

livfun

The Ackerly at Sherwood

MARCH 2020 · MARCH MADNESS

St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.



Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.



Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

Hygge: This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create hygge in your daily routine.

Lagom: Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing lagom.

Wabi-sabi: The ancient Japanese concept of wabi-sabi celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

Gezellig: At the heart of Dutch culture, gezellig can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered gezellig — even something unpleasant, such as waiting in a long line — if you're with a friend.



Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



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Dhrasti Patel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>1</p> <p>2:00 Card Bingo, AR 2:45 Sunday Matinee, TH 4:00 <i>Mimosas, B</i> 7:00 Motion Picture Showing, TH</p>	<p>2</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>11:30 Virtual Reality, B</p> <p>2:00 Bean Bag Toss, AR</p> <p>3:00 Mexican Train, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>3</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Meditate with Nate, TH</p> <p>11:30 Mediterranean Club, TH</p> <p>1:00 TED Talk Tuesday, TH</p> <p>1:30 Poker Club, L</p> <p>2:00 Craft Corner: Calligraphy with Nate, LG</p> <p>3:00 Hot Cocoa & Cider Social, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>4</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>1:15 Qi Gong for Better Balance, AR</p> <p>2:00 Bean Bag Toss, AR</p> <p>2:00 Hand & Foot (Canasta), B</p> <p>2:00 Knitting, Crochet, Sewing Circle, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>5</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Virtual Reality, B</p> <p>11:30 Balloon Volleyball, AR</p> <p><i>1:00 Mimosas, B</i></p> <p><i>1:30 YMCA Open Swim, SU</i></p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>6</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 Specialty Shopping Trip, SU</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>1:00 Ladder Ball, AR</p> <p>1:30 Poker Club, L</p> <p>3:00 Local Musician Showcase & Happy Hour, L</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>7</p> <p>9:00 Zumba Gold Class, AR</p> <p>10:00 Seated Dance Class, AR</p> <p>10:45 Brain Blender, B</p> <p>11:00 Short Nature Documentary, TH</p> <p>11:30 Balloon Volleyball, AR</p> <p>2:00 Ackerly Outing, SU</p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p>		
<p>DAYLIGHT SAVING TIME BEGINS 8</p> <p>2:00 Card Bingo, AR 2:45 Sunday Matinee, TH 4:00 <i>Mimosas, B</i> 7:00 Motion Picture Showing, TH</p>	<p>9</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>11:30 Virtual Reality, B</p> <p>1:00 PrimeFit Nature Walk, SU *</p> <p>2:00 Bean Bag Toss, AR</p> <p>3:00 Mexican Train, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>10</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Meditate with Nate, TH</p> <p>11:30 Mediterranean Club, TH</p> <p>1:00 TED Talk Tuesday, TH</p> <p>1:30 Poker Club, L</p> <p>2:00 Craft Corner: Calligraphy with Nate, LG</p> <p>3:00 Hot Cocoa & Cider Social, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>11</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>1:15 Qi Gong for Better Balance, AR</p> <p>2:00 Bean Bag Toss, AR</p> <p>2:00 Hand & Foot (Canasta), B</p> <p>2:00 Knitting, Crochet, Sewing Circle, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>12</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Virtual Reality, B</p> <p>11:30 Balloon Volleyball, AR</p> <p><i>1:00 Mimosas, B</i></p> <p><i>1:30 YMCA Open Swim, SU</i></p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>13</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:00 WASHINGTON SQUARE MALL OUTING, SU</p> <p>1:00 Ladder Ball, AR</p> <p>1:30 Poker Club, L</p> <p>1:30 Scattergories, B</p> <p>3:00 Local Musician Showcase & Happy Hour, L</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>14</p> <p>9:00 Zumba Gold Class, AR</p> <p>10:00 Seated Dance Class, AR</p> <p>10:45 Brain Blender, B</p> <p>11:00 Short Nature Documentary, TH</p> <p>11:30 Balloon Volleyball, AR</p> <p>2:00 Ackerly Outing, SU</p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p>		
<p>15</p> <p>2:00 Card Bingo, AR 2:45 Sunday Matinee, TH 4:00 <i>Mimosas, B</i> 7:00 Motion Picture Showing, TH</p>	<p>16</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>11:30 Virtual Reality, B</p> <p>2:00 Bean Bag Toss, AR</p> <p>3:00 Mexican Train, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Meditate with Nate, TH</p> <p>11:30 Mediterranean Club, TH</p> <p>1:00 TED Talk Tuesday, TH</p> <p>1:30 Poker Club, L</p> <p>2:00 Craft Corner: Calligraphy with Nate, LG</p> <p>3:00 Hot Cocoa & Cider Social, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>18</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>1:15 Qi Gong for Better Balance, AR</p> <p>2:00 Bean Bag Toss, AR</p> <p>2:00 Hand & Foot (Canasta), B</p> <p>2:00 Knitting, Crochet, Sewing Circle, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>SPRING BEGINS 19</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Virtual Reality, B</p> <p>11:30 Balloon Volleyball, AR</p> <p><i>1:00 Mimosas, B</i></p> <p><i>1:30 YMCA Open Swim, SU</i></p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>20</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 Specialty Shopping Trip, SU</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>1:00 Ladder Ball, AR</p> <p>1:30 Poker Club, L</p> <p>3:00 Local Musician Showcase & Happy Hour, L</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>21</p> <p>9:00 Zumba Gold Class, AR</p> <p>10:00 Seated Dance Class, AR</p> <p>10:45 Brain Blender, B</p> <p>11:00 Short Nature Documentary, TH</p> <p>11:30 Balloon Volleyball, AR</p> <p>2:00 Ackerly Outing, SU</p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p>		
