

Sunday

Monday

Tuesday



Wednesday



Thursday

Friday

Saturday

**March 2019**  
**Nursing & Extensive Assisted Living**

<p><b>10:30 Eucharistic Service AR6</b> 11:15 Coffee Chat A 1 <b>2:30 Christian Service with Gateway Freewill Baptist Church AR 6</b> 4:00 Movie Matinee - Residents' Choice LR4</p> <p style="text-align: right;"><b>3</b></p>	<p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee &amp; News A 1 10:30 Aroma Therapy LR 5 11:00 Creative Crafters A3 <b>2:00 Create a Mask for Mardi Gras AR 3</b> 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1</p> <p style="text-align: right;"><b>4</b></p>	<p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:30 Spelling Bee A1 <b>2:00 Celebrate Mardi Gras with King Cake! AR5</b> 4:00 Mardi Gras Trivia! A1 5:00 Joyce on the Piano LR 5</p> <p style="text-align: center;">Mardi Gras</p> <p style="text-align: right;"><b>5</b></p>	<p>9:45 Body in Motion LR2 <b>10:15 Catholic Mass AR 6</b> 11:00 Brain Bootcamp A 1 <b>2:00 Protestant Communion Service AR6</b> 3:00 Hot Chocolate Social A5 4:00 Let's Talk Trivia A1 5:00 Joyce on the Piano LR5</p> <p style="text-align: center;">Ash Wednesday</p> <p style="text-align: right;"><b>6</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 11:00 Cooking &amp; Baking A1 <b>1:45 Scenic Joyride 7,8</b> <b>2:00 Karaoke AR5</b> 4:00 Let's Get Moving! LR2 5:00 Brain Bootcamp LR1</p> <p style="text-align: right;"><b>7</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR2 10:00 News! News! LR 2 <b>11:00 Chair Zumba with Peggy AR 2</b> <b>2:00 Popcorn &amp; a Movie: Wizard of Oz AR 4</b> 5:00 Brain Bootcamp A1</p> <p style="text-align: right;"><b>8</b></p>	<p><b>10:30 Fun with Volunteers2 from Coastal Community Church AR 1</b> 2:00 Rosary with KOC C 6 3:00 Bingo with KOC A4 4:00 Saturday Afternoon TV Residents' Choice A4</p> <p style="text-align: right;"><b>9</b></p>
<p><b>10:30 Eucharistic Service AR6</b> 11:15 Coffee Chat A 1 2:00 Pokeno A 6 4:00 Movie Matinee - Residents' Choice LR4</p> <p style="text-align: center;">Daylight Saving Time Begins</p> <p style="text-align: right;"><b>10</b></p>	<p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee &amp; News A 1 10:30 Aroma Therapy LR 5 11:00 Creative Crafters A 3 <b>1:45 Scenic Joyride 7,8</b> 2:30 Icecream Social A 6 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1</p> <p style="text-align: right;"><b>11</b></p>	<p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:30 Spelling Bee A3 <b>2:00 Special Guest Bible Time AR 6</b> 4:00 Mardi Gras Trivia! A1 5:00 Joyce on the Piano LR 5</p> <p style="text-align: right;"><b>12</b></p>	<p><i>Happy Birthday Gabby!</i> 9:45 Body in Motion LR2 <b>10:15 Catholic Mass AR 6</b> 11:00 Brain Bootcamp A 1 <b>2:00 Harpist Karen Stowe AR5</b> 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> <p style="text-align: right;"><b>13</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 <b>10:30 Outing: Dollar Tree 3</b> 11:00 Cooking &amp; Baking A1 <b>2:00 Chef's Corner AR5</b> 4:00 Let's Get Moving! LR2 5:00 Brain Bootcamp LR1</p> <p style="text-align: right;"><b>14</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR2 10:00 News! News! LR 2 <b>10:30 St. Paddy's Craft AR8</b> <b>2:00 St. Paddy's Party with Avis Budget Group Volunteers AR 4</b> 4:30 Stretch &amp; Strength A2 5:00 Brain Bootcamp A1</p> <p style="text-align: right;"><b>15</b></p>	<p><b>10:30 Rosary with The Tan Family C 6</b> 2:00 Bingo A 4 4:00 Saturday Afternoon TV Residents' Choice A4</p> <p style="text-align: right;"><b>16</b></p>
