

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><i>Enjoy Calming Music, Balloon Toss &amp; Creative Coloring</i></p> <p>9:30- Wake up with Carol King 10:00- Daily Chronicle &amp; Journal 10:15- Pool Noodle Fun 10:45- Music Grooves &amp; Stretching Moves 11:30-Trivia and Tunes 1:30- Manicures, Music &amp; Aromatherapy 3:00- Bingo Bango 4:00- Sing and Stroll</p>	<p>2</p> <p>9:30- Wake up with Patsy Cline 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Bop the Balloon 11:30- Tuesday Trivia 1:30- Hand Massages and Tunes <b>2:00- Pet Therapy with Gunny</b> 2:30- Magic Table Fun 3:30- Short Stories 4:00- Sing and Stroll</p>	<p>3</p> <p>9:30- Wake up with Country Tunes 10:00- Daily Chronicle &amp; Journal 10:15- Bean Bag Toss 10:45- Music Grooves &amp; Stretching Moves 11:00- Parachute 11:30- Name 5 1:30- Creative Coloring &amp; Painting <b>3:00- Live Music: Starlene Bey</b> 4:00- Sing and Stroll</p>	<p>4</p> <p>9:30- Wake Up with Abba 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:30- Introduction to Mermaids 10:45- Bat the Balloon 11:15- Short Stories 1:30- Creative Coloring &amp; Painting 2:00- Betty Crocker Club 3:00- Fun and Games 4:00- Sing and Stroll</p>	<p>5</p> <p>9:30- Wake Up with Motown 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Let's Talk About the Saints 11:15-Let's Play Darts 11:30- Piano Playing 1:30- Let's Learn Some Espanol 3:00- Let's Go to the Club 4:00- Sing and Stroll</p>	<p>6</p> <p>9:30 Wake Up to Soft Rock 10:00 Daily Chronicle 10:30 Bat the Balloon</p>	<p>7</p>
<p>8</p> <p><i>Enjoy Calming Music, Balloon Toss &amp; Creative Coloring</i></p> <p>Daylight Saving Time Begins</p>	<p>9</p> <p>9:30- Wake Up with Sinatra 10:00- Daily Chronicle &amp; Journal 10:15- Pool Noodle Fun 10:45- Music Grooves and Stretching Moves 11:30- Procrastination Day 1:30- Manicures, Music &amp; Aromatherapy 3:00- Bingo Bango 4:00- Sing and Stroll</p>	<p>10</p> <p>9:30- Wake up with Buble 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Bop the Balloon 11:30- Tuesday Trivia 1:30- Hand Massages and Tunes <b>2:00- Pet Therapy with Gunny</b> 2:30- Magic Table Fun 3:30- Short Stories 4:00- Sing and Stroll</p>	<p>11</p> <p>9:30- Wake Up with The Monkees 10:00- Daily Chronicle &amp; Journal 10:15- Music Grooves and Stretching Moves 10:45- Let's Play Darts 11:15- Parachute 11:45- Balloon Toss 1:30- Piano Playing &amp; Rhyme Time <b>3:00- Live Music: Keyona Lashawn</b> 4:00 Sing and Stroll</p>	<p>12</p> <p>9:30- Wake Up with the Rolling Stones 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Poetry Corner 11:30- Balloon Bash-Up 11:15- Famous Painters Chat 1:30- Name 5 2:30- Board Games 3:15- Classic Film: <i>Hello, Dolly!</i></p>	<p>13</p> <p>9:30- Wake Up with Cat Stevens 10:00- Daily Chronicle &amp; Journal 10:15- Flower Stretch 10:30- Piano Playing 11:30- Flower Arranging 1:30- Make Your Own Pet Rock 3:00- Let's Go to the Avondale Lounge 4:00- Sing and Stroll</p>	<p>14</p> <p>1:30- Chair Fitness w/Jorge! 1:45- St. Patty's Trivia 2:00- Balloon Badminton 2:15- Ball Darts</p>