<p>22</p> <p>2:00 Card Bingo, AR 2:45 Sunday Matinee, TH 4:00 <i>Mimosas, B</i> 7:00 Motion Picture Showing, TH</p>	<p>23</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>11:30 Virtual Reality, B</p> <p>1:00 PrimeFit Nature Walk, SU *</p> <p>2:00 Bean Bag Toss, AR</p> <p>3:00 Mexican Train, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>24</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Meditate with Nate, TH</p> <p>11:30 Mediterranean Club, TH</p> <p>1:00 TED Talk Tuesday, TH</p> <p>1:30 Poker Club, L</p> <p>2:00 Craft Corner: Calligraphy with Nate, LG</p> <p>3:00 Hot Cocoa & Cider Social, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>25</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>1:15 Qi Gong for Better Balance, AR</p> <p>2:00 Bean Bag Toss, AR</p> <p>2:00 Hand & Foot (Canasta), B</p> <p>2:00 Knitting, Crochet, Sewing Circle, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>26</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Virtual Reality, B</p> <p>11:30 Balloon Volleyball, AR</p> <p><i>1:00 Mimosas, B</i></p> <p><i>1:30 YMCA Open Swim, SU</i></p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>27</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:00 SPIRIT MOUNTAIN CASINO OUTING, SU</p> <p>1:00 Ladder Ball, AR</p> <p>1:30 Poker Club, L</p> <p>1:30 Scattergories, B</p> <p>3:00 Local Musician Showcase & Happy Hour, L</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>28</p> <p>9:00 Zumba Gold Class, AR</p> <p>10:00 Seated Dance Class, AR</p> <p>10:45 Brain Blender, B</p> <p>11:00 Short Nature Documentary, TH</p> <p>11:30 Balloon Volleyball, AR</p> <p>2:00 Ackerly Outing, SU</p> <p>2:00 Craft Corner: Painting, AR</p> <p>7:00 Motion Picture Showing, TH</p>		
<p>29</p> <p>2:00 Card Bingo, AR 2:45 Sunday Matinee, TH 4:00 <i>Mimosas, B</i> 7:00 Motion Picture Showing, TH</p>	<p>30</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Brain Blender, B</p> <p>11:30 Virtual Reality, B</p> <p>2:00 Bean Bag Toss, AR</p> <p>3:00 Mexican Train, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>31</p> <p>9:00 PrimeFit: Standing Class, PF *</p> <p>10:00 PrimeFit: Seated Class, PF *</p> <p>10:45 Fresh Fruit Smoothies, B</p> <p>11:00 Meditate with Nate, TH</p> <p>11:30 Mediterranean Club, TH</p> <p>1:00 TED Talk Tuesday, TH</p> <p>1:30 Poker Club, L</p> <p>2:00 Craft Corner: Calligraphy with Nate, LG</p> <p>3:00 Hot Cocoa & Cider Social, B</p> <p>7:00 Motion Picture Showing, TH</p> <p>PF</p>	<p>Transportation</p> <p>Monday, Earliest Appointment: 8:30 a.m., Latest Appointment: 3:30 p.m.: Doctor Appointments</p> <p>Tuesday, Earliest Appointment: 8:30 a.m., Latest Appointment: 3:30 p.m.: Doctor Appointments</p> <p>Wednesday, Earliest Appointment: 8:30 a.m., Latest Appointment: 3:30 p.m.: Doctor Appointments</p> <p>Thursday, 10 a.m.-3:30 p.m.: Grocery Stores/Bank</p>			<p>Locations</p> <p>Activities Room, AR</p> <p>Bistro, B</p> <p>Dining Room, DR</p> <p>Front Lobby, L</p> <p>Front Outdoor Area, FO</p> <p>Library & Games, LG</p> <p>Opal, O</p>	<p>Outdoor Dining, OD</p> <p>PrimeFit Gym, PF</p> <p>Salon & Barber, SB</p> <p>Sign-Up Required (Front Lobby), SU</p> <p>Theater, TH</p> <p>Third Floor Lobby, 3L</p> <p>Upstairs Lobby, UL</p>	<p>Birthdays</p> <p>David Passon, 25th</p> <p>Anne Folkert, 30th</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 ● Strength & Stretch (IN2L) 1</p> <p>10:30 ● Did You Know...?</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:00 ● Homemaking, DR 2</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:15 ● Pet Partners with Homer!</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Bean Bag Toss, AR</p> <p>3:30 ● Eldergrow with Megan</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 3</p> <p>10:00 ● Craft Hour, SR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Hot Cocoa & Cider/ Cookies, B</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:30 ● This Day in History (IN2L) 4</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Music Appreciation</p> <p>3:00 ● Personal Pamper</p> <p>4:00 ● Balloon Volleyball</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 5</p> <p>10:00 ● Homemaking, DR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:30 ● Balloon Volleyball, AR</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● Gardening Fun</p> <p>4:00 ● Bowling!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Coffee/Newspaper/ Puzzles 6</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Local Musician Showcase- Happy Hour, L</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Scenic Drive 7</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Craft Hour</p> <p>1:30 ● Afternoon Walking Group</p> <p>4:00 ● Resident Choice Game</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>DAYLIGHT SAVING TIME BEGINS 8</p> <p>9:30 ● Strength & Stretch (IN2L)</p> <p>10:30 ● Did You Know...?