

MARCH UPDATES

- Saturday Bingo is run by residents, if you're interested in being a volunteer caller let Alyssa know.
- If you sign up for a Tues/Thur bus for an appointment, the appointment must begin between 1:00-2:30 so we can accommodate all who sign up & return in time for dinner.
- Footloose at the Chanhassen Theater has been scheduled for this summer, more details to come.
- The Activity & Community Room space & contents are for you to enjoy! Help yourself to the craft supplies, games, TV, exercise equipment, etc. Please return items where you found them when done.
- TV Use: Please keep use of the Lobby TV to content everybody is comfortable viewing (Olympics, sport games, etc.) The Community Room TV can be used for movies, shows, etc.



MARCH ACTIVITIES – WEEK 1

MONDAY FEBRUARY 28TH

10:00 Weekly Check-in @ Community Room

- Learn about the activity schedule & ask questions.

2:00 Exercise Class @ Community Room

3:00 American Sign Language @ Community Room

- Learn basic sign language that can be used in everyday life.

TUESDAY MARCH 1ST *National Minnesota Day*

10:00 Fit w/ Nikki @ Community Room

11:00 Minnesota Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Bingo @ Community Room (Bring \$2)

3:00 "Make it Mary" Musical Performance @ Lobby

WEDNESDAY MARCH 2ND *Lent begins*

9:15 Shopping Bus @ Target & Cub

- Must sign up on Alyssa's door or call for help

1:00 Bridge @ 2nd Floor

1:00 Wii Sports @ Community Room

2:00 Exercise Class @ Community Room

3:00 Rock Painting Craft @ Activity Parlor

- Paint & decorate stones to be used as paper weights, tokens of kindness to give to somebody, garden or house decoration, etc.

THURSDAY MARCH 3RD

10:00 Fit w/ Nikki @ Community Room

10:00 Bible Study w/ Dan @ Activity Parlor

11:00 General Knowledge Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Resident Meeting w/ Alyssa & Resident Council @ Dining

- All residents are asked to join.

3:00 Card Bingo @ Community Room (Bring \$2)

FRIDAY MARCH 4TH

10:00 Painting Class w/ Nancy @ Community Room

- Sign up in Community Room

1:30 Reminisce w/ Judy & Iris @ Activity Parlor

- Share stories, photos & memories

3:00 Social @ Community Room

SATURDAY MARCH 5TH

10:00 Rosary w/ Ilene @ Library

10:00 Farkle w/ Val @ Activity Parlor

1:30 Bingo @ Community Room (Bring \$2)

- NEED VOLUNTEER CALLER

2:30 Skipbo @ Community Room

SUNDAY MARCH 6TH

10:00 Church @ Community Room

1:30 Movie: Pretty Woman @ Community Room



MARCH ACTIVITIES – WEEK 2

MONDAY MARCH 7TH

10:00 Weekly Check-in @ Community Room

- Learn about the activity schedule & ask questions.

2:00 Exercise Class @ Community Room

3:00 Men's Group @ Community Room

- Calling all men! Come hang out, this time is for you. Alyssa will put together what you'd like to see each week (snacks, drinks, sports on TV, cards, etc.)

TUESDAY MARCH 8TH *International Women's Day*

10:00 Fit w/ Nikki @ Community Room

11:00 Women in History Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Bingo @ Community Room (Bring \$2)

3:00 Armchair Travel: Ireland @ Community Room

- Travel to Ireland, learn about the culture, food, attractions, etc.
- If you traveled to England last month, remember to bring your decorated passport! There will be extras for those who need.

WEDNESDAY MARCH 9TH

9:15 Shopping Bus @ Target & Cub

- Must sign up on Alyssa's door or call for help

1:00 Bridge @ 2nd Floor

1:00-4:00 Minneapolis Institute of Art (Bus Departs @ 1:00)

- If you signed up for this in February, your name is still on the list. Alyssa will contact you beforehand to confirm you're still interested.
- Must bring proof of COVID Vaccination

1:00 Wii Sports @ Community Room

2:00 Exercise Class @ Community Room

THURSDAY MARCH 10TH

10:00 Fit w/ Nikki @ Community Room

10:00 Bible Study w/ Dan @ Activity Parlor

11:00 Logo Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Resident Meeting w/ Antonio @ Dining

- All residents are asked to join.

