

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019



Vitalia Senior Residences Memory Care Cottages

						8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Sing-a-Long Songs 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review	1	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Remember When? 2:00 Movie Matinee 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Manicures	2				
8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Hangman 2:00 Cooking Club 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Sunday News	3	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Word Puzzles 2:00 Name That Tune 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Helping Hands 7:00 Evening Snack	4	8:00 Breakfast 10:00 Exercise 10:30 Paczki Party! 11:00 Lunch 1:00 New Orleans Trivia 2:00 Arts & Crafts: Mardi Gras! 3:00 Walkin' to New Orleans 3:30 Refreshment 4:00 Dinner 6:00 Reminisce with Me: Mardi Gras 7:00 Evening Snack	5	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Ash Wednesday Mass (ALT) 11:00 Lunch 1:00 Find Me! Magazine Search 2:00 Classic TV Sitcoms 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	6	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Bingo 2:00 Music Appreciation 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Flower Arranging 7:00 Evening Snack	7	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Sing-a-Long Songs 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	8	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Remember When? 2:00 Movie Matinee 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Manicures 7:00 Evening Snack	9
8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Hangman 2:00 Cooking Club 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Sunday News	10	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Word Puzzles 2:00 Name That Tune 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Helping Hands 7:00 Evening Snack	11	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Arts & Crafts: St. Patrick's Day 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 News Discussion 7:00 Evening Snack	12	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Classic TV Sitcoms 2:00 Scenic Drive 3:00 Walk & Talk 3:30 Refreshment 4:00 Birthday Bash (ALDR) 4:00 Dinner 6:00 Evening News Review	13	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Art History 2:00 Music Appreciation 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Flower Arranging 7:00 Evening Snack	14	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Sing-a-Long Songs 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	15	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Remember When? 2:00 Movie Matinee 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Manicures 7:00 Evening Snack	16
8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 11:30-1:30 Sunday Brunch (ALDR) 1:00 Hangman 2:00 Cooking Club: Shamrock Cookies 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Sunday News	17	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Resident Townhall 2:00 Name That Tune 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Helping Hands 7:00 Evening Snack	18	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Arts & Crafts 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 News Discussion 7:00 Evening Snack	19	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Garden Planning 2:00 Scenic Drive 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	20	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Bingo 2:00 Music Appreciation 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Flower Arranging 7:00 Evening Snack	21	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Sing-a-Long Songs 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	22	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Remember When? 2:00 Movie Matinee 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Manicures 7:00 Evening Snack	23
8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Hangman 2:00 Cooking Club 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Sunday News	24	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Word Puzzles 2:00 Name That Tune 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Helping Hands 7:00 Evening Snack	25	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Arts & Crafts 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 News Discussion 7:00 Evening Snack	26	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Classic TV Sitcoms 2:00 Scenic Drive 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 6:30 Music w/ John Kowalski (ALDR)	27	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Bingo 2:00 Music Appreciation 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Flower Arranging 7:00 Evening Snack	28	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Easy Does It Trivia 2:00 Sing-a-Long Songs 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Evening News Review 7:00 Evening Snack	29	8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Remember When? 2:00 Movie Matinee 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Manicures 7:00 Evening Snack	30
8:00 Breakfast 10:00 Exercise 10:30 Refreshments 11:00 Lunch 1:00 Hangman 2:00 Cooking Club 3:00 Walk & Talk 3:30 Refreshment 4:00 Dinner 6:00 Sunday News	31	Events are subject to change based on interest and personal needs of individual residents											