

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1=1st floor entertainment 2=2nd floor therapy gym 3=3rd floor activities DR=Dining Room L=Lobby PDR=Private Dining Room G=Gazebo			01 BEAUTY SHOP DAY 8:30-11:30 AM 60 + SENIOR PROGRAM (L) 10:00 AM EXERCISE CLASS (3) 10:00 AM KROGER/MEIJER	02 10:00 AM CHAIR EXERCISES WITH KAREN (VIDEO) 1:00 PODIATRIST VISIT (119) 3:30 PM Happy Hour (L)	03 10:00AM Exercise Class (3) 1:00 PM CRAFT WITH KAREN ST. PATRICK'S DAY (3)	04
05 1:00 PM Worship for Everyone with Holy Communion (DR)	06 10:30AM Breakfast Bingo (3) 1:00 PM ARMCHAIR TRAVELER WALES VIDEOS 3:00 PM RESIDENT COUNCIL MEETING (3)	07 PEDICURE DAY 10:00 AM CHAIR YOGA by Ceilia (3) 11:00 AM TRIVIA AND FUN FACTS (DR) 2:00 PM Bible Study (3) 3:00PM Wii Bowling (1)	08 BEAUTY SHOP DAY 10:00 AM EXERCISE CLASS (3) 10:00 AM KROGER/MEIJER/ 2:00 PM AMADA INFORMATION SESSION (3)	09 10:00 AM CHAIR EXERCISES WITH KAREN (VIDEO) 11:00 AM SILVER SNEAKERS INFORMATION SESSION WITH YMCA (3) SIGN UP IN LOBBY 3:30 PM Happy Hour (L) IRISH MUSIC	10 10:00AM Exercise Class (3) 1:00 PM CRAFT WITH KAREN SPRING CRAFT (3)	11
12 1:00 PM Worship for Everyone with Holy Communion (DR) +DAYLIGHT SAVINGS TIME+ SPRING FORWARD!	13 10:30AM Breakfast Bingp 1:00PM Birthday Party (DR) 	14 10:00 AM CHAIR YOGA by Ceilia (3) 11:00 AM TRIVIA AND FUN FACTS (DR) 2:00 PM Bible Study (3) 3:00PM Wii Bowling (1)	15 BEAUTY SHOP DAY 10:00 AM EXERCISE CLASS(3) 10:00 AM KROGER/MEIJER 2:00 PM GROUP EXERCISE (3)	16 10:00 AM CHAIR EXERCISES WITH KAREN (VIDEO) 11:00 AM Decorate Shamrock Cookies 3:30 PM St. Patrick's Day Happy Hour (L)	17 10:00AM Exercise Class (3) 11:00 AM BALANCE CLINIC WITH KELSEA (3)	18
19 1:00 PM Worship for Everyone with Holy Communion (DR)	20 10:30AM Breakfast Bingo (3) 1:00-3:00 PM PAINTING WITH DENISE (3) +FIRST DAY OF SPRING+	21 10:00 AM CHAIR YOGA by Ceilia (3) 1:00 AM TRIVIA AND FUN FACTS (DR) 2:00 PM Bible Study (3) 3:00PM Wii Bowling (1)	22 BEAUTY SHOP DAY 10:00 AM EXERCISE CLASS (3) 10:00 AM KROGER/MEIJER 2:00 PM DISCOVERY SERIES (3)	23 10:00 AM CHAIR EXERCISES WITH KAREN (VIDEO) 3:30 PM Happy Hour (L)	24 10:00AM Exercise Class (3) 12:00 PM "LUNCH BUNCH" OLIVE GARDEN MEET IN LOBBY AT 11:45 PM	25
26 1:00 PM Worship for Everyone with Holy Communion (DR)	27 10:30AM Breakfast Bingo (3) 1:00-3:00 PM MOVIE AND POPCORN (3)	28 10:00 AM CHAIR YOGA by Ceilia (3) 11:00 AM TRIVIA AND FUN FACTS (DR) 1:30 –2:15 pm LIBRARY BOOK HAULER 2:00 PM Bible Study (3) 3:00PM Wii Bowling (1)	29 BEAUTY SHOP DAY 8:30-11:30 AM 60 + SENIOR PROGRAM (L) 10:00 AM EXERCISE CLASS (3) 10:00 AM KROGER/MEIJER	30 10:00 AM CHAIR EXERCISES WITH KAREN (VIDEO) 3:30 PM Happy Hour (L)	31 10:00AM Exercise Class (3) 10: 00 am TRIP TO SCRAMBLER'S MEET IN LOBBY AT 9:45 AM	

CREEKSIDE ACTIVITIES

March 2023