

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2018



## Regency Retirement Village - Memory Care

<p><b>4</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy ***Color of the Week: Green **</p>	<p><b>5</b> Make-over Mondays thru the day 9:00 Pet Therapy/Raleigh&amp;Gooch 9:30 Morning Stroll 9:45 Sit &amp; Be Fit Exercises 10:00 Kathryn Music Therapy 2FL 11:00 Kathryn Music Therapy 5FL 11:00 Music Therapy 1:30 Pokeno 2:00 Flyswatter Ping Pong 3:00 Art Set-up – Color: Green 6:00 Aromatherapy</p>	<p><b>6</b> 9:30 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Mani-Spa treatments with... 1:30 Lavender Lotion 2:00 Kickball 3:00 Beading &amp; Crafts 6:00 Aromatherapy ***Color of the Week: Green **</p>	<p><b>7</b> 9:30 Parachute Exercise 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Horse Shoes 2:00 Employee Birthday &amp; Town Hall 3:00 Table Games 6:00 Aromatherapy ***Color of the Week: Green **</p>	<p><b>8</b> 9:00 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:00 Music &amp; Memory Synch 1:30 Bingo for Prizes 2:00 Kick Ball 2:30 Dancercise 3:00 Music Sing-along 6:00 Aromatherapy ***Color of the Week: Green **</p>	<p><b>9</b> 9:30 Sit &amp; Be Fit Exercises 9:45 Walking Club 10:00 Current Events Discussion 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Kris Pierce in Concert - SR 2:30 Coffee &amp; Donuts Treat 3:00 Hangman 6:00 Aromatherapy ***Color of the Week: Green **</p>	<p><b>10</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show &amp; Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy</p>
<p><b>11</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy</p> <p>Daylight Saving Time Begins</p>	<p><b>12</b> Make-over Mondays thru the day 9:00 Pet Therapy/Raleigh&amp;Gooch 9:30 Sit &amp; Be Fit Exercises 9:45 Kick Ball Exercise 10:00 Current Events/Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:30 Gentlemen's Outing - SR 1:30 Puzzle Solving 2:00 Flyswatter Ping Pong 3:00 Musical Movements</p>	<p><b>13</b> 9:30 Morning Stroll with... 9:30 Gardening Club 1:30 Mani-Spa treatments with... 1:45 Lavender Lotion 11:00 Music Therapy 2:00 Kickball 2:30 St. Patrick's Day Party ~ Green Treats and Eats 6:00 Aromatherapy</p>	<p><b>14</b> 9:30 Morning Stroll 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Basketball Toss 1:30 Wolfgang – SR 3:00 Irish Cooking Show ~ Corn Beef Sliders 6:00 Aromatherapy</p>	<p><b>15</b> 9:30 Dancercise 9:45 Move &amp; Groove Fitness 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:00 Music &amp; Memory Synch 1:30 Resident B-Day Party 3:00 Group music Sing-along 6:00 Aromatherapy</p>	<p><b>16</b> 9:30 Sit &amp; Be Fit Exercise 9:45 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Bean Bag Toss 2:00 Irish Day Special ~ with Randy Taylor and the Tea Time Band AND Brandan with the Fitness Arts Center Irish Dancers – 1DR</p>	<p><b>17</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show &amp; Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy</p> <p>St. Patrick's Day</p>
<p><b>18</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy</p>	<p><b>19</b> Make-over Mondays thru the day 9:00 Pet Therapy/Raleigh&amp;Gooch 9:30 Parachute 9:45 Sit &amp; Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Puzzle Solving 2:00 Horseshoes 3:00 Bible Talks 6:00 Aromatherapy</p>	<p><b>20</b> 9:30 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy with staff * 11:30 Purple Hat Society - SR 1:30 Mani-Spa treatments with... 1:30 Lavender Lotion 2:00 Horseshoes 2:30 Kickball 3:00 Checkers 6:00 Aromatherapy</p>	<p><b>21</b> 9:30 Parachute Exercise 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Hymnal Music Therapy 2:00 Target Toss 3:00 Crafts or Painting 6:00 Aromatherapy</p>	<p><b>22</b> 9:30 Dancercise 9:45 Move &amp; Groove Fitness 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:00 Music &amp; Memory Synch 1:30 Bingo for Prizes 2:00 Kick Ball 2:30 Dancercise 3:00 Music Sing-along</p>	<p><b>23</b> 9:30 Morning Stroll 9:45 Sit &amp; Be Fit Exercise 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:30 Flyswatter Ping Pong 2:00 Johnny Abbott aka "Willie Nelson" in Concert - SR 2:30 Bible Devotions 3:00 Hangman 6:00 Aromatherapy</p>	<p><b>24</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show &amp; Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy</p>
<p><b>25</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy</p> <p>Palm Sunday</p>	<p><b>26</b> 9:00 Pet Therapy/Raleigh&amp;Gooch 9:00 Kick Ball Exercise 9:30 Sit &amp; Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:00 Chix Soup for the Soul 1:30 Bible Devotions 2:00 Bean Bag Toss 3:00 Hangman 6:00 Aromatherapy</p>	<p><b>27</b> 9:00 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:00 Mani-Spa treatments with... 1:00 Lavender Lotion 2:00 Walking Club 2:30 Basketball 3:00 Bracelet Making &amp; Beading 6:00 Aromatherapy</p>	<p><b>28</b> 9:00 Sit &amp; Be Fit Exercises 9:30 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 1:00 Bible Trivia 2:00 Shady Grady in Concert – 2nd 2:00 Bean Bag Toss 3:00 Puzzle Play 6:00 Aromatherapy</p>	<p><b>29</b> 9:30 Dancercise 9:45 Move &amp; Groove Fitness 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:00 Music &amp; Memory Synch 1:30 Bingo for Prizes 2:30 Craft Time 3:00 Music Sing-along 6:00 Aromatherapy</p>	<p><b>30</b> 9:30 Parachute Exercise 9:45 Sit &amp; Be Fit Exercise 10:00 Current Events or Brain Games 10:30 Show &amp; Tell (Reminiscing) 11:00 Music Therapy 11:00 Michael Havron Concert – 2nd 1:00 Michael Havron Concert – 3rd 1:30 Easter Party – 2nd and 3rd 3:00 Hangman 6:00 Aromatherapy</p> <p>First Day of Passover Good Friday</p>	<p><b>31</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show &amp; Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy</p>

Green activities are "mind"; yellow activities are "spirit"; and blue activities are "body". Activities are subject to change based on residents' needs. Staff plans to assist when needed.