

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Life Enrichment Program  <h1>MARCH 2023</h1> <p>Happy Birthday Paula & Isabel Happy St Patrick's Day Purim & Ramadan</p>			Happy birthday Paula 1 10:30 Exercises w/ Lynn 11:00 Art Class 12:00 Lunch 1:30 Bingo 2:15 Bocce ball 3:00 Paula's birthday Party 3:15 Piano w/ Karen T. 4:30 Word Games 5:00 Dinner 6:30 Sit & Dance 7:30 Movie	10:30 Sittercise 2 11:00 Sing along 12:00 Lunch 1:30 Bingo 2:30 Cardio Drumming 3:00 Bites & snacks 3:30 Around the world w/ J. 4:30 Bean Bag Toss 5:00 Dinner 6:30 Chair Yoga 7:30 Movie	10:30 Sittercise 3 11:00 Sing a long 12:00 Lunch 1:30 Bingo 3:00 Afternoon Tea 3:30 Boogie w/ Jenice 4:00 Balance w/ Lynn 4:30 Birds w/ Sarah 5:00 Dinner 6:00 Stretch 7:30 Movie night	10:00 Exercises 4 11:00 Lep Choir 12:00 Lunch 1:30 Bingo 2:15 Word Games 3:00 Bites and snacks 4:00 Boogie Woogie w/ Jenice 4:30 Bocce Ball 5:00 Dinner 6:30 Dinosaurs w/Sarah 7:30 Comedy Movie
9:00 Sunday Mass (TV) 5 10:30 Daily chronicle 11:00 Stretch class 12:00 Lunch 1:15 Sunday's Concert 3:00 Bites and snacks 4:00 Poetry Corner 5:00 Dinner 7:00 Movie	10:00 Golf w/ Heather 6 10:30 Daily Chronicle 11:30 Exercises 12:00 Lunch 1:30 Bingo 3:00 Bites and snacks 3:30 Ball Toss 4:30 Sing-along 5:00 Dinner 6:30 Evening stretch 7:30 Classic Movie Purim Begins	10:00Golf w/ Heather (G) 7 11:30 Chair Yoga 12:00 Lunch 1:30 Bingo 2:30 Bocce Ball 3:00 Bites and snacks 3:45 Word games 4:45 Lep Choir 5:00 Dinner 6:30 Evening Stretch 7:30 Movie	10:30 Exercises w/ Lynn 8 11:00 Miss Hall's visit 12:00 Lunch 1:30 Bingo 2:15 Bocce ball 3:00 Bites and snacks 4:00 Word Games 5:00 Dinner 6:30 Sit & Dance 7:30 Movie	10:30 Sittercise 9 11:00 Sing along 12:00 Lunch 1:30 Jazz w/ Joe DelGallo 2:30 Cardio Drumming 3:00 Bites & snacks 3:30 Around the world w/ J. 4:30 Bean Bag Toss 5:00 Dinner 6:30 Chair Yoga 7:30 Movie	10:30 Sittercise 10 11:00 Sounds & Movements w/ Pamela  12:00 Lunch 1:30 Bingo 3:00 Afternoon Tea 3:30 Boogie w/ Jenice 4:00 Balance w/ Lynn 4:30 Birds w/ Sarah 5:00 Dinner 6:00 Stretch 7:30 Movie night	10:00 Exercises 11 11:00 Lep Choir 12:00 Lunch 1:30 Bingo 2:15 Word Games 3:00 Bites and snacks 4:00 Boogie Woogie w/ Jenice 4:30 Bocce Ball 5:00 Dinner 6:30 Dinosaurs w/Sarah 7:30 Comedy Movie
9:00 Sunday Mass (TV) 12 10:30 Daily chronicle 11:00 Stretch class  12:00 Lunch 1:15 Sunday's Concert 3:00 Bites and snacks 4:00 Poetry Corner 5:00 Dinner 7:00 Movie Daylight Saving Time Begins	10:00 Golf w/ Heather 13 10:30 Daily Chronicle 11:30 Exercises 12:00 Lunch 1:30 Live w/ Bruce Mandel 3:00 Bites and snacks 3:30 Ball Toss 4:30 Sing-along 5:00 Dinner 6:30 Evening stretch 7:30 Classic Movie	10:00Golf w/ Heather (G) 14 11:30 Chair Yoga 12:00 Lunch at Jae's Hilton Garden 1:30 Bingo 2:30 Bocce 3:00 Bites and snacks 3:45 Word games 4:45 Lep Choir 5:00 Dinner 6:30 Evening Stretch 7:30 Movie	10:30 Exercises w/ Lynn 15 11:00 Art Class 12:00 Lunch 1:30 Bingo 2:15 Bocce ball 3:00 Bites and snacks 4:00 Word Games 5:00 Dinner 6:30 Sit & Dance 7:30 Movie	10:30 Sittercise 16 11:00 Sing along 12:00 Lunch 1:30 Violin w/ Betty 2:30 Cardio Drumming 3:00 