

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2024

## Whitnall Park Square

<p>9:30 Morning Movement 10:00 Hydration and Stretch 10:15 News and Views 11:00 Mass – Chapel and CH 3 1:30 Walking and Wheeling 1:45 Hydration and Stretch 2:00 “March of the Penguins” CH 6 2:30 Bingo! – MP Room 3:30 Mindfulness and Hydration 5:00 WISN News CH 30 6:00 America’s Funniest Videos CH 30</p>	<p>9:30 Hydration and News 10:00 Memory Care Choir! 10:00 Morning Moves 10:15 Who Am I? 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:30 What Am I? 2:15 Tunes for Thoughts with Josh 2:45 Walking and Wheeling Club 3:00 Grocery Ad Scavenger Hunt 3:15 Fun with Words 3:30 Hydration and Stretching</p>	<p>9:45 Ballroom Dance Program 10:15 Morning News &amp; Music Reminiscing 11:00 Mass CH 3 and Chapel 1:00 Yoga for Strength &amp; Flexibility- MP 1:00 1:1 Recreation Therapy 2:30 Tom and Evan Leahy- Irish Performance-MP Rm 3:30 Music Therapy 4:00 WTMJ4 News 5:30 Life History Review 6:00 Hydration and Gentle Stretch 6:15 Bean Bag Toss</p>	<p>10:00 Rosary Club- Den 10:00 1:1 Rec Therapy 11:00 Mass CH3 &amp; Chapel 1:15 Let’s Make Music with Josh 2:15 Bingo Social – MP Rm 3:30 Hydration, Stretching Mindfulness, and Gratitude 4:00 WTMJ News CH 4 5:00 Andy Griffith Show CH108 6:00 Season of Lent “The Way of The Cross” CH 6</p>	<p>9:30 Morning Moves 9:45 Hydration &amp; Walking Club Awards 10:00 March Gazette &amp; Birthdays 10:15 Michaelangelo’s B’day / Lucky 7 11:00 Mass – CH3 &amp; Chapel 1:00 Walking/Wheeling Club 1:30 Book club –I Spy / Authors 2:00 Apple Social – March EZ Trivia 2:30 Art Therapy 3:00 Sensory – Hydration/snack 5:30 Golf 6:00 Movie “March of the Penguins” CH 6</p>	<p>9:30 Morning Moves 9:45 Morning News &amp; World Women’s Day 10:00 Book Club 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:30 Stations of the Cross- Chapel 1:45 Mindful Stretching and Hydration 2:15 Happy Hour – MP Rm 2:30 DSHA Presentation during Happy Hr 3:30 The Oscars 4:00 WTMJ4 News 6:00 TV Classics</p>	<p>9:30 Morning Movement 10:00 Hydration and News 10:30 Nature Documentary 11:00 Active Sports 1:30 Walking and Wheeling 2:00 Famous March Birthdays 2:30 EZ Trivia 3:00 Shamrock Parfaits 4:00 TMJ4 News 6:00 Movie “The Man In the Moon” CH 6</p>
<p>9:30 Sunday Stretches 9:45 Hydration &amp; Oscar News 10:00 Oscars – Best Pictures 10:15 Academy Award Songs 10:30 Best Actor of Actress 11:00 Mass – Chapel or CH 3 1:00 Walking/Wheeling Club 1:30 Social - Lucky Last Letter 2:00Movie “A River Runs Through It” CH 6 2:00 Glencastle Irish Dancers – MP 3:30 Hydration Social 6:00 OSCARS <small>Ramadan Begins Daylight Saving Time Begins</small> CHANNEL 30</p>	<p>March 11<sup>th</sup>-22<sup>nd</sup> MUHS Shared Life Exper 9:30 Hydration and News 10:00 Memory Care Choir! 