</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:00 ● Homemaking, DR 9</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:15 ● Pet Partners with Homer!</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Bean Bag Toss, AR</p> <p>3:00 ● Gardening</p> <p>4:00 ● Personal Pamper</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 10</p> <p>10:00 ● Craft Hour, SR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Hot Cocoa & Cider/ Cookies, B</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:30 ● This Day in History (IN2L) 11</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Music Appreciation</p> <p>3:00 ● Personal Pamper</p> <p>4:00 ● Balloon Volleyball</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 12</p> <p>10:00 ● Homemaking, DR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:30 ● Balloon Volleyball, AR</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● Gardening Fun</p> <p>4:00 ● Bowling!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Coffee/Newspaper/Puzzles 13</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>2:30 ● Balloon Volleyball</p> <p>3:00 ● Local Musician Showcase- Happy Hour, L</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Scenic Drive 14</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Craft Hour</p> <p>1:30 ● Afternoon Walking Group</p> <p>4:00 ● Resident Choice Game</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:30 ● Strength & Stretch (IN2L) 15</p> <p>10:30 ● Did You Know...?</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:00 ● Homemaking, DR 16</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:15 ● Pet Partners with Homer!</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Bean Bag Toss, AR</p> <p>3:00 ● Gardening</p> <p>3:30 ● Eldergrow with Megan</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:30 ● Strength & Stretch (IN2L)</p> <p>10:00 ● Craft Hour, SR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Hot Cocoa & Cider/ Cookies, B</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:30 ● This Day in History (IN2L) 18</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Music Appreciation</p> <p>3:00 ● Personal Pamper</p> <p>4:00 ● Balloon Volleyball</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>SPRING BEGINS 19</p> <p>9:30 ● Strength & Stretch (IN2L)</p> <p>10:00 ● Homemaking, DR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:30 ● Balloon Volleyball, AR</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● Gardening Fun</p> <p>4:00 ● Bowling!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Coffee/Newspaper/ Puzzles 20</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Local Musician Showcase- Happy Hour, L</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Scenic Drive 21</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Craft Hour</p> <p>1:30 ● Afternoon Walking Group</p> <p>4:00 ● Resident Choice Game</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:30 ● Strength & Stretch (IN2L) 22</p> <p>10:30 ● Did You Know...?</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:00 ● Homemaking, DR 23</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:15 ● Pet Partners with Homer!</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Bean Bag Toss, AR</p> <p>3:00 ● Gardening</p> <p>4:00 ● Personal Pamper</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 24</p> <p>10:00 ● Craft Hour, SR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Hot Cocoa & Cider/ Cookies, B</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:30 ● This Day in History (IN2L) 25</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Music Appreciation</p> <p>3:00 ● Personal Pamper</p> <p>4:00 ● Balloon Volleyball</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 26</p> <p>10:00 ● Homemaking, DR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:30 ● Balloon Volleyball, AR</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● Gardening Fun</p> <p>4:00 ● Bowling!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Coffee/Newspaper/Puzzles 27</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>2:30 ● Balloon Volleyball</p> <p>3:00 ● Local Musician Showcase- Happy Hour, L</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>10:00 ● Scenic Drive 28</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:00 ● Craft Hour</p> <p>1:30 ● Afternoon Walking Group</p> <p>4:00 ● Resident Choice Game</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:30 ● Strength & Stretch (IN2L) 29</p> <p>10:30 ● Did You Know...?</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:00 ● Homemaking, DR 30</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>11:15 ● Pet Partners with Homer!</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Bean Bag Toss, AR</p> <p>3:00 ● Gardening</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>9:30 ● Strength & Stretch (IN2L) 31</p> <p>10:00 ● Craft Hour, SR</p> <p>10:45 ● Fresh Fruit Smoothies, B</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● BINGO</p> <p>3:00 ● Hot Cocoa & Cider/ Cookies, B</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p> <p>7:00 ● Motion Picture Showing, TH</p>	<p>opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 	<p>Locations</p> <ul style="list-style-type: none"> Activities Room, AR Bistro, B Courtyard, CY Dining Room, DR Front Lobby, L PrimeFit Gym, PF Sign-Up Required (Front Lobby), SU Sun Room, SR Theater, TH 		