

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

Sherwood Oaks Oak Grove 1 and 2

										10:00 Fitness Games 1 10:45 Fitness Games 2 2:00 Chapel 2:00 Musical and Montessori Activities: "42nd Street" 1 2:00 Musical and Montessori Activities: "Broadway Melody" 2			
10:00 Sunday Stretch and March Trivia 1 10:45 Sunday Stretch and March Trivia 2 2:00 Chapel 2:00 Musical and Montessori Activities: "Broadway Melody" 1 2:00 Musical and Montessori Activities: "42nd Street" 2	2	9:30-10:00 Visits/Chronicles 1 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Mardi Gras Mask Craft I 2:45 Mardi Gras Mask Craft 2 5:15-6:15 Massages with Jan 1,2	3	10:00 Mardi Gras Move and Groove 1 10:45 Mardi Grad Move and Groove 1 1:30 Stability and Stretch 1 2:00 Mardi Grad Party Music with Gene 1 All residents invited to OG 1 3:30 Fireside Chat 1,2 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	4	9:30-10:00 Visits/Chronicles 1 10:00 Wednesday Workout 1 10:45 Wednesday Workout 2 1:30 World Fair Inventions/Carnival Game 1 2:45 World Fair Inventions/Carnival Game 2 3:00 Ash Wednesday Prayers, 1,2	5	10:00 Balloon Toss Game 1 10:45 Balloon Toss Game 2 1:30 Stability and Stretch 2 1:30 Music Bingo 1 2:45 Music Bingo 2 5:30 Pet visits with Tex 1 6:00 Pet visits with Tex 2	6	9:30-10:00 Visits/Chronicles 1 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Leprechaun Name Craft/Celtic Music 1 2:45 Leprechaun Name Craft/Celtic Music 2	7	9:30-10:00 Visits/Chronicles 1 10:00 Saturday Scarf Exercise 1 10:45 Saturday Scarf Exercise 2 1:30 Women in History/Famous Female Singers Game 1 2:45 Women in History/Famous Female Singers Game 2	8
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 2:00 Chapel AUD 2:45 Hymn Sing 1 3:15 Hymn Sing 2	9	9:30-10:00 Visits/Chronicles 1 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 You be the Chef: Making Shamrock Parfaits 1 2:45 You be the Chef: Making Shamrock Parfaits 2	10	10:00 Dance Fitness 1 10:45 Dance Fitness 2 1:30 Stability and Stretch 1 2:30 Card Creations: Making 3 D Easter and Spring Cards 2 3:30 Card Creations: Making 3 D Easter and Spring Cards 1	11	9:30-10:00 Visits/Chronicles 1 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Scout Day: Reminisce and cookies 1 2:45 Scout Day: Reminisce and cookies 2	12	10:00 Horseshoes Game 1 10:45 Horseshoes Game 2 1:30 Stability and Stretch 2 1:30 Steel Clover Band AUD 3:00 Mandalas, Music, and Reminisce 2 3:30 Mandalas, Music, and Reminisce 1	13	9:30-10:00 Visits/Chronicles 1 10:00 Chair Chi Stretching 1 10:45 Chair Chi Stretching 2 1:30 "Pi" Day Celebration 1 2:45 "Pi" Day Celebration 2	14	10:00 Fitness Games 1 10:45 Fitness Game 2 2:00 Chapel 2:00 Musical and Montessori Activities: "Brigadoon" 1 2:00 Musical and Montessori Activities: "Camelot" 2	15
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 2:00 Chapel 2:00 Musical and Montessori Activities- "Camelot" 1 2:00 Musical and Montessori Activities- "Brigadoon" 2	16	9:30-10:00 Visits/Chronicles 1 10:00 Shamrock Exercise 1 10:45 Shamrock Exercise 2 1:30 St Patrick's Day Sing Along/Riddles/Penny Ante Game 1 2:45 St Patrick's Day Sing Along/Riddles/Penny Ante Game 2 5:15-6:15 Massages with Jan 1,2	17	10:00 Balloon Volleyball 1 10:45 Balloon Volleyball 2 1:30 Stability and Stretch 1 1:30 March Madness Music 2 2:45 March Madness Music 1 5:30 Tunes and Trivia 1 6:00 Tunes and Trivia 2	18	9:30-10:00 Visits/Chronicles 1 10:00 Wednesday Workout1 10:45 Wednesday Workout12 1:30-3:00 Happy Birthday Pittsburgh and March Madness 1 3:30 SWO Ukelele Club Music 1 1:30-3:00 All Things Purple Party 2 3:15 Fireside Chat 2	19	10:00 Ball Toss Game 1 10:45 Ball Toss Game 2 1:30 Stability and Stretch 2 1:30 Who, What, Where? 2 2:45 Who, What, Where? 1 5:30 Pet visits with Tex 1 6:00 Pet visits with Tex 2	20	9:30-10:00 Visits/Chronicles 1 10:00 Chair Yoga Exercise 1 10:45 Chair Yoga Exercise 2 1:30 EZ Charades 1 2:15 Poetry Corner 1 2:45 EZ Charades 2 3:30 Poetry Corner 2	21	10:00 Fitness Games 1 10:45 Fitness Games 2 2:00 Chapel 2:00 Musical and Montessori Activities: "The Sound of Music" 1 2:00 Musical and Montessori Activities: "Show Boat" 2	22
10:00 Dance Exercise and Reminisce 1 10:45 Dance Exercise and reminisce 2 1:30 Music Sing-along with Roberta 1 2:15 Music Sing-along with Roberta 2	23	9:30-10:00 Visits/Chronicles 1 10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 No Sixes Dice Game 1 2:45 No Sixes Dice Game 2	24	10:00 Ring Toss Game 1 10:00 Ring Toss Game 2 1:30 Pittsburgh Ballroom Dancers AUD 3:15 Conversation Catch 1,2 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	25	9:30-10:00 Visits/Chronicles 1 10:00 Wednesday Workout 1 10:45 Wednesday Workout 2 1:30-2:45 Bell Choir and Trivia 1 3:30 SWO Ukelele Club Music 2	26	10:00 Instrument Grooving 1 10:45 Instrument Grooving 2 1:30 Stability and Stretch 2 1:30 Take Me Out to the Ballgame 2 2:45 Take Me Out to the Ballgame 1 5:30 Classic Sing-along 1 6:00 Classic Sing-along 2	27	9:30-10:00 Visits/Chronicles 1 10:00 Friday Fitness 1 10:45 Friday Fitness 2 2:00 Numbers Bingo 1 3:00 Numbers Bingo 2	28	9:30-10:00 Visits/Chronicles 1 10:00 Saturday Move and Groove 1 10:45 Saturday Move and Groove 2 1:30 Music Jeopardy 1 2:45 Music Jeopardy 2	29
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 2:00 Chapel AUD 2:45 Finish the Bible Phrase1 3:15 Finish the Bible Phrase2	30	9:30-10:00 Visits/Chronicles 1 10:00 Monday Fitness 1 10:45 Monday Fitness 2 1:30 Crafts and Conversation 1 2:45 Crafts and Conversation 2	31										