Bites & snacks 3:30 Around the world w/ J. 4:30 Bean Bag Toss 5:00 Dinner 6:30 Chair Yoga 7:30 Movie	10:30 Sittercise 17 11:00 Sing a long 12:00 Lunch 2:00 St Patrick's Day Party  3:00 Afternoon Tea 3:30 Boogie w/ Jenice 4:00 Balance w/ Lynn 4:30 Birds w/ Sarah 5:00 Dinner 6:00 Stretch 7:30 Movie night St. Patrick's Day	10:00 Exercises 18 11:00 LEP Choir 12:00 Lunch 1:30 Bingo 2:15 Word Games 3:00 Bites and snacks 4:00 Boogie Woogie w/ Jenice 4:30 Bocce Ball 5:00 Dinner 6:30 Dinosaurs w/Sarah 7:30 Comedy Movie
9:00 Sunday Mass (TV) 19 10:30 Daily chronicle 11:00 Stretch class 12:00 Lunch 1:15 Sunday's Concert  3:00 Bites and snacks 4:00 Poetry Corner 5:00 Dinner 7:00 Movie	10:00 Golf w/ Heather 20 10:30 Daily Chronicle 11:30 Visit w Otis  12:00 Lunch 2:00 Meet me at the Clark 3:00 Bites and snacks 3:30 Ball Toss 4:30 Sing-along 5:00 Dinner 6:30 Stretch 7:00 Movie Spring Begins	10:00Golf w/ Heather (G) 21 11:30 Chair Yoga 12:00 Lunch 1:30 Bingo 2:30 Bocce Ball 3:00 Bites and snacks 3:45 Word games 4:45 Lep Choir 5:00 Dinner 6:30 Evening Stretch 7:30 Movie	10:30 Exercises w/ Lynn 22 11:00 Miss Hall's visit 12:00 Lunch 1:30 Bingo 2:15 Bocce ball 3:00 Bites and snacks 4:00 Word Games 5:00 Dinner 6:30 Sit & Dance 7:30 Movie Ramadan Begins	10:30 Sittercise 23 11:00 Sing along 12:00 Lunch 1:30 Bingo 2:30 Cardio Drumming 3:00 Live w/ Doug Schmolze 3:30 Around the world w/ J. 4:30 Bean Bag Toss 5:00 Dinner 6:30 Chair Yoga 7:30 Movie	10:30 Sittercise 24 11:00 Sing a long 12:00 Lunch 1:30 Bingo 3:00 Afternoon Tea 3:30 Boogie w/ Jenice 4:00 Balance w/ Lynn 4:30 Birds w/ Sarah 5:00 Dinner 6:00 Stretch 7:30 Movie night	Happy birthday Isabel 25  10:00 Exercises 11:00 Lep Choir 12:00 Lunch 1:30 Bingo 2:15 Word Games 3:00 Isabel's birthday Party 4:00 Boogie Woogie 4:30 Bocce Ball 5:00 Dinner 6:30 Dinosaurs w/Sarah 7:30 Comedy Movie
9:00 Sunday Mass (TV) 26 10:30 Daily chronicle 11:00 Stretch class 12:00 Lunch 1:15 Sunday's Concert 3:00 Bites and snacks 4:00 Poetry Corner 5:00 Dinner 7:00 Movie	10:00 Golf w/ Heather 27 10:30 Daily Chronicle 11:30 Exercises 12:00 Lunch 1:30 Live w/ Don& Judy 3:00 Bites and snacks 3:30 Ball Toss 4:30 Sing-along 5:00 Dinner 6:30 Evening stretch 7:30 Classic Movie	10:00Golf w/ Heather (G) 28 11:30 Chair Yoga 12:00 Lunch 1:30 Bingo 2:30 Bocce Ball 3:00 Bites and snacks 3:45 Word games 4:45 Lep Choir 5:00 Dinner 6:30 Evening Stretch 7:30 Movie	10:30 Exercises w/ Lynn 29 11:00 Art Class 12:00 Lunch 1:30 Bingo 2:15 Bocce ball 3:00 Bites and snacks 4:00 Word Games 5:00 Dinner 6:30 Sit & Dance 7:30 Movie	10:30 Sittercise 30 11:00 Sing along 12:00 Lunch 1:30 Live w/ Steve Mole 2:30 Cardio Drumming 3:00 Bites & snacks 3:30 Around the world w/ J. 4:30 Bean Bag Toss 5:00 Dinner 6:30 Chair Yoga 7:30 Movie	10:30 Sittercise 31 11:00 Sing a long 12:00 Lunch 1:30 Bingo 3:00 Afternoon Tea 3:30 Boogie w/ Jenice 4:00 Balance w/ Lynn 4:30 Birds w/ Sarah 5:00 Dinner 6:00 Stretch 7:30 Movie night	

Please note: Activities remain flexible and are subject to change, as needed, to encourage participation and engagement. * G- Gross Motor S-Social SC-Self Care SE-Sensory M-Memory