














March

Golden Meadows Activity Calendar March 2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|---|--|--|---|--|---|--|
|  <p>HAPPY BIRTHDAY Roberta Nichols 02/01 Sydney Emmons 03/06 Sam Davis 03/21</p> | |  | |  | | <p>1 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:30 Music with Andy 3:00 Tasty Treats 4:30 Dinner 6:00 News</p> | <p>2 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> |
| <p>3 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | <p>4 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 Painting 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>5 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Singing with Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | <p>6 <i>Ash Wednesday</i> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 2:00 Nail Care 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>7 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 One Man Band John 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | <p>8 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Country with Johnny 3:00 Tasty Treats 4:30 Dinner 6:00 News</p> | <p>9 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | |
| <p>10 <i>Daylight Savings</i> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>11 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 Keyboards with Gil 3:00 Tasty Treat 4:30 DINNER 6:00 News</p>  | <p>12 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 2:00 Tea & Biscuits 4:30 DINNER 6:00 Evening News</p> | <p>13 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 1:00 Singing with Rex 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>14 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 Guitar w/Daryl 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>15 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Fun and Games 3:00 Tasty Treats 4:30 Dinner 6:00 News</p> | <p>16 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | |
| <p>17 <i>St. Patrick's Day</i> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | <p>18 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 Ms Teri & Her Drums 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>19 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Singing with Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | <p>20 <i>1st Day of Spring</i> 7:30 BREAKFAST 8:30-10:00 ADL's 11:00 Move to the groove 11:30 LUNCH 1:00 Resident Council 2:00 Singing with Ray 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>21 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 One Man Band John 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>22 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Country with Johnny 3:00 Tasty Treats 4:30 Dinner 6:00 News</p> | <p>23 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p>  | |
| <p>24/31 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>25 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 String Ensemble 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>26 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Birthday Party w/ Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>27 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 2:00 Keyboards with Gil 3:00 Tasty Treat 4:30 DINNER 6:00 News</p> | <p>28 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 Fun & Games 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | <p>29 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Jewelry Making 3:00 Tasty Treats 4:30 Dinner 6:00 News</p>  | <p>30 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News</p> | |