<p><b>10:30 Eucharistic Service AR6</b> 11:15 Coffee Chat A1 <b>2:30 Christian Fellowship with Brother Britt Hoskins AR 6</b> 4:00 Movie Matinee - Residents' Choice LR4</p> <p style="text-align: center;">St. Patrick's Day</p> <p style="text-align: right;"><b>17</b></p>	<p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee &amp; News A 1 10:30 Aroma Therapy LR 5 11:00 Creative Crafters A3 <b>2:00 The Irish Band "Leigheas" AR 5</b> 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1</p> <p style="text-align: right;"><b>18</b></p>	<p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 <b>10:30 Rosary-Legion of Mary C6</b> <b>2:00 Special Guest Bible Time AR 6</b> 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR5</p> <p style="text-align: right;"><b>19</b></p>	<p><i>Happy Birthday Ricky!</i> 9:45 Body in Motion LR2 <b>10:15 Catholic Mass AR 6</b> 11:00 Brain Bootcamp A 1 <b>2:00 Nondenominational Church Service AR 6</b> 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> <p style="text-align: center;">Spring Begins</p> <p style="text-align: right;"><b>20</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR2 11:00 Cooking &amp; Baking A1 <b>1:45 Scenic Joyride 7,8</b> <b>2:00 Kempsville Baptist Church AR5</b> 4:00 Let's Get Moving! LR2 5:00 Brain Bootcamp LR1</p> <p style="text-align: center;">Purim</p> <p style="text-align: right;"><b>21</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR2 10:00 News! News! LR 2 <b>11:00 Chair Zumba with Peggy AR 2</b> <b>2:00 Suzuki Strings AR 4</b> 4:30 Stretch &amp; Strength A2 5:00 Brain Bootcamp A1</p> <p style="text-align: right;"><b>22</b></p>	<p><i>Happy Birthday Ruth!</i> 10:00 Coffee &amp; News A1 11:00 Bible Study with Joyce A 6 2:00 Bingo A6 4:00 Saturday Afternoon TV Residents' Choice A4</p> <p style="text-align: right;"><b>23</b></p>
<p><b>10:30 Eucharistic Service AR6</b> 11:15 Coffee Chat A 1 2:00 Pokeno A 6 4:00 Movie Matinee - Residents' Choice LR4</p> <p style="text-align: right;"><b>24</b></p>	<p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee &amp; News A 1 10:30 Aroma Therapy LR 5 11:00 Creative Crafters A3 <b>2:00 Celebrate Residents with March Birthdays with Wayne Mitchell AR5</b> 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1</p> <p style="text-align: right;"><b>25</b></p>	<p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 <b>10:30 Rosary-Legion of Mary C6</b> <b>12:00 Nursing Resident Council C3</b> <b>2:00 Special Guest Bible Time AR 6</b> 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR 5</p> <p style="text-align: right;"><b>26</b></p>	<p>9:45 Body in Motion LR2 <b>10:15 Catholic Mass AR 6</b> 11:00 Brain Bootcamp A 1 <b>2:00 Nondenominational Church Service AR6</b> 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> <p style="text-align: right;"><b>27</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 <b>10:30 Scenic Joyride 7,8</b> 11:00 Cooking &amp; Baking A1 <b>2:00 Bingo Store AR5</b> 4:00 Let's Get Moving! LR2 5:00 Brain Bootcamp LR1</p> <p style="text-align: right;"><b>28</b></p>	<p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR2 10:00 News! News! LR 2 11:00 Hand Massage LR5 <b>12:00 Men's Luncheon AR4</b> 3:30 Brain Bootcamp A1 4:30 Stretch &amp; Strength A2 <b>5:00 EAL Resident Council A3</b></p> <p style="text-align: right;"><b>29</b></p>	<p>10:00 Coffee &amp; News A1 11:30 Brain Bootcamp LR1 <b>2:00 Bingo with Regent Univ. Volunteers A4</b> 4:00 Saturday Afternoon TV Residents' Choice A4</p> <p style="text-align: right;"><b>30</b></p>
<p><b>10:30 Eucharistic Service AR6</b> 11:15 Coffee Chat A1 <b>2:30 Christian Fellowship with Brother Britt Hoskins AR 6</b> 4:00 Movie Matinee - Residents' Choice LR4</p> <p style="text-align: right;"><b>31</b></p>	<p style="text-align: center;">"When Irish Eyes are Smiling sure it's like a morn in spring In the lilt of Irish laughter you can hear the angels sing when Irish hearts are happy all the world seems bright and gay but when Irish eyes are smiling sure they'll steal your heart away" -Chorus, "When Irish Eyes are Smiling," lyrics by Chauncey Olcott and Geo. Graff, Jr.; Music by Ernest R. Ball</p> <p style="text-align: center;">LOCATION &amp; ACTIVITY KEY: A-Activity Room; AR- Assembly Room; C-Chapel; LR- Living Room 1-Cognitive/Creative, 2-Physical, 3-Productive, 4-Social, 5-Sensory, 6-Reflective, 7- Outdoor, 8-Nature</p>					 

Most activities are a minimum of 30 minutes long. All supplies are accounted for before and after each activity. Residents' mail hand-delivered. Most activities are a minimum of 30 minutes long. All supplies are accounted for before and after each activity.