<p>15</p> <p><i>Enjoy Calming Music, Balloon Toss &amp; Creative Coloring</i></p>	<p>16</p> <p>9:30- Wake Up with The Carpenters 10:00- Daily Chronicle &amp; Journal 10:15- Pool Noodle Fun 10:45- Music Grooves and Stretching Moves 11:30- Trivia and Tunes 1:30- Manicures, Music &amp; Aromatherapy 3:00- Bingo Bango 4:00- Sing and Stroll</p>	<p>17</p> <p>9:30- Wake up with Celtic Tunes 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Bop the Balloon 11:30 St. Patrick's Day Trivia 1:30- Hand Massages and Tunes <b>2:00- Pet Therapy with Gunny</b> 2:30- Magic Table Fun 3:00- St. Patrick's Day Party 4:00- Sing and Stroll</p>	<p>18</p> <p>9:30- Wake Up with Enya 10:00- Daily Chronicle &amp; Journal 10:15- Music Grooves and Stretching Moves 10:45- Parachute 11:15- Name 5 <b>1:30- Look Who's Dancing</b> 2:00- Introduction to Mythology <b>3:00- Live Music: Connor Kirk</b> 4:00- Sing and Stroll</p>	<p>19</p> <p>9:30-Wake Up with the 70's 10:00- Daily Chronicle &amp; Journal 10:15-Music Grooves and Stretching Moves 10:45- Balloon Soccer 11:15- Word in a Word 1:30- Let's Paint or Draw Self Portraits 3:00- Who Am I? 4:00- Sing and Stroll</p>	<p>20</p> <p>9:30- Wake Up with the 80's 10:00- Daily Chronicle &amp; Journal 10:15- Happy Spring Chair Dance 10:30- List It: Happiness Day 11:00- Alphabet Soup 11:30- Name 5 1:30- Riddle Me This? 2:00- Flip Your Wig Day 3:00- Sundae Social 4:00- Sing and Stroy</p>	<p>21</p> <p>11:00- Balloon Keep Up 11:20- Basket Bouncer 11:40- Sing A Long Songs!</p>
<p>22</p> <p><i>Enjoy Calming Music, Balloon Toss &amp; Creative Coloring</i></p>	<p>23</p> <p>9:30- Wake Up with the 60's 10:00- Daily Chronicle &amp; Journal 10:15- Pool Noodle Fun 10:45- Music Grooves and Stretching Moves 11:30- Trivia and Tunes 1:30- Manicures, Music &amp; Aromatherapy 3:00- Bingo Bango 4:00- Sing and Stroll</p>	<p>24</p> <p>9:30- Wake Up with Johnny Cash 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45- Bop the Balloon 11:30- Tuesday Trivia 1:30- Hand Massages and Tunes 2:30- Magic Table Fun 3:30- Short Stories 4:00- Sing and Stroll</p>	<p>25</p> <p>9:30- Wake Up with Dolly Parton 10:00- Daily Chronicle &amp; Journal 10:15- Compliments and Affirmations 10:30- Chair Yoga 11:00- Armchair Travel 11:30- Spring &amp; Flowers Trivia 1:30- Shirley Temple Social <b>3:00- Live Music: Bob Tomlinson</b> 4:00- Sing and Stroll</p>	<p>26</p> <p>9:30- Wake Up with The Beatles 10:00- Daily Chronicle &amp; Journal 10:15- Music Grooves and Stretching Moves 10:45- Trivia and Tunes 11:15- Word of the Day 11:30- Affirmations &amp; Compliments 1:30- Let's Make Bird Feeders 2:30- Piano Playing 3:15- Classic Film: <i>Sound of Music</i></p>	<p>27</p> <p>9:30- Wake Up with Elvis 10:00- Daily Chronicle &amp; Journal 10:15- Musical Drum Fitness 10:45- Balloon Tennis 11:30- Wheel of Fortune 1:30- Paint the Rainbow 2:30- Left, Right, Center 3:00- Ice Cream Social 4:00- Sing and Stroll</p>	<p>28</p> <p>10:00- Swat The Fly 10:15- Bean Bag Throw 10:30- Stretch and Sing 10:45- Daily Chronicle &amp; Name 5</p>
<p>29</p> <p><i>Enjoy Calming Music, Balloon Toss &amp; Creative Coloring</i></p> <p>Palm Sunday</p>	<p>30</p> <p>9:30- Wake Up with Englebert 10:00- Daily Chronicle &amp; Journal 10:15- Pool Noodle Fun 10:45- Music Grooves and Stretching Moves 11:30- Trivia and Tunes 1:30- Manicures, Music &amp; Aromatherapy 3:00- Bingo Bango 4:00- Sing and Stroll</p>	<p>31</p> <p>9:30- Wake Up with Carly Simon 10:00- Daily Chronicle &amp; Journal 10:15- Chair Yoga 10:45-Bop the Balloon 11:30- Tuesday Trivia 1:30- Hand Massages and Tunes <b>2:00- Pet Therapy with Gunny</b> 2:30- Magic Table Fun 3:30- Short Stories 4:00- Sing and Stroll</p>	<h1>March 2026</h1> <h2>Avondale</h2>			

All activities are subject to change.

