

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

SHERWOOD OAKS PERSONAL CARE

						10:30 Funky Friday Fitness 1 1:20 Afternoon Movie 3:15 March Bingo Bash	10:00 Saturday Sit and Stretch 2 1:20 Afternoon Movie 3:30 Brain Games: Mind Stretchers
9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Mad Lib Theatre Game 3	10:30 Monday Move and Groove Exercise 4 1:20 Afternoon Movie 3:30 Simply Sing! Music with Roberta 6:15-7:15 Aromatherapy Massages (in room visits)	10:30 Tuesday Tone-Ups 5 1:20 Afternoon Movie 3:30 Lucky Clover Art Project	10:30 Wednesday Workout 6 1:20 Afternoon Movie 3:30 Music Pictionary Game	10:30 Throwback Thursday 7 Exercise 1:20 Afternoon Movie 3:30 Beatles Music Day-Name That Tune	10:30 Friday Fitness 8 1:20 Afternoon Movie 3:30 Game Day/Pokeno and Reminisce	10:00 Square Dance Fitness 9 1:20 Afternoon Movie 3:30 Quicktionary Game Daylight Saving Time Reminder to turn your clocks back one hour!	
9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Question Quest Game 10 <small>Ramadan Begins Daylight Saving Time Begins</small>	10:15 Morning Greetings 11 10:30 Monday Move and Groove Exercise 2:00 Happy Hour/Music with Patrick 3:30 Oscar Movie Trivia and Quiz	10:30 Tuesday Tone Up 12 1:20 Afternoon Movie 2:00 Steel Clover Irish Band AUD 3:30 Word Teasers 6:15-7:15 Aromatherapy Massages (in room visits)	10:30 Wednesday Workout 13 1:20 Afternoon Movie 3:30 Leprechaun Art Project	10:30 Throwback Thursday 14 Exercise 1:20 Afternoon Movie 3:30 PI Day- Facts, Pie, and Games	10:30 Friday Fitness 15 1:20 Afternoon Movie 3:30 Ides of March Day	10:00 Meditative Morning 16 Yoga 1:20 Afternoon Movie 3:30 Ireland Trivia and Shamrock Cookies	
9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Irish Theme Pictionary 17 <small>St. Patrick's Day</small>	10:30 Monday Move and Groove Exercise 18 1:20 Afternoon Movie 3:30 LCR/Uno Games 6:15-7:15 Aromatherapy Massages (in room visits)	10:30 Spring Fitness 19 1:20 Afternoon Movie 3:30 Bingo <small>Spring Begins</small>	10:30 Wednesday Workout 20 1:20 Afternoon Movie 3:30 Yam Slam Game	10:30 Throwback Thursday 21 Exercise 11:30 Catholic Service CR 2:00 Protestant Communion Day Room 3:30	10:30 Friday Fitness 22 1:20 Afternoon Movie 3:30 Exploring Classical Music and Composers	10:00 Chair Yoga 23 1:20 Afternoon Movie 3:30 Tech Corner/Engaged Senior Games and Videos <small>Purim Begins</small>	
9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Headbanz Game 24 <small>Palm Sunday</small>	10:30 Monday Move and Groove Exercise 25 1:20 Afternoon Movie 3:00 Resident Council Meeting	10:30 Tuesday Tone-Ups 26 1:20 Afternoon Movie 1:30 Music Meditations with Roberta AUD 3:30 Travelogue to New Jersey/Trivia and Food Favorites 6:15-7:15 Aromatherapy Massages (in room visits)	10:30 Wednesday Workout 27 1:20 Afternoon Movie 3:30 Cherry Tree Day Art Project	10:30 Baseball Trivia and Fitness 28 1:20 Afternoon Movie 3:30 Beat The Dealer: Card/Dice Games	10:15 Morning Greetings 29 10:30 Friday Fitness 2:00 Happy Hour/Music with Gene 3:30	10:00 30 1:20 Afternoon Movie 3:30 History, Picture, and Music of the Crooners	
9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Easter Hot Cross Buns and Traditions 31 <small>Easter Sunday</small>	 <p>Acts Staff: Roberta (8471), June, Amy, Grace (8465)</p>						

Activities are subject to change