10:00 Morning Moves 10:15 Hand and Foot Massage 1:1 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:00 Making No Bake Peanut Butter Bars 2:15 Tunes for Thoughts with Josh 2:45 Walking and Wheeling Club 3:00 What Movie Am I? 3:15 Famous Movie Lines and Clips</p>	<p>9:45 Ballroom Dance Program 10:15 Morning Moves 11:00 Mass CH 3 and Chapel 1:00 Yoga for Strength &amp; Flexibility- MP 1:00 1:1 Recreation Therapy 2:15 Art Expression &amp; Peanut Butter Bars 3:15 Musical Memories with Josh 4:00 WTMJ4 News 5:30 Life History Review 6:00 Hydration and Gentle Stretch 6:15 Bowling</p>	<p>10:00 Rosary Club- Den 10:00 1:1 Rec Therapy 11:00 Mass CH3 &amp; Chapel 1:15 Let’s Make Music with Josh 2:15 Bingo Social – MP Rm 3:30 Hydration, Stretching Mindfulness, and Gratitude 4:00 WTMJ News CH 4 5:00 Andy Griffith Show CH108 6:00 Season of Lent “The Way of The Cross” CH 6</p>	<p>9:30 Morning Moves 9:45 Hydration &amp; News 10:00 St. Patrick’s Day Prep 10:15 Truth or Blarney 10:30 St. Paddy’s Day Giggles 11:00 Mass CH3 &amp; Chapel 1:00 Walking/Wheeling Club 1:30 Green &amp; Gold I Spy / Matching Hats 2:00 March Madness Selection 2:30 Art Therapy 3:00 Sensory – Hydration &amp; Ice Cream 5:30 Golf 6:00 Movie “A River Runs through It” CH 6</p>	<p>9:30 Morning Moves 9:45 Morning News and Lucky Charms 10:00 Book Club 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:30 Stations of the Cross- Chapel 1:45 Mindful Stretching and Hydration 2:15 St Patrick’s Day Happy Hour-MP Rm Cheri Vivian Pianist 3:30 Travelogue 4:00 WTMJ4 News 6:00 TV Classics</p>	<p>9:30 Morning Movement 10:00 Hydration and News 10:30 Today in History 11:00 Spiritual Thought of The Day 1:15 Walking and Wheeling 1:30 Planting Seeds and Gardening 2:30 Ice Cream Social – MP 3:30 Shamrock Art Work 5:00 WISN News CH 30 6:00 Movie “King Creole” CH 6 6:00 Jeopardy! CH 38</p>
<p>9:30 Morning Movement 10:00 Hydration and News 10:15 St Patrick’s Day Fun 11:00 Mass – Chapel and CH 3 1:30 Walking and Wheeling Club 1:45 Hydration and Stretch 2:00 Movie “A Knights Tale” CH 6 2:00 The Green Quiz 2:30 Bingo – MP 3:30 EZ Trivia 6:00 Movie “A Knights Tale” CH 6 <small>St. Patrick’s Day</small></p>	<p>9:30 Hydration and News 10:00 Memory Care Choir! 10:00 Morning Moves 10:15 Fun One-liners by Famous People 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:00 Hollywood Stars Bingo 2:15 Tunes for Thoughts with Josh 2:45 Walking and Wheeling Club 3:00 Make Green Jello Parfait 3:30 Hydration and Stretching 4:00 WTMJ4 News</p>	<p>9:45 Ballroom Dance Program 9:45 Jesuit Sing Along 10:15 Morning Moves 11:00 Mass CH 3 and Chapel 1:00 Yoga for Strength &amp; Flexibility- MP 1:00 1:1 Recreation Therapy 2:15 Art Expression 3:15 Musical Memories with Josh 4:00 WTMJ4 News 5:30 Life History Review 6:00 Hydration and Gentle Stretch 6:15 Bean Bag Toss <small>Spring Begins</small></p>	<p>10:00 Rosary Club- Den 10:00 1:1 Rec Therapy 11:00 Mass CH3 &amp; Chapel 1:15 Let’s Make Music with Josh 2:15 Bingo Social – MP Rm 3:30 Hydration, Stretching Mindfulness, and Gratitude 4:00 WTMJ News CH 4 5:00 Andy Griffith Show CH108 6:00 Season of Lent “The Way of The Cross” CH 6</p>	<p>9:30 Morning Moves 9:45 Hydration &amp; News 10:00 True Genius? / Brain Food Poll 10:15 Fruits &amp; Veggies/ Rhymes w/ Spring 11:00 Mass – CH3 &amp; Chapel 1:00 Walking/Wheeling Club 1:30 Matching Crochet Bears/word search 2:00 Spring Book Club 2:30 Art Therapy 3:00 Sensory – Hydration &amp; Ice Cream 5:30 Golf 6:00 “A Knight’s Tale” CH 6</p>	<p>9:30 Morning Moves 9:45 World Forest &amp; Water Day 10:00 Book Club 10:30 Sing Along 11:00 Mass CH3 &amp; Chapel 1:30 Stations of the Cross- Chapel 1:45 Mindful Stretching and Hydration 2:15 Happy Hour – MP Rm 2:30 DSHA Presentation during Happy Hr 3:30 Card Club 4:00 WTMJ4 News 6:00 TV Classics</p>	<p>9:30 Morning Movement 10:00 Hydration and Today’s News 10:30 EZ Category Trivia 10:45 Stickman Word Game 11:00 Active Sports 11:45 Lunch 1:30 Walking and Wheeling Club 2:00 Baking Brownies 2:45 Who, What, Where Am I? 3:15 Hydration and Social 3:30 EZ Trivia <small>Purim Begins</small></p>
