



March - Salty Shores & Harmony House



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Lord's Supper 1 10am Church Service 11am Arm Chair Travels 1pm Word Games 3pm Nail Care 7pm Church Service	2 10am Fun and Fitness 11am Name that Tune 2pm Spill the Tea 3pm Strolls	3 10am My Brag Book 1pm ABBY Board Time 3pm Relaxation & Therapeutic touch	4 10am Balloon Toss 1pm Cranium Crunches 3pm Chicken Soup for the soul	5 10am Bible Study 10:30am Physio Moves 3:30pm Loop and Laugh 6:30pm Snakes and Ladders	6 10am Fact Talk 1pm Laugh Out Loud	7 10am Giggle and Wiggle 1pm Trivia 3pm Guess it Right
Day Light Savings 8 10am Church Service 11am Arm Chair Travels 1pm Word Games 3pm Nail Care 7pm Church Service	9 1pm Strolls 2pm Spill the Tea 3:30pm Neighborhood Bingo 6:30pm Discussion Group	10 10am My Brag Book 1pm ABBY Board Time 3pm Relaxation & Therapeutic touch	11 10am Balloon Toss 1pm Cranium Crunches 3:30pm Spelling Bee	12 10am Bible Study 10:30am Physio Moves 2pm Cookie Jar Club	13 10am Fact Talk 1pm Laugh Out Loud	14 10am Giggle and Wiggle 1pm Trivia 3pm Guess it Right
15 10am Church Service 11am Arm Chair Travels 1pm Word Games 3pm Nail Care 7pm Church Service	16 10am Fun and Fitness 11am Name that Tune 2pm Spill the Tea 3pm Strolls	St. Patrick's Day 17 10am My Brag Book 1pm ABBY Board Time 3pm Relaxation & Therapeutic touch	18 10am Balloon Toss 1pm Cranium Crunches 3pm Chicken Soup for the soul	19 10am Bible Study 10:30am Physio Moves 3:30pm Loop and Laugh 6:30pm Dominoes	Spring Begins 20 10am Fact Talk 1pm Laugh Out Loud	21 10am Giggle and Wiggle 1pm Trivia 3pm Guess it Right
22 10am Church Service 11am Arm Chair Travels 1pm Word Games 3pm Nail Care 7pm Church Service	23 1pm Strolls 2pm Spill the Tea 3:30 Neighborhood Bingo 6:30pm Discussion Group	24 10am My Brag Book 1pm ABBY Board Time 3pm Relaxation & Therapeutic touch	World Math Day 25 10am Balloon Toss 1pm Cranium Crunches 3:30pm Let's Count !	26 10am Bible Study 10:30am Physio Moves 2pm Cookie Jar Club	27 10am Fact Talk 1pm Laugh Out Loud	28 10am Giggle and Wiggle 1pm Trivia 3pm Guess it Right
Palm Sunday 29 10am Church Service 11am Arm Chair Travels 1pm Word Games 3pm Nail Care 7pm Church Service	30 10am Fun and Fitness 11am Name that Tune 2pm Spill the Tea 3pm Strolls	31 10am My Brag Book 1pm ABBY Board Time 3pm Relaxation & Therapeutic touch	Activities held on Sunday, Tuesday, Thursday, and Saturday will take place at Harmony House.	Living Room Coloring Circle Puzzle Nook Tactile/Sensory Table Busy Bins	Activities held on Monday, Wednesday & Friday, will take place at Salty Shores. Movie Matinee's 1-3pm Daily in the Cozy Cove	Daily Life Enrichment Lounge Tranquil Moments Dinning Room Breakfast club Common area Snap & Fold

Lifestyle & Leisure Moments

Stretching with Sheila
Thursday, March 5th
at 2pm

Feathered Friends
Saturday, March 7th at
10am

Tristan Sings
Thursday, March 19th at
2pm

Life Enrichment Glossary

Snap & Fold (with Shirley F., Starr & Jean)- Folding of Clothes Protector

Loops & Laughs Club (with Tina & Company)- Knitting, Crocheting or Embroidery

Breakfast Club (with Shirley W.)-Calendar Discussion, Resident Spotlight, News & Views

The Reading Club (with Jean & Magda)- Ties That Binds, Culture Change Chronical, Daily Bread, Daily Chronicle

The Cookie Jar Club (with Johnny or Florence)-Baking (Cupcakes, Cookie, Cake)

Artful Moment - Fall Coloring Pages, Water Painting, Canvas Painting, Arts & Craft

Scrapbooking- (Residents making their own Photo Books)

Green Thumbs (with Jolly)- Care of Neighborhood Plants

Music Melody- Sing Along, Karaoke, Drumming Circle, Piano Playing, Playing an Instrument

Music & Relaxation- (Items on Snoezelen Cart or Activity Bins)

Virtual Games-Tovertafel or Obie, Virtual Headset, iPad

Chair Exercise-Exercise, ROM

Active Games-Balloon Tennis, Ball Toss, Badminton, Balloon Toss, Skee Ball, Parachute

Table Games-Ludo, Snake & Ladder, Card Games, Ring Toss, Dice Game, Dominoes, Bingo