# MARCH 2026 BERWYCK ACTIVITY CALENDAR

**SEATED EXERCISE**  
**Monday–Friday**  
**9:00am & 10:00am**  
**On Channel 98**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:30 Creative Craft Corner Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>2</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>3</b> 9:30 Rummikub (B:SR) 10:30 Bingo (B:ACT) 1:30 Creative Coloring (B:ACT) 3:00 <i>Live Music with Brennen Ernst (B:LR)</i> 4:00 Rummikub Club	<b>4</b> 9:30 Puzzle Club (B:SR) 10:00 Jewelry Club 1:30 Craft Corner (B:ACT) 2:30 Wine Down Wednesday (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>5</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>6</b> Catholic service on TV every day on Ch 291 8am & 12 noon. Christian Song & Scripture on Ch 19 & Ch 287 every day Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>7</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
<b>8</b> Daylight Saving Time 1:30 Rummikub with Joanne 	<b>9</b> 9:30 1 on 1 Room Visits 10:00-12 Scrapbooking (B:ACT) 1:45 Communion Services (B:ACT) 2:30 Manicure and Movie (B:LR) 3:30-5 Bingo (B:ACT)	<b>10</b> 9:30 Rummikub (B:SR) 10:30 Bingo (B:ACT) 2:00 <i>Live Music w/ Pete (B:LR)</i> 3:00 Rummikub Club	<b>11</b> 9:30 Puzzle Club (B:SR) 10:00 Jewelry Club 1:30 Craft Corner (B:ACT) 2:30 Wine Down Wednesday (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>12</b> 9:30 Chair Fitness (B:LR) 10:30 Wii Bowling 1:15 Rosary (B:LR) 2:00 Short Stories (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	<b>13</b> 9:30 Rummikub 10:30 Yahtzee (B:ACT) 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)	<b>14</b> 2:30-3:30-BINGO Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!

# MARCH

# 2026 BERWYCK ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!</p>	<p>16</p> <p>9:30 1 on 1 Room Visits 10:00-12 Scrapbooking (B:ACT) 1:30 Manicure and Movie (B:LR) 3:30-5 Bingo (B:ACT)</p>	<p>17 Happy Saint Patrick's Day</p> <p>9:30 Rummikub (B:SR) 10:30 Bingo (B:ACT) 1:30 <i>St. Patrick's Day Party</i> 3:00 <i>Music by Stephen Kleiman (B:LR)</i> 4:00 Rummikub Club</p>	<p>18</p> <p>9:30 Puzzle Club (B:SR) 10:00 Jewelry Club 1:30 Craft Corner (B:ACT) 2:30 Shamrock Shakes (B:ACT) 3:30-5 Watercolor Painting (B:ACT)</p>	<p>19</p> <p>9:30 Chair Fitness (B:LR) 10:30 Wii Bowling 1:15 Rosary (B:LR) 2:00 Diamond painting (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)</p>	<p>20 First Day of Spring</p> <p>9:30 Rummikub 10:30 Yahtzee (B:ACT) 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)</p>	<p>21</p> <p>Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!</p>
<p>22</p> <p>1:30: Color Along with Mary and Music!</p> <p>Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!</p>	<p>23</p> <p>9:30 1 on 1 Room Visits 10:00-12 Scrapbooking (B:ACT) 1:45 Communion Services (B:ACT) 2:30 Manicure and Movie (B:LR) 3:30-5 Bingo (B:ACT)</p>	<p>24</p> <p>9:30 Rummikub (B:SR) 10:30 Bingo (B:ACT) 1:30 <i>Music with Mike and Tina (B:LR)</i> 3:00 Rummikub Club</p>	<p>25</p> <p>9:30 Puzzle Club (B:SR) 10:00-11:00 Jewelry Club 1:30 Craft Corner (B:ACT) 2:30 Wine Down Wednesday (B:ACT) 3:30-5 Watercolor Painting (B:ACT)</p>	<p>26</p> <p>9:30 Chair Fitness (B:LR) 10:30 Wii Bowling 1:15 Rosary (B:LR) 2:00 Short Stories (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)</p>	<p>27</p> <p>9:30 Rummikub 10:30 Yahtzee (B:ACT) 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)</p>	<p>28</p> <p>Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!</p>
<p>29 Veterans Day / Palm Sunday</p> <p>1:30 - Paint and Sing Along with Sarah!</p> <p>Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!</p>	<p>30</p> <p>9:30 1 on 1 Room Visits 10:00-12 Scrapbooking (B:ACT) 1:30 Manicure and Movie (B:LR) 3:30-5 Bingo (B:ACT)</p>	<p>31</p> <p>9:30 Rummikub (B:SR) 10:30 Bingo (B:ACT) 1:30 Creative Coloring (B:ACT) 3:00 <i>Live Music w/ David Cullen (B:LR)</i> 4:00 Rummikub Club</p>				