3:00 Bingo @ Community Room (Bring \$2)

FRIDAY MARCH 11TH

10:00 Bible Study w/ Nancy @ Community Room

1:30 Cooking Demo w/ Jordan @ Activity Parlor

- Sign-up in Community Room, you'll be having Juicy Lucy's!

1:30 Reminisce w/ Judy & Iris @ Community Room

- Share stories, photos & memories

3:00 Social @ Community Room

6:15 Park Center High School Musical: The Music of Elvis Presley (\$6 at the door)

- Starts at 7:00, bus departs at 6:15

- Sign up in community room or call Alyssa for help

SATURDAY MARCH 12TH

10:00 Rosary w/ Ilene @ Library

10:00 Farkle w/ Val @ Activity Parlor

1:30 Bingo @ Community Room (Bring \$2)

- NEED VOLUNTEER CALLER

2:30 Skipbo @ Community Room

SUNDAY MARCH 13TH *Daylight Saving: Set clock 1 hour ahead*

10:00 Hymnal Singing @ Community Room

1:30 Movie: Secondhand Lions @ Community Room

MARCH ACTIVITIES – WEEK 3

MONDAY MARCH 14TH

10:00 Weekly Check-in @ Community Room

- Learn about the activity schedule & ask questions.

2:00 Exercise Class @ Community Room

3:00 Mindful Monday @ Community Room

- Learn how to practice effective mindfulness, meditation & gratitude.

TUESDAY MARCH 15TH

10:00 Fit w/ Nikki @ Community Room

11:00 General Knowledge Trivia @ Community Room

1:00-2:30 Audiologist @ Activity Parlor

2:00 Bingo @ Community Room (Bring \$2)

3:00 3 Squares Restaurant (Bus Departs @ 3pm)

- Sign up in community room or call Alyssa for help
- Menu is posted behind sign-up sheet
- Three Squares Restaurant offers a range of creative Mexican, American and hearty English meals, paired with a friendly ambience.

WEDNESDAY MARCH 16TH

9:15 Shopping Bus @ Target & Cub

- Must sign up on Alyssa's door or call for help

1:00 Bridge @ 2nd Floor

1:00 Wii Sports @ Community Room

2:00 Exercise Class @ Community Room

3:00-4:00 Blood Pressure Clinic @ Community Room

- Open to all residents – come get your blood pressure checked.

THURSDAY MARCH 17TH *Happy St. Patrick's Day!*

10:00 Fit w/ Nikki @ Community Room

10:00 Bible Study w/ Dan @ Activity Parlor

11:00 St. Patrick's Day Trivia & Fun Facts @ Community Room

1:00 NO BUS OUTING TODAY

2:00-4:00 Spotlight Event: St. Patrick's Day Party! @ Lobby

- Live entertainment, food, drinks & activities!

FRIDAY MARCH 18TH

10:00 Bible Study w/ Nancy @ Community Room

1:30 Massages @ Library

- Sign-up in Community Room, 20 minutes for \$15

1:30 Reminisce w/ Judy & Iris @ Community Room

- Share stories, photos & memories

3:00 Social @ Community Room

SATURDAY MARCH 19TH

10:00 Rosary w/ Ilene @ Library

10:00 Farkle w/ Val @ Activity Parlor

1:30 Bingo @ Community Room (Bring \$2)

- NEED VOLUNTEER CALLER

2:30 Skipbo @ Community Room

SUNDAY MARCH 20TH *First Day of Spring*

10:00 Church @ Community Room

1:30 Movie: Lilies of the Field @ Community Room



MARCH ACTIVITIES – WEEK 4

MONDAY MARCH 21ST

10:00 NO WEEKLY CHECK-IN (MOVED TO TUESDAY) *Alyssa is gone today*

2:00 Project Social @ Activity Parlor

- Bring your current project or start a new one. Activity parlor has coloring and puzzle supplies, coffee bar storage has craft supplies.

