

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>March 2024</div> </div>						
					<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Drum Circle w/ Chris</div> <div>10:40 Making Memories w/ Rashi Students</div> <div>11:15 Zumba with Shinel / 1:1 Fitness</div> <div>12:00 Lunch</div> <div>1:30 Musical Jeopardy with Eitan</div> <div>2:00 Community Fitness Class</div> <div>3:00 WELCOMING SHABBAT</div> <div>3:45 Food & Travel with Pauline</div> <div>5:00 Dinner</div> <div>6:30 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Dance Therapy w/ Jordyn</div> <div>11:00 Music Therapy w/ Alex</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Silent Movie w/ Richard Hughes</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> </div>
<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Community Forum w/ Whitney</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Getting to Know You w/ Whitney</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>Troubadours Choir Rehearsal (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Arts & Crafts w/ Marie</div> <div>2:30 Total Body Fitness w/ Christina</div> <div>3:30 Snack & Chat</div> <div>4:00 History of Music w/ Chris</div> <div>5:00 Dinner</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Drum Circle with Chris</div> <div>12:00 Lunch</div> <div>1:00 Walks with Debbie</div> <div>1:30 Fit for Life with Leah</div> <div>2:30 Trivia & Brain Games w/ Marie</div> <div>3:30 Snack & Chat</div> <div>4:00 Mindstretcher Discussion w/ Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>12:00 Lunch</div> <div>1:30 Happy Hour with Pauline</div> <div>2:30 Bingo with Shinel</div> <div>3:30 Snack and Chat</div> <div>4:00 Vigorous Minds with Chris</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check In</div> <div>10:00 Current Events with Shinel</div> <div>11:00 Get Fit While You Sit / Multi-sensory</div> <div>Purimspiel Rehearsal w/ Bree (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Walk w/ Debbie / Virtual Tour</div> <div>2:30 Word Games with Marie / Gym</div> <div>3:30 Snack and Chat</div> <div>4:00 Flower Arrangements with Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Food & Travel with Pauline</div> <div>10:40 Making Memories w/ Rashi Students</div> <div>11:15 Zumba with Shinel / 1:1 Fitness</div> <div>12:00 Lunch</div> <div>1:30 Musical Jeopardy with Eitan</div> <div>2:00 Community Fitness Class</div> <div>3:00 WELCOMING SHABBAT</div> <div>3:45 Food & Travel with Pauline</div> <div>5:00 Dinner</div> <div>6:30 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Music Therapy w/ Emily</div> <div>11:00 Trivia & Brain Teasers w/ Alex</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Levon Hovsepian & Todd Brunel in Concert</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> </div>
<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Music Therapy w/ Lance</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Mike Higgins in Concert</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>Happy Birthday Dr. Epstein!</div> <div>Ramadan Begins</div> <div>Daylight Saving Time Begins</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>Troubadours Choir Rehearsal (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Arts & Crafts w/ Marie</div> <div>2:30 Total Body Fitness w/ Christina</div> <div>3:30 Snack & Chat</div> <div>4:00 History of Music w/ Chris</div> <div>5:00 Dinner</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Drum Circle with Chris</div> <div>OUTING: Pino's Pizza in Brighton</div> <div>12:00 Lunch</div> <div>1:00 Walks with Debbie</div> <div>1:30 Fit for Life with Leah</div> <div>2:30 Trivia & Brain Games w/ Marie</div> <div>3:30 Snack & Chat</div> <div>4:00 Mindstretcher Discussion w/ Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>12:00 Lunch</div> <div>1:30 Happy Hour with Pauline</div> <div>2:30 Bingo with Shinel</div> <div>3:30 Snack and Chat</div> <div>4:00 Vigorous Minds with Chris</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check In</div> <div>10:00 Current Events with Shinel</div> <div>11:00 Get Fit While You Sit / Multisensory</div> <div>Purimspiel Rehearsal w/ Bree (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Walk w/ Debbie / Virtual Tour</div> <div>2:30 Word Games with Marie / Gym</div> <div>3:30 Snack and Chat</div> <div>4:00 Flower Arrangements with Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Drum Circle w/ Chris</div> <div>11:15 Zumba with Shinel / 1:1 Fitness</div> <div>12:00 Lunch</div> <div>2:00 Community Fitness Class</div> <div>3:00 St. Patrick's Day Celebration</div> <div>3:30 WELCOMING SHABBAT</div> <div>3:45 Food & Travel with Pauline</div> <div>5:00 Dinner</div> <div>6:30 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Dance Therapy w/ Jordyn</div> <div>11:00 Music Therapy w/ Alex</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 History of Dance w/ Jordyn</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> </div>