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p><b>Open Art Studio!</b> Enjoy Some Ball Darts, Scrabble, or Calm Coloring</p>	<p>2</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Slammo 11:00: List 10 and Memory</p> <p><b>Chatham Activity Room:</b> 1:30: Garden Club Meet Up! 3:15: Musicals and Manicures</p>	<p>3</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Tic Tac Toss 11:00: Wordle</p> <p><b>Chatham Activity Room:</b> 1:30: Board Games and Card Games Open Play!</p>	<p>4</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Beach Ball Basket Throw 11:00: Taboo</p> <p><b>2:00: Live Music Performance with Arlyn Wolters!</b> 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!</p>	<p>5</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Swat The Fly 10:30: Toss It Golf 11:00: Scattergories</p> <p><b>Chatham Activity Room:</b> 1:30: Craft Corner! 3:15: Bingo!</p>	<p>6</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Ball Darts 11:00: Hangman</p> <p><b>Chatham Activity Room:</b> 1:30: Making Beaded Jewelry! 3:15: Sports Club Meet Up!</p>	<p>7</p> <p><b>Chatham Living Room</b> 9:30- Daily Chronicle 9:45- Chair Fitness 10:00- Name 5</p>
<p>8</p> 	<p>9</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Basket Bouncer 11:00: Split Words</p> <p><b>1:30: Communion in the Berwyck Living Room</b></p> <p><b>Chatham Activity Room:</b> 1:30: Garden Club Meet Up! 3:15: Musicals and Manicures</p>	<p>10</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Basketball Dunk 11:00: Let's Write a Story</p> <p><b>Chatham Activity Room:</b> 1:30: Board Games and Card Games Open Play!</p>	<p>11</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Bean Bag Toss 11:00: Guess in 10</p> <p><b>2:00: Live Music Performance with Derrick Baldwin!</b> 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!</p>	<p>12</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Baseball Bat Around 10:30: Football Throw 11:00: Word Scrambles</p> <p><b>Chatham Activity Room:</b> 1:30: Craft Corner! 3:15: Bingo!</p>	<p>13</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Ring Toss 11:00: Name 5 and Memory</p> <p><b>Chatham Activity Room:</b> 1:30: Just Dough It! Baking Class! <b>3:15: Chamber Strings Group</b></p>	<p>14</p> <p><b>Chatham Living Room:</b> 9:30-Fitness Fun w/Jorge! 9:45-Daily Chronicle 10:00-Pool Noodle Tennis 10:15-Name 5</p>
<p>15</p> <p><b>Open Art Studio!</b> Enjoy Some Axe Throwing, Rummikub, or Calm Coloring</p>	<p>16</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Axe Throwing 11:00: Trivia</p> <p><b>Chatham Activity Room:</b> 1:30: Garden Club Meet Up! 3:15: Musicals and Manicures</p>	<p>17</p>  <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Basket Toss 11:00: Try Your Luck Game!</p> <p><b>Chatham Activity Room:</b> 1:30: Board Games and Card Games Open Play!</p> <p><b>St. Patrick's Day!</b></p>	<p>18</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Cornhole 11:00: Cross Out the Pairs</p> <p><b>2:00: Live Music Performance with Mike and Tina!</b> 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!</p>	<p>19</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Sword Play 10:30: Target the Tower 11:00: Wheel Of Fortune Puzzles</p> <p><b>Chatham Activity Room:</b> 1:30: Craft Corner! 3:15: Bingo!</p>	<p>20</p> 	<p>21</p> <p><b>Chatham Living Room:</b> 1:30: Afternoon Chair Fitness 2:00: Pool Noodle Bat Around 2:30: Basket Bouncer 3:00: Hangman</p>
<p>22</p> <p><b>Open Art Studio!</b> Enjoy Some Basket Toss, Sorry the game, or Calm Coloring</p>	<p>23</p> <p><b>Open Art Studio!</b> Art Kits Available and Air Hockey set up to enjoy!</p> <p><b>1:30: Communion in the Berwyck Living Room</b></p>	<p>24</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Disc Golf 11:00: List 10 and Memory</p> <p><b>Chatham Activity Room:</b> 1:30: Board Games and Card Games Open Play!</p>	<p>25</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Tic Tac Toss 11:00: Wordle</p> <p><b>2:00: Live Music Performance with Conner Kirk!</b> 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!</p>	<p>26</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Swat The Fly 10:30: Slammo 11:00: Taboo</p> <p><b>Chatham Activity Room:</b> 1:30: Craft Corner! 3:15: Bingo!</p>	<p>27</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Beach Ball Basket Throw 11:00: Scattergories</p> <p><b>Chatham Activity Room:</b> 1:30: Just Dough It! Baking Class! 3:15: Sports Club Meet Up!</p>	<p>28</p> <p><b>Chatham Activity Room:</b> 1:30: Sing and Stretch 2:00: Daily Chronicle 2:15: Calm Coloring</p>
<p>29</p> <p><b>Open Art Studio!</b> Enjoy Some Uno, Shut the Box Dice Game, or Calm Coloring</p>	<p>30</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Toss It Golf 11:00: Hangman</p> <p><b>Chatham Activity Room:</b> 1:30: Garden Club Meet Up! 3:15: Musicals and Manicures</p>	<p>31</p> <p><b>Chatham Living Room:</b> 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Ball Darts 11:00: Split Words</p> <p><b>Chatham Activity Room:</b> 1:30: Board Games and Card Games Open Play!</p>				

