic Holy Communion (in room visits) 10:00 Word of Wisdom L 2:00 Chapel AUD 3:30 Pictionary Game F 6:30 Evening Movie F</p> <p>Daylight Saving Time Begins</p>	<p>9:45 Fitness Fun 2:00 <b>Steel Clover Trio: St Patrick's Day Music AUD</b> 6:30 Evening Movie</p>	<p>9:45 March Madness Fitness L 2:00 Cooking Club: No Bake Pies F 6:30 Evening Movie F</p> <p>Today is "pi" Day</p>	<p>9:45 Chair One Fitness L 2:00 Irish Theme Pictionary F 6:30 Evening Movie F</p>	<p>9:45 Chair Yoga and News and Views L 2:00 Ireland Travelogue and Tunes F 6:30 Evening Movie F</p>	<p>9:45 Friday Fitness 2:00 <b>St. Patrick's Day Party F</b> 6:30 Evening Movie</p> <p>St. Patrick's Day</p>	<p>2:00 Penny Ante F 6:30 Evening Movie F</p>
<p>9:30-11:00 Catholic Holy Communion (in room visits) 2:00 Chapel AUD 6:30 Evening Movie F</p>	<p>9:45 Mobility Monday L 2:00 <b>Nutrition Month Demo Super Smoothies!</b> F 3:00 Power of Kindness Discussion F</p> <p>Spring Begins</p>	<p>9:45 Tone Up Tuesday L 2:00 <b>Resident Council Meeting and Resident Rights Bingo</b> F 6:30 Evening Movie F</p>	<p>9:45 Chair One Fitness L 2:00 Name Five Game F 6:30 Evening Movie F</p> <p>Ramadan Begins</p>	<p>10:00 Strength and Stretch L 10:30 Brain Games 2:00 Painting of Flowers in a Vase F 3:00 Short Story Conversations F 6:30 Evening Movie F</p>	<p>9:45 Friday Fitness L 2:00 Trivia Game F 6:30 Evening Movie F</p>	<p>9:45 Saturday Morning L 2:00 Bingo Bash F 6:30 Evening Movie F</p>
<p>9:30-11:00 Catholic Holy Communion (in room visits) 10:00 Words of Wisdom L 2:00 Chapel AUD 3:30 Big Dice Game F 6:30 Evening Movie F</p>	<p>9:45 ABC Fitness L 2:00 <b>Monday Music with Gene</b> F 6:30 Evening Movie F</p>	<p>9:45 Chair One Fitness L 2:00 Outburst Game F 6:30 Evening Movie F</p>	<p>9:45 Chair Yoga L 2:00 <b>Irish Folk Songs Music with Roberta</b> F 6:30 Evening Movie F</p>	<p>9:45 Chair One Fitness L 2:00 Spin To Win Baseball Game F 6:30 Evening Movie F</p>	<p>9:45 Yoga and Breathing L 2:00 Pokeno F 6:30 Evening Movie F</p>	<p><b>Locations:</b> <b>AUD: Auditorium</b> <b>F: Founders</b> <b>L: Lake</b> <b>W: West</b></p>

Activities are subject to change