

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
900 Chair Exercise 1 930 Daily Chronicle 1030 Worship Service 100 Art Activity 300 Bat the Balloon 600 Carestream	900 Get Stronger Exercise 2 930 Daily Chronicle & Good News Gram 1030 Trivia Rock Songs 100 Visit with Bella 300 Woodland Walkers 315 Maine Wordsearch 600 Carestream	900 Tune-up Tuesday 3 930 Daily Chronicle & Good News Gram 1030 March Wordsearch 100 1on1/ Visit w Rex 200 Music with Dan 300 Name the Animal YT 600 Carestream World Wildlife Day	900 Bridge Crossing/Bowling 4 930 Daily Chronicle & Good News Gram 1030 Bridge Crossing/Trivia 100 What tool is it? 300 1 on 1 /Nail Care 600 Carestream	900 Chair Fitness with Paul Eugene 5 930 Daily Chronicle & Good News Gram 1030 And the Oscar Goes To... 100 What am I? 300 Bingo 600 Carestream	900 Balance and Posture 6 930 Daily Chronicle & Good News Gram 1100 Music with Anne 100 Wacky Wordies 300 Woodland Walkers 315 Famous Women in History YT 600 Carestream	900 Fit Full Body Workout 7 930 Daily Chronicle 1030 Festival of Colors 100 Baking Activity/Oreo 300 Crosswords 600 Carestream
900 Pool Noodle Workout 8 930 Daily Chronicle 1030 Worship Service 100 Art Activity 300 Bowling 600 Carestream International Women's Day	900 Music and Fun 9 930 Daily Chronicle & Good News Gram 1030 Trivia Sitcom Characters 100 Visit with Bella 300 Women Who Helped Change the World YT 600 Carestream	900 Tune-up Tuesday 10 930 Daily Chronicle & Good News Gram 1030 Memory Lane with Eric 100 1on1/ Visit w Rex 300 Woodland Walkers 315 Music Trivia 600 Carestream	900 Bridge Crossing/Pool Noodle Workout 11 930 Daily Chronicle & Good News Gram 1030 Music with Terry Bridge Crossing 100 Finish the Sports Phrase 300 1 On 1/Nail Care 600 Carestream	900 Exercise with Paul Eugene 12 930 Daily Chronicle & Good News Gram 1030 Music with Lindsey 100 Who am I? 300 Bingo 600 Carestream	900 Senior Chair Yoga 13 930 Daily Chronicle & Good News Gram 1030 Famous March Birthdays Word Search 100 Library Visit 300 Woodland Walkers 315 Movie 600 Carestream	900 Boost Your Brain 14 930 Daily Chronicle 1030 San Diego Word Search 100 Baking Activity/Cereal Cookies 300 Music Trivia YT 600 Carestream
900 Get Stronger Chair Exercise 15 930 Daily Chronicle 1030 Worship Service 100 Art Activity 300 Hot Potatoes 600 Carestream	900 Low Impact Cardio 16 930 Daily Chronicle & Good News Gram 1030 Random Trivia 100 Visit with Bella 300 Woodland Walkers 315 Movie 600 Carestream	900 Tune-up Tuesday 17 930 Daily Chronicle & Good News Gram 1030 St. Patrick's Day Celebration 100 1on1/ Visit w Rex 200 Music with Dan 300 Lizzy for the Birds 600 Carestream St. Patrick's Day	900 Bridge Crossing/Bat the Balloons Lizzy for the Birds 18 930 Daily Chronicle & Good News Gram 1030 Bridge Crossing/TV Trivia 100 Car Trivia 300 1 on 1/Nail Care 600 Carestream	900 Chair Disco with Paul Eugene 19 930 Daily Chronicle & Good News Gram 1030 Who am I? 100 Woodland Walkers 300 Bingo 600 Carestream	900 Chair Exercise for Seniors 20 930 Daily Chronicle & Good News Gram 1030 Hang Man Springtime 100 Spring Tune-up 300 Individual Painting 600 Carestream Spring Equinox	900 Chair Tai Chi 21 930 Daily Chronicle 1030 Sousa Word Search 100 Baking Activity/Chocolate Carmel 300 Sports Movie T 600 Carestream
900 Boost Your Brain 22 930 Daily Chronicle 1030 Worship Service 100 Art Activity 300 Board Games 600 Carestream	900 Heart and Soul Fitness 23 930 Daily Chronicle & Good News Gram 1030 Gender Reveal Game 100 Visit with Bella 300 Slow Pong 600 Carestream	900 Tune-up Tuesday 24 930 Daily Chronicle & Good News Gram 1030 Sing Along a Happy Song 100 1on1/ Visit w Rex 300 Woodland Walkers 315 Puzzles 600 Carestream	900 Bridge Crossing/Hot Potato 25 930 Daily Chronicle & Good News Gram 1030 Bridge Crossing/Art Activity 100 What's in the Toolbox Trivia 300 1on1/ Hair Care 600 Carestream	900 Seated Dance Workout 26 930 Daily Chronicle & Good News Gram 1030 Woodland Walkers 100 Guess the Tune 300 Bingo 600 Carestream	900 Balance and Posture 27 930 Daily Chronicle & Good News Gram 1030 Hang Man 100 Library Visit 300 Table Games 600 Carestream	900 Get Stronger Exercise 28 930 Daily Chronicle 1030 Word Search 100 Baking Activity 300 Name the Actor Trivia YT 600 Carestream
900 Music & Movement 29 930 Daily Chronicle 1030 Worship Service 100 Art Activity 300 Card Games 600 Carestream	900 Fitness Fun 30 930 Daily Chronicle & Good News Gram 1030 Oldies Music Dance Party 100 Visit with Bella 300 Jewelry Making 600 Carestream	900 Tune-up Tuesday 31 930 Daily Chronicle & Good News Gram 1030 Music with Mary 100 1on1/Visit w Rex 300 Woodland Walkers 315 Movie 600 Carestream				