<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Music Therapy w/ Lance</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Reiki Meditation w/ Farah Andre</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>St. Patrick's Day</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>Troubadours Choir Rehearsal (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Arts & Crafts w/ Marie</div> <div>2:30 Total Body Fitness w/ Christina</div> <div>3:30 Snack & Chat</div> <div>4:00 History of Music w/ Chris</div> <div>5:00 Dinner</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Drum Circle with Chris</div> <div>12:00 Lunch</div> <div>1:00 Walks with Debbie</div> <div>1:30 Fit for Life with Leah</div> <div>2:30 Trivia & Brain Games w/ Marie</div> <div>3:30 Snack & Chat</div> <div>4:00 Mindstretcher Discussion w/ Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>12:00 Lunch</div> <div>1:30 Happy Hour with Pauline</div> <div>2:30 Bingo with Shinel</div> <div>3:30 Snack and Chat</div> <div>4:00 Vigorous Minds with Chris</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check In</div> <div>10:00 Current Events with Shinel</div> <div>11:00 Get Fit While You Sit / Multisensory</div> <div>Purimspiel Rehearsal w/ Bree (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Walks w/ Debbie / Virtual Tour</div> <div>2:30 Word Games with Marie / Gym</div> <div>3:30 Snack and Chat</div> <div>4:00 Flower Arrangements w/ Pauline & Volunteers</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Drum Circle w/ Chris</div> <div>11:15 Zumba with Shinel / 1:1 Fitness</div> <div>12:00 Lunch</div> <div>1:30 Musical Jeopardy with Eitan</div> <div>2:00 Community Fitness Class</div> <div>3:00 WELCOMING SHABBAT</div> <div>3:45 Food & Travel with Pauline</div> <div>5:00 Dinner</div> <div>6:30 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Dance Therapy w/ Jordyn</div> <div>11:00 Music Therapy w/ Alex</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Musical Presentation w/ Michael Goodwin</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>Purim Begins</div> </div>
<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Drama Therapy w/ Bree</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Sports & Games with Marie</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>Palms distributed by Rev Barbara</div> <div>Palm Sunday</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Music Therapy with Chris</div> <div>Troubadours Choir Rehearsal (TAL)</div> <div>12:00 Lunch</div> <div>1:30 Arts & Crafts w/ Marie</div> <div>2:00 Purimspiel Performance (GMH)</div> <div>2:30 Total Body Fitness w/ Christina</div> <div>3:30 Snack & Chat</div> <div>4:00 History of Music w/ Chris</div> <div>5:00 Dinner</div> </div>	<div> <div>9:00 Rise & Shine Check-In</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Drum Circle with Chris</div> <div>12:00 Lunch</div> <div>1:00 Walks with Debbie</div> <div>1:30 Fit for Life with Leah</div> <div>2:30 Trivia & Brain Games w/ Marie</div> <div>3:30 Snack & Chat</div> <div>4:00 Mindstretcher Discussion w/ Pauline</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Zumba with Shinel</div> <div>11:00 Getting to Know You w/ Chris</div> <div>12:00 Lunch</div> <div>1:30 Happy Hour with Pauline</div> <div>2:30 Fun with Food w/ Steve and Shinel</div> <div>3:30 Snack and Chat</div> <div>4:00 Vigorous Minds with Chris</div> <div>5:00 Dinner</div> <div>6:00 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise and Shine Check In</div> <div>10:00 Current Events with Shinel</div> <div>11:00 Get Fit While You Sit w/ Jeff</div> <div>Multi-sensory Experiences with Marie</div> <div>12:00 Lunch</div> <div>1:30 Walks w/ Debbie / Virtual Tour</div> <div>2:30 Word Games with Marie / Gym</div> <div>3:30 Snack and Chat</div> <div>4:00 Flower Arrangements with Pauline</div> <div>5:00 Dinner</div> <div>6:00 Evening Movie</div> </div>	<div> <div>9:00 Rise and Shine Check-In</div> <div>10:00 Drum Circle w/ Chris</div> <div>10:40 Making Memories w/ Rashi Students</div> <div>11:15 Zumba with Shinel / 1:1 Fitness</div> <div>12:00 Lunch</div> <div>2:00 Community Fitness Class</div> <div>3:00 March Birthdays Celebration</div> <div>3:30 WELCOMING SHABBAT</div> <div>3:45 Food & Travel with Pauline</div> <div>5:00 Dinner</div> <div>6:30 Sunset Program with Pauline</div> </div>	<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Drama Therapy w/ Bree</div> <div>11:00 Music Therapy w/ Alex</div> <div>12:00 Lunch</div> <div>1:30 Chair Travel</div> <div>2:30 Comedy Club w/ Bree</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>Happy Birthday, Liz!</div> </div>
<div> <div>9:00 Rise & Shine Check-in</div> <div>10:00 Morning Exercise w/ Marie</div> <div>11:00 Dance Therapy w/ Jordyn</div> <div>12:00 Easter Sunday Luncheon</div> <div>1:30 Easter Service w/ Rev Barbara LTCCH</div> <div>1:30 Chair Travel</div> <div>2:30 Sports & Games with Marie</div> <div>3:30 Refresh & Relax</div> <div>3:45 Movie Showing</div> <div>4:00-5:00 Visual Calls</div> <div>5:00 Dinner</div> <div>Easter Sunday</div> </div>	<div> <div>Assisted Living Memory Support</div> <div>Ground Floor Calendar</div> </div>					

Programs subject to change.

