


















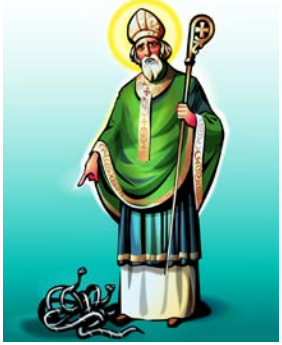






March 2023

Assisted Living Memory Care Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website! </p> <p>March is: National Irish American Heritage Month National Craft Month National Peanut Month National Women's History Month Poetry Month American Red Cross Month Social Workers Month National Noodle Month National Umbrella Month</p>		 <p>National Craft Month</p>	<p style="text-align: right;">1</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC 10:30 Songs by Heart - VV</p> <p>1:00 Tulsa Symphony Orch. Guest Lecturer - LR 2:00 Stretch Class in WC 3:30 Happy Hour - B</p> <p style="text-align: center;">National Peanut Butter Lover's Day</p>	<p style="text-align: right;">2</p> <p>9:30 Coffee Social 10:00 TSO Heartstrings Violin Duo - CR 10:00 Fitness Fun - WC</p> <p>1:15 Art Notes in GR 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 3:15 Bingo - S</p>	<p style="text-align: right;">3</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:30 Wellness Social – CR 2:30 Art Expression w/ Jenny - S 2:45 Movie Matinee 3:00 Culinary: Kale & Lentil Soup - CC</p>	<p style="text-align: right;">4</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro</p> <p>1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>
<p style="text-align: right;">5</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room</p> <p>1:30 Sit and Be Fit 2:45 Classic Movie Matinee</p>	<p style="text-align: right;">6</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Women's History Month Movie 1:30 Coffee with Kovoov - B 1:30 Reminisce 3:00 Barton & Long Family Band - CR</p>	<p style="text-align: right;">7</p> <p>9:30 Coffee Social 9:30 Dominoes - GR 10:00 Fitness Fun - WC</p> <p>1:00 Worship Service in Blue Moon 1:30 Bible Study – Blue Moon 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 4:00 Conversations with Susanne</p> <p style="text-align: center;">Purim Begins</p>	<p style="text-align: right;">8</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Craft Club: Shamrock Pins – GR </p> <p>2:00 Stretch Class in WC 3:30 Happy Hour - B</p> <p style="text-align: center;"> Registered Dietician/ Nutritionist Day</p>	<p style="text-align: right;">9</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC 10:00 David Horne Duo – V</p>  <p>1:15 Art Notes in GR 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 3:15 Bingo - S</p>	<p style="text-align: right;">10</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:30 Wellness Activities: Residents Choice – GR 2:30 Art Expression w/ Jenny - S 2:45 Movie Matinee 3:00 Culinary: Blueberry Popovers - CC</p>  <p style="text-align: center;">Nat'l Blueberry Popover Day</p>	<p style="text-align: right;">11</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro</p> <p>1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>
<p style="text-align: right;">12</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room</p> <p>1:30 Sit and Be Fit 2:45 Classic Movie Matinee</p>  <p>Daylight Savings Time Begins</p>	<p style="text-align: right;">13</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Women's History Month Movie 1:30 Coffee with Kovoov - B 1:30 Reminisce 3:15 Bingo in Skyline Dining Room</p>	<p style="text-align: right;">14</p> <p>9:00 Culinary: Strawberry Rhubarb Pie - CC 9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Worship Service in Blue Moon 1:30 Bible Study – Blue Moon 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 4:00 Conversations with Susanne</p>  <p style="text-align: center;">Pi Day</p>	<p style="text-align: right;">15</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Trivia 2:00 Stretch Class in WC 3:30 Happy Hour w/ Pat Hobbs – B</p>  <p style="text-align: center;">Ides of March</p>	<p style="text-align: right;">16</p> <p>9:30 Coffee Social 9:30 Around the World: Costa Rica: Gallo Pinto - CC 10:00 Fitness Fun - WC</p> <p>1:15 Art Notes – GR 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 3:15 Bingo in Skyline Dining Room</p>	<p style="text-align: right;">17</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:30 Wellness Activities: Residents Choice – GR 2:45 Movie Matinee 3:00 St Patty's Day Social in the Common Room</p>  <p style="text-align: center;">Happy St. Patrick's Day</p>	<p style="text-align: right;">18</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro</p> <p>1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>