3:00 Men's Group @ Community Room

TUESDAY MARCH 22ND

10:00 Fit w/ Nikki @ Community Room

11:00 RESCHEDULED Weekly Check-in @ Community Room

- Learn about the activity schedule & ask questions.

1:00-4:00 TaylorMarie's Apparel Shopping @ Lobby

- Size range of merchandise are from 0 petite to 3x. Clothing is priced from \$20.00 on up, and accessories start at \$10.00

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 "Ask a Nurse" @ Dining *All residents asked to join*

- Meet with nursing staff for updates & questions

3:00 Bingo @ Community Room (Bring \$2)

WEDNESDAY MARCH 23RD

9:15 Shopping Bus @ Target & Cub

- Must sign up on Alyssa's door or call for help

1:00 Bridge @ 2nd Floor

1:00 Wii Sports @ Community Room

2:00 Exercise Class @ Community Room

3:00-4:30 MNTech Support @ Community Room *First come first serve*

- MNTech will be here again to answer questions about your electronics. Bring your devices (phone, iPad, laptop, etc.)

THURSDAY MARCH 24TH

10:00 Fit w/ Nikki @ Community Room

10:00 Bible Study w/ Dan @ Activity Parlor

11:00 General Knowledge Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Resident Meeting w/ Antonio @ Dining

- All residents are asked to join.

3:00 Bingo @ Community Room (Bring \$2)

FRIDAY MARCH 25TH

10:00 Bible Study w/ Nancy @ Community Room

1:30 Reminisce w/ Judy & Iris @ Community Room

- Share stories, photos & memories

3:00 Birthday Social @ Community Room

- Celebrate the residents who have March Birthdays!

SATURDAY MARCH 26TH

10:00 Rosary w/ Ilene @ Library

10:00 Farkle w/ Val @ Activity Parlor

1:30 Bingo @ Community Room (Bring \$2)

- NEED VOLUNTEER CALLER

2:30 Skipbo @ Community Room

SUNDAY MARCH 27TH

10:00 Hymnal Singing @ Community Room

1:30 Movie: My Fair Lady @ Community Room



MARCH ACTIVITIES – WEEK 5

MONDAY MARCH 28TH

10:00 Weekly Check-in @ Community Room

- Learn about the activity schedule & ask questions.

2:00 Exercise Class @ Community Room

3:00 Tile Mosaic Craft @ Community Room

- Create a decorative mosaic using pieces of tile, stone, beads, etc.

TUESDAY MARCH 29TH

10:00 Fit w/ Nikki @ Community Room

11:00 Animal Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Bingo @ Community Room (Bring \$2)

3:00 Learn about Parkinson's @ Community Room

- Presentation by Mary & Nancy about Parkinson's disease & how it impacts one's life.

WEDNESDAY MARCH 30TH

9:15 Shopping Bus @ Target & Cub

- Must sign up on Alyssa's door or call for help

1:00 Bridge @ 2nd Floor

1:00 Wii Sports @ Community Room

2:00 Exercise Class @ Community Room *30 minute class*

3:00 Stations of the Cross @ Community Room

- Visit the 14 Stations of the Cross in observance of Lent with Sue.



THURSDAY MARCH 31ST

10:00 Fit w/ Nikki @ Community Room

10:00 Bible Study w/ Dan @ Activity Parlor

11:00 General Knowledge Trivia @ Community Room

1:00 Bus Outing

- Sign up on Alyssa's door & list your destination or call for help

2:00 Resident Meeting w/ Jasmine @ Dining

- All residents are asked to join.

3:00 Bingo @ Community Room (Bring \$2)

FRIDAY APRIL 1ST

10:00 Bible Study w/ Nancy @ Community Room

1:30 Reminisce w/ Judy & Iris @ Community Room

- Share stories, photos & memories

3:00 Social @ Community Room

SATURDAY APRIL 2ND

10:00 Rosary w/ Ilene @ Library

10:00 Farkle w/ Val @ Activity Parlor

1:30 Bingo @ Community Room (Bring \$2)

- NEED VOLUNTEER CALLER

2:30 Skipbo @ Community Room

SUNDAY APRIL 3RD

10:00 Hymnal Singing @ Community Room

1:30 Movie @ Community Room

