

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday



# March 2019

## Shannondale Health Care Center



<p>3 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>11:00 Fitness Infusion – 2nd 1:30 <u>Poems w/ Charlie</u> – 5th 2:00 Resident Council - ACT 3:00 <b>LIVE</b> Piano w/ Karen 6:30 Shrinking Words (Game)</p>	<p>4 11:00 Zydeco Dancing – 2nd 1:30 Fresh Fruit 3:00 Bingo - 6:30 Mardi Gras Mask Art - ACT</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>5 Pretty Nails Day 2:30 Bible Study – 5th 4:00 Happy Hour 6:30 Hot Chocolate Brownie Craft - ACT</p> <p style="text-align: center;"><small>Ash Wednesday</small></p>	<p>6 11:00 <b>LIVE</b> Ron &amp; Dino – 2nd 1:30 Wacky Wordies 3:00 Roll a Leprechaun Game - 6:30 Dominos - ACT</p>	<p>7 11:00 Calendar Chat – 1 RV 1:30 <u>The Weekly Buzz w/ Rose</u> – 2nd 2:00 Welcome Wagon (New residents) – RV 3:00 Pokeno -</p>	<p>8 <b>11:00 Exercise W/ Mary – 2nd</b></p> <p>9 <b>11:00 Classic Movie Trivia w/ Beth</b></p>
<p>10 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p> <p style="text-align: center;"><small>Daylight Saving Time Begins</small></p>	<p>11 11:00 Morning Stretch – 2nd 1:30 Star of the Month “Ann-Margret” (Discuss) 3:00 <b>LIVE</b> Drew’s Blues – 5th 6:30 Concentration Puzzles</p>	<p>12 10:30 Coffee W/ Buddy – 1st 1:30 This Day in History 3:00 Bingo - 6:30 Chocolate Tasting - ACT</p>	<p>13 Pretty Nails Day 2:30 Bible Study – 5th 4:00 Whoga - 6:30 Oreo Bumble Bee Craft - ACT</p>	<p>14 11:00 Elevenses (Tea) 1:30 Who Am I? 3:00 <b>LIVE</b> Jeff Nelson – 5th 6:30 Hangman - ACT</p>	<p>15 11:00 Sittercise 1:30 <u>The Weekly Buzz w/ Rose</u> – 2nd 3:00 Leprechaun Hat Craft -</p>	<p>16 <b>3:00 Bingo – 5th</b></p>
<p>17 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p> <p style="text-align: center;"><small>St. Patrick's Day</small></p>	<p>18 11:00 Short Story Club “Clovers are Forever” 1:30 <u>Poems W/ Charlie</u> – 5th 3:00 <b>LIVE</b> Piano w/ Karen – 5th 6:30 Name That Irish Tune</p>	<p>19 11:00 Foam Ball Fitness - 2nd 1:30 Homemade Bread 3:00 Bingo - 6:30 Adult Coloring and Reflection - ACT</p>	<p>20 Pretty Nails Day 2:30 Bible Study – 5th 3:00 <u>Craft w/ Patricia</u> – 4th 4:00 Happy Hour 6:30 Fruit Flower Craft - ACT</p> <p style="text-align: center;"><small>Spring Begins</small></p>	<p>21 10:45 <b>LIVE</b> Heartstrings – 2nd 1:30 Can You Picture This? (Discuss) 3:00 General Store - 6:30 Magazine Scavenger Hunt - ACT</p> <p style="text-align: center;"><small>Purim</small></p>	<p>22 11:00 Tai Chi – 2nd 1:30 Truth or Blarney Trivia 3:00 Spiritual Circle</p>	<p>23 <b>11:00 East TN History W/ Melissa</b></p>
<p>24 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>25 10:30 <b>LIVE</b> Grace Baptist Church Singers 1:30 Short Story Club 2:30 Craft &amp; Sip - 6:30 Pass it on (Game)</p>	<p>26 10:30 Coffee W/ Buddy – 1st 1:30 Humor-Us 3:00 - Bingo 6:30 “Guess That Flavor” Potato Chip - ACT</p>	<p>27 Pretty Nails Day 2:30 Bible Study – 5th 4:00 Seatworks - 6:30 Deviled Eggs - ACT</p>	<p>28 10:30 <b>LIVE</b> Kim Frasch – 1:30 What am I? 3:00 Birthday Party - 6:30 Left, Center, Right (Dice game) - ACT</p>	<p>29 11:00 Fittersitters 1:30 <u>The Weekly Buzz w/ Rose</u> – 2nd 3:00 Man Cave Meeting (Men Only) - ACT</p>	<p>30 <b>Puzzles, Reading, TV and Family Time</b></p>
<p>31 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<div style="text-align: center;">  <p>RV = Room Visits ACT = Activity Room No location posted = Day rooms on each floor <u>Underlined events indicate resident hosted activities</u></p>  </div>					

Calendar is subject to change. Please see Daily Schedule posted on each floor to the left of the elevators for the most current information.