

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
March cont'd													
Easter		Location Keys		Brain Power		Keep Your Mind Sharp!		The ShapeMaster®		ShapeMaster Room Open		ShapeMaster Room Open	
— ShapeMaster Room Open		3rd Floor		Exercise & Movement		The Dakim Brain Fitness System is Available for Use Every Day!		Equipment Is Available for Use		10:30 Zumba [3rd]		8:00 Newspaper Review	
8:00 Church Shuttle: List of Churches at Front Desk		Activity Room		Expression		If You Are Not In The System, See Meredith To Sign Up!		24 Hours/Day, Seven Days/Week, In the Fitness Center.		11:30 Lunch Outing: Chili's RSVP REQ'D (\$)		9:00 Meet Friends for Coffee	
2:30 Kings on The Corner Card Game		Family Room		Inner Strength						1:30 Cruising the QC		2:00 Taste Testers with Alicia	
3:30 Color Me Calm [AR]		Library		Nourishment & Health						3:00 Dakim Brain Fitness [L]		6:00 Movie Night [TH]	
6:00 Movie Night [TH]		Meet in Lobby Theater		Socialization									
				Spirituality									
ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open	
8:00 Church Shuttle: List of Churches at Front Desk		10:30 Chair Exercise [3rd]		9:00 Walgreens Outing RSVP REQ'D		10:00 Hy-Vee Shopping Outing RSVP REQ'D		8:30 News Currents: Current Event Updates and Discussion [TH]		10:30 Chair Exercise [3rd]		8:00 Newspaper Review	
2:30 Irish Dancers		10:30 Therapy Dog Visit [FR]		10:30 Light 'N' Lively Exercise [3rd]		10:30 Chair Exercise		9:30 Devotionals		11:30 Lunch Outing: Buffalo Wild Wings RSVP REQ'D (\$)		9:00 Meet Friends for Coffee	
2:30 Kings on The Corner Card Game		1:00 Trivia with Kate		12:00 Rock Steady Boxing (For those with Parkinson Disease)		10:45 Laughter Yoga and Guided Meditation		10:30 Sittercize Exercise [3rd]		1:30 Cruising the QC		6:00 Movie Night [TH]	
3:30 Color Me Calm [AR]		4:00 Puzzle Time		3:00 Arts and Crafts with Alicia		2:00 Bingo		3:00 Happy Hour with Darlene!		3:00 Dakim Brain Fitness [L]			
6:00 Movie Night [TH]				4:00 Checkers		6:00 Resident Led Prayer Circle							
				6:00 Dakim Brain Fitness [L]									
Daylight Saving Time Begins		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open	
— ShapeMaster Room Open		10:30 Chair Exercise [3rd]		9:15 Food Forum: Dining Feedback Meeting		10:00 Hy-Vee Shopping Outing RSVP REQ'D		8:30 News Currents: Current Event Updates and Discussion [TH]		10:30 Zumba [3rd]		8:00 Newspaper Review	
8:00 Church Shuttle: List of Churches at Front Desk		1:00 Meditative Coloring & Painting with Kate!		10:30 Light 'N' Lively Exercise [3rd]		10:30 Chair Exercise: Drums Alive!		9:30 Devotionals		11:30 Lunch Outing: Stouts Irish Pub RSVP REQ'D (\$)		9:00 Meet Friends for Coffee	
2:30 Kings on The Corner Card Game		4:00 Puzzle Time		12:00 Rock Steady Boxing (For those with Parkinson Disease)		2:00 Bingo		10:30 Sittercize Exercise [3rd]		1:30 Cruising the QC		2:00 Taste Testers with Alicia [FR]	
3:30 Color Me Calm [AR]				3:00 Arts and Crafts with Alicia		6:00 Resident Led Prayer Circle		12:00 Rock Steady Boxing (Parkinson's Specific)		3:00 Dakim Brain Fitness [L]		6:00 Movie Night [TH]	
6:00 Movie Night [TH]				4:00 4 o'clock News				3:30 Happy Hour with Ron!					
				6:00 Dakim Brain Fitness [L]									
St. Patrick's Day		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open	
— ShapeMaster Room Open		10:30 Chair Exercise [3rd]		9:00 Walgreens Outing RSVP REQ'D		10:00 Hy-Vee Shopping Outing RSVP REQ'D		8:30 News Currents: Current Event Updates and Discussion [TH]		10:30 Zumba [3rd]		8:00 Newspaper Review	
8:00 Church Shuttle: List of Churches at Front Desk		1:00 Trivia with Kate		10:30 Light 'N' Lively Exercise [3rd]		10:30 Chair Exercise		9:30 Devotionals		11:30 Lunch Outing: Red Lobster RSVP REQ'D (\$)		9:00 Easter Egg Hunt RSVP Guests	
2:00 Activity with Alicia [FR]		3:00 Alzheimer's / Dementia Care Giver Support Group		12:00 Rock Steady Boxing (For those with Parkinson Disease)		10:45 Laughter Yoga and Guided Meditation		10:30 Sittercize Exercise [3rd]		1:30 Cruising the QC		9:00 Meet Friends for Coffee	
2:30 Kings on The Corner Card Game		4:00 Puzzle Time		3:00 Arts and Crafts with Alicia		2:00 Bingo		12:00 Rock Steady Boxing (Parkinson's Specific)		3:00 Dakim Brain Fitness [L]		6:00 Movie Night [TH]	
3:30 Color Me Calm [AR]				4:00 Checkers		6:00 Resident Led Prayer Circle		1:00 Catholic Mass					
6:00 Movie Night [TH]				6:00 Dakim Brain Fitness [L]				3:00 Happy Hour					
ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open		ShapeMaster Room Open	
8:00 Church Shuttle: List of Churches at Front Desk		10:30 Chair Exercise [3rd]		10:30 Light 'N' Lively Exercise [3rd]		10:00 Hy-Vee Shopping Outing RSVP REQ'D		8:30 News Currents: Current Event Updates and Discussion [TH]		10:30 Zumba [3rd]		8:00 Newspaper Review	
2:30 Kings on The Corner Card Game		1:00 Meditative Coloring & Painting with Kate!		12:00 Rock Steady Boxing (For those with Parkinson Disease)		10:30 Chair Exercise: Drums Alive!		9:30 Devotionals		11:30 Lunch Outing: Baja Tacos RSVP REQ'D (\$)		9:00 Meet Friends for Coffee	
3:30 Color Me Calm [AR]		1:00 Town Hall with Annette		3:00 Arts and Crafts with Alicia		2:00 Bingo		10:30 Sittercize Exercise [3rd]		1:30 Cruising the QC		6:00 Movie Night [TH]	
6:00 Movie Night [TH]		4:00 Puzzle Time		4:00 4 o'clock News		6:00 Resident Led Prayer Circle		12:00 Rock Steady Boxing (Parkinson's Specific)		3:00 Dakim Brain Fitness [L]			
				6:00 Dakim Brain Fitness [L]				3:00 Happy Hour with Donovan!					

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