Puzzles available in the sitting room.

Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>2</p> <p>9:30 - Wake Up With: Jazz 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Round Table Games 11:30 - Scattergories</p> <p>1:30 - Movie Matinee &amp; Manicures 3:30 - Stretch and Sing 4:30 - Brain Gym: Trivia &amp; Finish The Phrase</p>	<p>3</p> <p>9:30 - Wake Up With: Oldies 10:00 - Balloon Hockey 10:30 - Bean Bag Toss 11:00 - Fitness Fun 11:30 - Sing Along</p> <p>1:30 - Music Circle 2:30 - <b>Pet Therapy With Gunny</b> 3:00 - Craft: Shamrock Painting 4:30 - Guess A Letter</p>	<p>4</p> <p>9:30 - Wake Up With: Wildlife 10:00 - Balloon Volleyball 10:30 - Parachute Fun 11:00 - Move and Groove 11:30 - Words of Wisdom</p> <p>2:00 - <b>Live Music Performance With: Arlyn Wolters!</b> 3:30 - Relaxing Hand Massages 4:30 - Soothing Sing Along</p>	<p>5</p> <p>9:30 - Wake Up With: Swing 10:00 - Balloon Baseball Batting 10:30 - Bottle Bash 11:00 - Gentle Stretch 11:30 - Question Of The Day</p> <p>1:30 - Boardgames 2:30 - Treat and Chat 3:00 - Virtual Viewing: The Lawrence Welk Show!</p>	<p>6</p> <p>9:30 - Wake Up With: Classical 10:00 - Swat The Shamrock 10:30 - Balloon Balance 11:00 - Stretch and Sing 11:30 - Name 5</p> <p>1:30 - Calm Coloring 3:30 - Ice Cream Social 4:30 - Balloon Keep Up</p>	<p>7</p> <p>10:00- <b>Daily Chronicle</b> 10:15- <b>Swat the Fly</b> 10:30- <b>Trivia</b> 10:45- <b>Sing a Long</b></p>
<p>8</p>  <p><i>Spring Forward</i> DAYLIGHT SAVING TIME</p>	<p>9</p> <p>9:30 - Wake Up With: Jazz 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Round Table Games 11:30 - Scattergories</p> <p>1:30 - Movie Matinee &amp; Manicures 3:30 - Stretch and Sing 4:30 - Brain Gym: Guess A Letter</p>	<p>10</p> <p>9:30 - Wake Up With: Oldies 10:00 - Balloon Hockey 10:30 - Bean Bag Toss 11:00 - Fitness Fun 11:30 - Sing Along</p> <p>1:30 - Music Circle 2:30 - <b>Pet Therapy With Gunny</b> 3:00 - Craft: 4:30 - Guess A Letter</p>	<p>11</p> <p>9:30 - Wake Up With: Wildlife 10:00 - Balloon Volleyball 10:30 - Parachute Fun 11:00 - Move and Groove 11:30 - Words of Wisdom</p> <p>2:00 - <b>Live Music Performance With: Derrick Baldwin!</b> 3:30 - Relaxing Hand Massages 4:30 - Soothing Sing Along</p>	<p>12</p> <p>9:30 - Wake Up With: Swing 10:00 - Balloon Baseball Batting 10:30 - Bottle Bash 11:00 - Gentle Stretch 11:30 - Question Of The Day</p> <p>1:30 - Boardgames 2:30 - Treat and Chat 3:00 - Virtual Viewing: The Ed Sullivan Show!</p>	<p>13</p> <p>9:30 - Wake Up With: Classical 10:00 - Swat The Shamrock 10:30 - Balloon Balance 11:00 - Stretch and Sing 11:30 - Name 5</p> <p>1:30 - Relaxing Painting 3:15 - <b>Chamber Strings Group</b> 4:00 - Rhyme Time 4:30 - Balloon Keep Up</p>	<p>14</p> <p>10:30-<b>Fitness Fun w/Jorge!</b> 10:45-<b>Pool Noodle Tennis</b> 11:00-<b>Ball Darts</b> 11:15-<b>Basketball</b></p>