<p>9:30 Morning Movement 9:45 Hydration and News 10:00 Name 5 Game: Easter 10:15 Palm Sunday Reflection 11:00 Palm Sunday Mass Chapel &amp; CH 3 1:30 Walking and Wheeling Club 1:45 Palm Sunday Craft 2:30 Bingo – MP 3:30 Picture A Word 5:00 WISN News – CH 30 6:00 Movie “The Passion of the Christ” CH 6 <small>Palm Sunday</small></p>	<p>9:30 Hydration and News 10:00 Morning Moves 10:15 What is Wrong with This Picture? 10:30 Sing Along 11:00 Mass- CH3 &amp; Chapel 1:30 Walking and Wheeling Club 1:45 Cake Mix Oatmeal Cookies 2:30 Art Expression Day Lily Collage 3:15 Music Sing The Next Line 3:30 Hydration and Stretching 3:45 Reminiscing 6:00 Movie “Young At Heart” CH 6</p>	<p>7:45 Men’s Breakfast- MP Rm 9:45 Ballroom Dance Program 10:30 Chris and Udo Pet Visit 11:00 Mass CH3 &amp; Chapel 1:00 Yoga for Strength &amp; Flexibility- MP 1:00 1:1 Recreation Therapy 2:15 Art Expression and Snacks 3:15 Music Appreciation 4:00 WTMJ4 News 5:30 Life History Review 6:00 Hydration and Gentle Stretch 6:15 Bowling</p>	<p>10:00 Rosary Club- Den 10:00 1:1 Rec Therapy 11:00 Mass CH3 &amp; Chapel 1:30 Walking and Wheeling Club 1:45 Music Appreciation 2:15 Bingo Social – MP Rm 3:30 Hydration, Stretching Mindfulness, and Gratitude 4:00 WTMJ News CH 4 5:00 Andy Griffith Show CH108 6:00 Season of Lent “The Way of The Cross” CH 6</p>	<p>9:30 Morning Moves 9:45 Hydration &amp; Triduum News 10:00 Math Memories / Math Humor 10:30 Three Trivia / Math Facts T/F 1:00 Walking/Wheeling Club 1:30 Searching for Math / Mini Sudoku 2:00 Holy Thursday Mass –chapel/CH3 2:30 Art Therapy 3:30 Sensory – Hydration 5:30 Golf 6:00 “The Passion of the Christ” CH 6</p>	<p>9:30 Morning Moves 9:45 Morning News and Good Friday 10:00 Easter Quiz 10:30 Sing Along 1:15 Strength and Balance -L 2:00 Good Friday Service CH3 &amp; Chapel 3:00 Happy Hour- MP Rm 3:30 Travelogue 4:00 WTMJ4 News 6:00 TV Classics</p>	<p>9:30 Saturday Stretches 9:45 Hydration &amp; News 10:00 Rainbow Colors / He is Risen! 10:15 Egg-spressions / You CAN do It! 10:30 Rosary – Den 1:00 Walking/ Wheeling Club 1:30 Butter Horn Social – Rhymes w/Chip 1:45 Adopt a Dog –I Spy 2:00 Comedy Club Limericks 2:15 Brilliant Flops 3:00 Hydration Social 6:00 Movie “61” CH 6</p>
<p>9:30 Sunday Stretches 9:45 Hydration &amp; News 10:00 Easter Memories 10:15 Easter Grab Bag 10:30 Images of Jesus 11:00 Easter Mass – Chapel or CH 3 1:00 Walking/wheeling Club 1:30 Jello Parfait Social 2:00 “Ten Commandments” CH 6 2:00 SAINT Categories 2:30 Bingo – MP 3:30 Sensory – Jello &amp; Hydration <small>Easter Sunday</small></p>	<p><b>Programming Key</b>  <b>Purple- RA Programming</b>  <b>Bright Blue- Phys Mob</b>  <b>Dark Blue- Special Events</b>  <b>And Sports Events</b>  <b>Brown- Music Therapy</b>  <b>Orange- Art Therapy</b>  <b>Green- Faith Programs</b></p> 					