March 2023

Assisted Living Memory Care Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">19</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room</p> <p>1:30 Sit and Be Fit 2:45 Classic Movie Matinee</p>  <p align="center">Certified Nurses Day</p>	<p align="right">20</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Women's History Month Movie 1:30 Reminisce 1:30 Coffee with Kovoov – B 3:15 Bingo in Skyline Dining Room</p>  <p align="center">First Day of Spring</p>	<p align="right">21</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Worship Service in Blue Moon 1:30 Bible Study – Blue Moon 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 4:00 Conversations with Susanne</p> <p align="center">World Poetry Day</p>	<p align="right">22</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC 10:15 Catholic Mass</p> <p>1:00 Board Games - S 2:00 Stretch Class in WC</p>  <p>3:30 Monthly Birthday Party & Happy Hour – B</p>	<p align="right">23</p> <p>9:30 Coffee Social 9:30 Culinary Club: Chips & Dips - CC 10:00 Sing-a-long</p> <p>1:15 Art Notes – GR 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 3:00 Movie Matinee 3:15 Bingo in Skyline Dining Room</p>  <p align="center">National Chips & Dips Day</p>	<p align="right">24</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Culinary Club: Watercress Sandwiches - CC 1:30 Wellness Activities: Residents Choice – GR 2:30 Art Expression w/ Jenny - S 3:30 Tea Time in the Bistro</p> 	<p align="right">25</p> <p>9:30 Coffee Social 10:00 Sing-a-long or Bingo In the Bistro</p> <p>1:30 Word Games 2:00-4:00 Ice Cream Parlor 2:30 Movie Matinee</p>  <p align="center">National Medal of Honor Day</p>
<p align="right">26</p> <p>9:30 Coffee Social 10:45 Holy Communion in The Game Room</p> <p>1:30 Sit and Be Fit 2:45 Classic Movie Matinee</p>	<p align="right">27</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:00 Women's History Month Movie 1:30 Reminisce 1:30 Coffee with Kovoov 3:15 Bingo in Skyline Dining Room</p>	<p align="right">28</p> <p>9:30 Coffee Social 10:00 Singer Justin Fuller - CR 10:00 Fitness Fun - WC</p> <p>1:00 Worship Service in Blue Moon 1:30 Bible Study – Blue Moon 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 4:00 Conversations with Susanne</p>	<p align="right">29</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC 10:00 Resident Council – S</p> <p>1:00 Craft: Spring Door Décor - CC 2:00 Stretch Class in WC 3:30 Happy Hour - B</p>	<p align="right">30</p> <p>9:00 Around the World: Taiwan: Taiwanese Dumplings - CC 9:30 Coffee Social</p> <p>1:15 Art Notes – GR 2:00-4:00 Ice Cream Parlor 2:30 Bocce Ball in GR 3:15 Bingo in Skyline Dining Room Doctor's Day MLB Opening Day</p>	<p align="right">31</p> <p>9:30 Coffee Social 10:00 Fitness Fun - WC</p> <p>1:30 Wellness Activities: Residents Choice – GR 2:30 Art Expression w/ Jenny - S 3:30 Word Game Puzzles - LR</p>	
	 <p align="center">March Madness</p>		<p align="center">The Gift Garden Shop</p>  <p align="center">For assistance stop by the Dotson front desk Anytime between 9:00 a.m. – 5:00 p.m. Monday to Friday</p>	<p align="center"><i>The Crossroads Ice Cream Parlor</i></p> <hr/> <p align="center">Open Tuesday and Thursday</p> <p align="center">2:00-4:00 p.m.</p> 	<p align="center"><u>Activity Location Key</u></p> <p>CR = Common Room LR – Downstairs Living Room GR – Upstairs Game Room B – The Bistro CC – Carla's Corner V – Valley View Dining Room S – Skyline DR (upstairs) WC – Wellness Center OL – Osage Lookout (Chapman Hall) HC – Healthcare Center MC – Memory Center</p>	<p align="center">The Bishop Moody Wellness Center</p>  <p align="center">Open Gym Times Monday – Friday 9:00 a.m. – 11:00 a.m. & 1:00 p.m. - 4:30 p.m.</p>