<p>15</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>16</p> <p>9:30 - Wake Up With: Jazz 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Round Table Games 11:30 - Scattergories</p> <p>1:30 - Movie Matinee &amp; Manicures 3:30 - Stretch and Sing 4:30 - Brain Gym: Name The Famous Face</p>	<p>17</p>  <p>9:30 - Wake Up With: Oldies 10:00 - Balloon Hockey 10:30 - Bean Bag Toss 11:00 - Fitness Fun 11:30 - Sing Along</p> <p>1:30 - Calm Coloring 2:30 - <b>Pet Therapy With Gunny</b> 3:30 - <b>Shamrock Shake Social</b> 4:30 - Guess A Letter</p>	<p>18</p> <p>9:30 - Wake Up With: Wildlife 10:00 - Balloon Volleyball 10:30 - Parachute Fun 11:00 - Move and Groove 11:30 - Words of Wisdom</p> <p>2:00 - <b>Live Music Performance With: Mike &amp; Tina!</b> 3:30 - Relaxing Hand Massages 4:30 - Soothing Sing Along</p>	<p>19</p> <p>9:30 - Wake Up With: Swing 10:00 - Balloon Baseball Batting 10:30 - Bottle Bash 11:00 - Gentle Stretch 11:30 - Question Of The Day</p> <p>1:30 - Flower Arranging 2:30 - Treat and Chat 3:00 - Virtual Viewing: The Lawrence Welk Show!</p>	<p>20</p> <p>9:30 - Wake Up With: Classical 10:00 - Swat The Shamrock 11:00 - Balloon Balance 11:30 - Name 5 and Trivia</p> <p>1:30 - Welcome to Spring: Seed Starting! 2:30 - Sing Along 3:30 - March Birthday Celebration! 4:30 - Balloon Keep Up </p>	<p>21</p> <p>10:00 - <b>Balloon Keep Up</b> 10:15 - <b>Basket Bouncer</b> 10:30 - <b>Sing Along Songs!</b></p>
<p>22</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>23</p> <p>9:30 - Wake Up With: Jazz 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Round Table Games 11:30 - Scattergories</p> <p>1:30 - Movie Matinee &amp; Manicures 3:30 - Stretch and Sing 4:30 - Brain Gym: Finish The Song</p>	<p>24</p> <p>9:30 - Wake Up With: Oldies 10:00 - Balloon Hockey 10:30 - Bean Bag Toss 11:00 - Fitness Fun 11:30 - Sing Along</p> <p>1:30 - Music Circle 2:30 - Craft: Flower Painting 3:30 - Big Balloon Fun 4:30 - Guess A Letter</p>	<p>25</p> <p>9:30 - Wake Up With: Wildlife 10:00 - Balloon Volleyball 10:30 - Parachute Fun 11:00 - Move and Groove 11:30 - Words of Wisdom</p> <p>2:00 - <b>Live Music Performance With: Connor Kirk!</b> 3:30 - Relaxing Hand Massages 4:30 - Soothing Sing Along</p>	<p>26</p> <p>9:30 - Wake Up With: Swing 10:00 - Balloon Baseball Batting 10:30 - Bottle Bash 11:00 - Gentle Stretch 11:30 - Question Of The Day</p> <p>1:30 - Boardgames 2:00 - Ice Cream Social 3:00 - Virtual Viewing: Phillies Home Opener Against The Texas Rangers</p>	<p>27</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>28</p> <p>10:00 - <b>Swat The Fly</b> 10:15 - <b>Bean Bag Toss</b> 10:30 - <b>Gentle Stretch</b> 10:45 - <b>Daily Chronicle &amp; Sing Along</b></p>
<p>29</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>30</p> <p><b>Morning: Balloon Toss &amp; Singing in the Living Room</b></p> <p><b>Afternoon: Music &amp; Calm Coloring</b></p>	<p>31</p> <p>9:30 - Wake Up With: Oldies 10:00 - Balloon Hockey 10:30 - Bean Bag Toss 11:00 - Fitness Fun 11:30 - Sing Along</p> <p>1:30 - Music Circle 2:30 - <b>Pet Therapy With Gunny</b> 3:00 - Craft: Spring Sun catchers 4:30 - Guess A Letter</p>	<p><b>Chatham C Activities</b></p> <p><b>March 2026</b></p>			

