






# Avalon Gardens Memory Care / Avalon Assisted Living

## March Monthly Activity Schedule 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 Memory Care Mondays</b> 9:00 Current Events 10:00 Exercise 1:00 <b>Monday Manicures</b> 4:00 A Chapter a Day	<b>2 Doctor Appointments</b> 10:00 Exercise 10:00 <b>Lutheran Services (C)</b> 1:00 Tuesday Social 3:00 Painting Studio	<b>3 Wellness Wednesday</b> 10:30 St. Patty's Decorating 1:00 Picture Bingo 3:00 Resident Council	<b>4 Doctor Appointments and Hair Appointments</b> 10:00 Exercise 1:00 Reminiscing 3:00 Cookie Decorating	<b>5 Hair Appointments</b> 9:00 Friday Health Clinic 10:00 <b>Catholic Services (C)</b> 1:15 Ladies Circle 2:00-4:00 Happy Hours 6:00 Friday Night Films	
<b>7</b> <i>10:00 Remembering Spirit</i> 	<b>8 Memory Care Mondays</b> 9:00 Daily Paper 10:00 Snack & Chat 1:00 <b>Manicure Mondays</b> 3:00 <b>Lutheran Services ©</b> <b>6:00 Avln. Fam. Sup. Grp</b>	<b>9 Doctor Appointments</b> 10:00 Exercise 11:00 Bible Study with Kay Godfrey <b>1:00 Men's Group</b> 3:00 Jigsaw Puzzle	<b>10 Wellness Wednesday</b> 10:00 Yoga / meditation 1:00 Ladies Circle 6:00 Picture Bingo	<b>11 Doctor Appointments and Hair Appointments</b> 10:00 Exercise 2:30 Snack & Chat 6:00 Reminiscing	<b>12 Hair Appointments</b> 9:00 Friday Health Clinic 10:00 <b>Catholic Services (C)</b> 1:00 Ladies Circle 2:00-4:00 Happy Hours 6:00 Friday Night Films	<b>13 Remembering Dance</b> Saturday Night Dances in Memory Care @ 6pm
<b>14</b> Spring Art Show 2-5 pm Daylight Savings Time Begins	<b>15 Memory Care Mondays</b> 10:00 Exercise 1:00 <b>Manicure Mondays</b> 2:00 A Chapter a Day 3:00 <b>Lutheran Services ©</b> 1-4 pm Field Trip to the State Capitol Building	<b>16 Doctor Appointments</b> 9:00 One and Tuesdays 10:00 Exercise 1:00 Ladies/Craft Corner 2:30 Snack & Chat	<b>17 St. Patrick's Day!</b> 10:00 Exercise 1:00 Picture Bingo 3:00 St. Patty's Happy Hour	<b>18 Doctor Appointments and Hair Appointments</b> 10:00 Exercise 2:30 Snack & Chat 7:00 Reminiscence	<b>19 Hair Appointments</b> 9:00 Friday Health Clinic 10:00 <b>Catholic Services (C)</b> 1:00 Ladies Circle 2:00-4:00 Happy Hours 6:00 Friday Night Films	<b>20</b> 2:00 Bingo  Spring Begins
<b>21</b> <i>10:00 Remembering Spirit</i> <i>2:30 Ice cream Sundays</i>	<b>22 Memory Care Mondays</b> 10:00 Exercise 1:00 <b>Monday Manicures</b> 2:00 A Chapter a Day 3:00 <b>Lutheran Services ©</b> <b>6:00 Alz. / Dem. Sup. Grp</b>	<b>23 Doctor Appointments</b> 9:00 One and Tuesdays 10:00 Men's Group 2:30 Snack & Chat 3:00 Paper Mache	<b>24 Wellness Wednesday</b> 10:00 Yoga / meditation 1:00 Picture Bingo 2:00 Ladies Circle	<b>25 Doctor Appointments and Hair Appointments</b> 10:00 Exercise 1:00 Reminiscing 3:00 Edible Art	<b>26 Hair Appointments</b> 9:00 Friday Health Clinic 10:00 <b>Catholic Services (C)</b> 1:00 Ladies Circle 2:00-4:00 Happy Hours 6:00 Friday Night Films	<b>27 Remembering Dance</b> Saturday Night Dances in Memory Care @ 6pm
<b>28 Palm Sunday</b> 	<b>29 Passover</b> 10:00 Exercise 1:00 <b>Manicure Mondays</b> 2:00 A Chapter a Day 3:00 <b>Lutheran Services (C)</b>	<b>30 Doctor Appointments</b> 9:00 One and Tuesdays 10:00 Exercise 2:30 Snack & Chat 3:00 Craft Corner	<b>31 Wellness Wednesday</b> 10:00 Exercise 1:00 Picture Bingo 2:00 Ladies Circle	<b>FUN FACTS:</b> National Women's History Month National Peanut Month National Umbrella Month	<b>Memory Care Mondays</b> <b>15/29 Field Trips 1-4p</b> <b>8/22 Support Groups 6-7p</b> <b>Michael's off. Hours 5-7pm</b>	<b>L - Library</b> <b>AC - Activity Room</b> <b>C - Chapel</b> <b>DR - Dining Room</b> <b>SP - Sun Porch</b> <b>FL - Front Lobby</b>