




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<h1>March's Major Monthly Events for Reflections</h1> 			<p>Key F - Fireside Room D - Dining Room S - Sunroom E - Exercise P - Patio SN - Sunroom Nook / - Or - - Outing/Special</p> <p>1E- 1st Floor Elevator Lobby 1B - Lobby by Beauty Shop</p> <p>Neighborhoods (IL) - Independent (AL) - Assisted Living (R2) - Reflections on 2 (R3) - Reflections on 3</p>		<p>1 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:00 NEW Readers Club-S</u> <u>2:30 Taste of... -R3</u> <u>6:00 Crosswords & Happy Hour-S</u></p> <p>2 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 Music & Memories R3 3:00 Music & Memories R2</p>			
<p>3 1:30 Worship Songs & Coffee-R3 2:00 Sunday Worship Service with Pastor Ben-R3</p>	<p>4 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>2:00 Scenic Drive "Looking for the Color Green" (R & AL)</u></p>	<p>5 <u>9-3:00 Appointment Runs</u> 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 "Food Adventures" -R3 2:30 "Food Adventures" -R2</p>	<p>6 Ash Wednesday <u>9-3:00 Appointment Runs</u> <u>10:00 King's Kids -R3</u> <u>2:30 Hymn Sing by Peggy -R3</u> <u>3:30 Catholic Ash Wednesday Service - S</u></p>	<p>7 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30(R2) See Birds Bathe -1E</u> 2:30 Game of the Week -BINGO- S <u>6:00 Brightondale Family & Friends Support Group-F</u></p>	<p>8 <u>1:00 Music by Jeff Brueske -R3</u> 2:30 Active Fitness -R3 <u>2:45 Creating with TG Students -R3</u> <u>3:00 Stations of the Cross-S</u> 3:30 Fitness Visits-R2 <u>6:00 Global Party of the Month "Ignite over Ireland"-S</u></p>	<p>9 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 Music & Memories R3 3:00 Music & Memories R2</p>		
<p>10 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3</p> 	<p>11 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30 Short Treat Drive "Shamrock Shakes" (R & AL)</u></p>	<p>12 <u>9-3:00 Appointment Runs</u> 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 1:00 "RICA" -R2 1:30 "RICA" -R3</p>	<p>13 <u>9-3:00 Appointment Runs</u> 10:00 Active Fitness -R3 <u>10:30 Music with Gary -R3</u> <u>2:15 Short Stories Plus -R3</u> <u>2:45 Short Stories Plus -R2</u></p>	<p>14 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>2:15 King's Kids -R3</u></p>	<p>15 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:00 NEW Readers Club-S</u> <u>2:15 NEW Creating Hand Chimes - R3</u> <u>3:00 Stations of the Cross-S</u> <u>>Themed Meal" Irish Flavor" - D</u> <u>6:00 Crosswords & Happy Hour-S</u></p>	<p>16 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30 Essential Oils Hand Massages -S</u> 2:00 Music & Memories R3 3:00 Music & Memories R2</p>		
<p>17 St. Patrick's Day 1:30 Worship Songs & Coffee-R3 2:00 Sunday Worship Service with Pastor Ben-R3</p> 	<p>18 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>2:00 Short Scenic Drive "Looking for the Color Green" (R & AL)</u></p>	<p>19 <u>9-3:00 Appointment Runs</u> 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30 Dog Therapy Visits R3</u> <u>2:00 Dog Therapy Visits R2</u></p>	<p>20 <u>9-3:00 Appointment Runs</u> 10:00 Active Fitness -R3 <u>2:30 Hymn Sing by Peggy R3</u> <u>4:00 "Birthday Night" Dinner -D</u></p>	<p>21 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30 (R3) See Birds Bathe -1E</u> 2:30 Game of the Week -BINGO- S</p>	<p>22 10:00 Active Fitness -R3 10:45 Fitness Visits - R2 <u>1:00 Music by Plymouth Rockers- S</u> <u>3:00 Stations of the Cross-S</u> <u>6:00 Crosswords & Happy Hour-S</u></p>	<p>23 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 Music & Memories R3 3:00 Music & Memories R2</p>		
<p>24 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3</p>	<p>25 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 "Food Adventures" -R3 2:30 "Food Adventures" -R2</p>	<p>26 <u>>>9-12:00 Appointment Runs</u> 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 <u>1:30 Outing to Mills City (R)</u> <u>3:30 Catholic Communion - S</u></p>	<p>27 <u>9-3:00 Appointment Runs (Art for All ~ by sign up)-R2</u> 10:00 Active Fitness -R3 <u>10:30 Music with Gary -R3</u> <u>2:15 King's Kids -S</u></p>	<p>28 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:30 Game of the Week -Names & Numbers - S</p>	<p>29 10:00 Active Fitness -R3 10:45 Fitness Visits - R2 <u>1:00 Readers Club-S</u> <u>2:45 NEW Hand Chimes Creating with TG Students-R3</u> <u>3:00 Stations of the Cross-S</u> <u>6:00 Crosswords & Happy Hour-S</u></p>	<p>30 10:00 Active Fitness -R3 10:45 Fitness Visits-R2 2:00 Music & Memories R3 3:00 Music & Memories R2</p>		
<p>31 1:00 Sunday Devotions -R3 1:30 Worship Songs & Coffee-R3</p>	<ul style="list-style-type: none"> ◆ Check Out the Reflections Calendar of Daily Choices supported by Lifesprk ◆ At present, Care Conferences will be held on most Friday mornings—residents conferences are every 6 months. Notices will be mailed out. ◆ Active Fitness will vary from exercise, dance, to walks in the park, to active games like parachute, bowling, music and movement, tossing challenges and more. 		<ul style="list-style-type: none"> ◆ RICA Visits—Resident Individually Centered Activities! RICA visits aim to enhance self-esteem and sense of accomplishment through one to one or small groups interactions. These visits will be continue around listed programs and in addition to the one listed on the calendar. ◆ With Appointment Runs - An Escort is required for Reflections ◆ UPDATE -Seasonal KIT Boxes for enriching Family & Friend Visits to be stored in cabinets by the Elevators 					