Activities are subject to change.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>1st Floor</b> 1 9:30 Daily Chronicles 10:00 Movie and Manicures</p>	<p><b>4th Floor</b> 2 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Big Balloon Toss 10:30-Magic Table Lamp <b>1st Floor</b> 1:30-2:30-BINGO! 2:30-Silly Debates 3:00-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 3 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:15-BINGO! <b>1st Floor</b> 1:30-Let's Watercolor! 2:00-First to Five 2:30-Magnets game 3:30-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 4 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Giant Bottle Toss 10:30-Connect Four &amp; Scrabble <b>1st Floor</b> 1:30-Communion w/Sarah &amp; Rene 3:0-Live Music w/ Keyona Lashawn</p>	<p><b>4th Floor</b> 5 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:30-Manicures, Music &amp; Mingle <b>1st Floor</b> 1:30-Manicures, Music &amp; Mingle 2:30-Apps &amp; Chats Enjoy Scrabble, UpWords, &amp; Connect Four in the Activity Room</p>	<p><b>4th Floor</b> 6 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Musical Trivia 10:30-Sing A Long &amp; Finish the Famous Name <b>1st Floor</b> 1:30-Movie &amp; Puffcorn 3:30-4:15-BINGO!</p>	<p>7 Enjoy Calm Coloring, Number Searches, Ladder Ball &amp; Checkers in the Activity Room</p>
<p><b>1st Floor</b> 8 10:00 Daily Chronicle 10:15 Trivia 10:45 Finish the Line</p>	<p><b>4th Floor</b> 9 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Hoola Hoop Toss 10:30-Senior Moments <b>1st Floor</b> 1:30-2:30-BINGO! 2:30-Jeopardy 3:30-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 10 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:15-BINGO! <b>1st Floor</b> 1:30-Open Art Studio 2:00-Crosswords 2:30-Number Search 3:00-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 11 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Badminton 10:30-Name 5 &amp; Riddles <b>1st Floor</b> 1:30-Trivial Pursuit 2:30-Riddle Me This 3:00-4:00-Live Music w/ Katy Miller</p>	<p><b>4th Floor</b> 12 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:30-Manicures, Music &amp; Mingle <b>1st Floor</b> 1:30-Manicures, Music &amp; Mingle 2:30-Apps &amp; Chats Enjoy Scrabble, UpWords, &amp; Connect Four in the Activity Room</p>	<p>13 Enjoy Rummikub, Upwords, Connect Four &amp; Magnets in the Activity Room</p>	<p>14 3:30-4:30-Rummikub/UNO</p>
<p><b>4th Floor</b> 15 2:00-Fitness Fun w/Jorge! 2:15-Pool Noodle Tennis 2:30-Blue Ball Bounce Game 2:45-Finish the Lyrics</p>	<p><b>4th Floor</b> 16 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Ladder Ball 10:30-Scattergories <b>1st Floor</b> 1:30-2:30-BINGO! 2:30-Crack List 3:00-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 17 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:15-BINGO! <b>1st Floor</b> 1:30-St. Patty's Day Trivia 2:00-St. Patty's Day Party 3:00-4:15-Rummikub/UNO  St. Patrick's Day</p>	<p><b>4th Floor</b> 18 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Emoji Ball Toss 10:30-Apples to Apples <b>1st Floor</b> 1:30-Communion w/Sarah &amp; Rene 3:00-4:00-Live Music w/ Billy Moos</p>	<p><b>4th Floor</b> 19 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:00-Manicures, Music &amp; Mingle <b>1st Floor</b> 11:00- Prayers with Roy 2:30-Apps &amp; Chats Enjoy Scrabble, UpWords, &amp; Connect Four in the Activity Room</p>	<p><b>4th Floor</b> 20 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:30-BINGO! <b>1st Floor</b> 1:30-Movie &amp; Puffcorn 3:30-Name that Tune &amp; Sing A Long 4:00-Finish the Movie Line</p>	<p>21 Enjoy the game Sorry!, Magnets &amp; Sequence in the Activity Room</p>
<p><b>1st Floor</b> 22 10:00-Good Morning Chair Fitness with Mary! 10:15-Balloon Keep Up 10:30-Hangman 11:00- Uno/Rummikub Play</p>	<p><b>4th Floor</b> 23 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-Big Pizza Toss 10:30-Magic Table Lamp <b>1st Floor</b> 1:30-2:30-BINGO! 2:30-Pool Noodle Hockey 3:00-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 24 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:15-BINGO! <b>1st Floor</b> 1:30-Open Art Studio 2:30-March Word Search 3:00-4:15-Rummikub/UNO</p>	<p><b>4th Floor</b> 25 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:15-Dog Matching Game 10:30-SlapZi <b>1st Floor</b> 1:30-Cardmaking Class 3:00-4:00-Live Music w/ Patrick Robinson</p>	<p><b>4th Floor</b> 26 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:30-Manicures, Music &amp; Mingle <b>1st Floor</b> 1:30-Manicures, Music &amp; Mingle 2:30-Apps &amp; Chats Enjoy Scrabble, UpWords, &amp; Connect Four in the Activity Room</p>	<p>27 Enjoy Calm Coloring, Number Searches, Ladder Ball &amp; Checkers in the Activity Room</p>	<p>28 Enjoy Yahtzee, Upwords, Connect Four &amp; Checkers in the Activity Room</p>
<p><b>1st Floor</b> 29 10:00 - Sing and Stretch with Sarah! 10:15 - Daily Chronicle 10:30 - Music and Manicures  Palm Sunday</p>	<p>30 Enjoy Ladder Ball, Coloring, Number Searches, &amp; Checkers in the Activity Room</p>	<p><b>4th Floor</b> 31 9:30-Fitness Fun w/Jorge 9:45-Daily Chronicle 10:00-11:15-BINGO! <b>1st Floor</b> 1:30-Open Art Studio 2:00-March Birthday Celebrations 3:00-4:15-Rummikub/UNO</p>	<h1>March 2026</h1>			

# REHAB ACTIVITIES

## TUESDAYS

MARCH 2026

<b>TUE</b> <b>03</b>	<b>3RD FLOOR</b> <b>11:00- BRAIN PUZZLES</b> <b>WITH STACY</b>
<b>TUE</b> <b>10</b>	<b>2ND FLOOR</b> <b>2:00- CHAIR FITNESS</b> <b>WITH KIM</b>
<b>TUE</b> <b>17</b>	<b>2ND FLOOR</b> <b>11:00- BRAIN PUZZLES</b> <b>WITH STACY</b>
<b>TUE</b> <b>24</b>	<b>3RD FLOOR</b> <b>2:00- CHAIR FITNESS</b> <b>WITH KIM</b>
<b>TUE</b> <b>31</b>	<b>3RD FLOOR</b> <b>11:00- BRAIN PUZZLES</b> <b>WITH STACY</b>

**TUESDAYS AND THURSDAYS**

**3:30 BINGO!**

# REHAB DOG THERAPY

MARCH 2026

TUE <b>10</b>	10:00- PET THERAPY WITH MARSHALL
WED <b>11</b>	2:00- PET THERAPY WITH GUNNY
MON <b>16</b>	10:00- PET THERAPY WITH GUNNY
WED <b>25</b>	2:00- PET THERAPY WITH GUNNY
FRI <b>27</b>	10:00- PET THERAPY WITH OSA
MON <b>30</b>	2:00- PET THERAPY WITH MARSHALL