Salon: Thursdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>March 2024</div> </div>						
9:00 Rise & Shine Check-in 10:00 Community Forum w/ Whitney 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Trivia and Games with Marie 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Puzzles, Tea & Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack & Chat 4:00 Word Games with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline Purimspiel Rehearsal w/ Bree (TAL) 12:00 Lunch 1:30 Get Fit While You Sit/Spa with Shinel 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 WELCOMING SHABBAT 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Alex 11:00 Dance Therapy w/ Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Silent Movie w/ Richard Hughes 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner
9:00 Rise & Shine Check-in 10:00 Community Forum w/ Whitney 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Trivia and Games with Marie 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Puzzles, Tea & Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack & Chat 4:00 Word Games with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline Purimspiel Rehearsal w/ Bree (TAL) 12:00 Lunch 1:30 Get Fit While You Sit/Spa with Shinel 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 WELCOMING SHABBAT 3:45 Travel Documentary 5:00 Dinner 6:30 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:00 Trivia & Brain Teasers w/ Alex 11:00 Music Therapy w/ Emily 12:00 Lunch 1:30 Chair Travel 2:30 Levon Hovsepian & Todd Brunel in Concert 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner
9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Lance 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Mike Higgins in Concert 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner <i>Happy Birthday Dr. Epstein!</i> Ramadan Begins Daylight Saving Time Begins	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline Walks with Debbie OUTING: Pino's Pizza in Brighton 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Puzzles, Tea & Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack & Chat 4:00 Word Games with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline Purimspiel Rehearsal w/ Bree (TAL) 12:00 Lunch 1:30 Get Fit While You Sit/Spa with Shinel 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 St. Patrick's Day Celebration 3:30 WELCOMING SHABBAT 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Alex 11:00 Dance Therapy w/ Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle w/ Alex 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner
9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Lance 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Reiki Meditation w/ Farah Andre 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner St. Patrick's Day	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Puzzles, Tea & Gab w/ Pauline 2:30 Getting to Know You w/ Chris & Suki 3:30 Snack & Chat 4:00 Word Games with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline Purimspiel Rehearsal w/ Bree (TAL) 12:00 Lunch 1:30 Get Fit While You Sit/Spa with Shinel 2:30 Purim Masks w/ Shinel & Volunteers 3:30 Snack and Chat w/ Volunteers 4:00 Sing Along with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 WELCOMING SHABBAT 3:45 History of Music w/ Chris 5:00 Dinner 6:30 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Alex 11:00 Dance Therapy w/ Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Musical Presentation w/ Michael Goodwin 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner Purim Begins
9:00 Rise & Shine Check-in 10:00 Drama Therapy w/ Bree 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Comedy Club with Bree 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner <i>Palms distributed by Rev Barbara</i> Palm Sunday	9:00 Rise & Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts & Crafts/Jewelry w/ Shinel 2:00 Purimspiel Performance (GMH) 2:30 Music Therapy with Chris 3:30 Snack & Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner	9:00 Rise and Shine Check-In 10:00 Current Events w/ Pauline / Walks OUTING: Bus Tour of Concord/Lexington 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Virtual Tour Documentary 2:30 Sing Along w/ Mary & Friends/ Gym 3:30 Snack & Chat 4:00 Word Games with Marie 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Mindstretcher Discussion w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Puzzles & Games with Shinel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Flower Arrangements w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline	9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia & Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit w/ Jeff Spa with Shinel 2:30 Fun with Food w/ Steve and Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Evening Movie	9:00 Rise and Shine Check-In 10:00 Sports & Games w/ Marie 11:00 Food & Travel w/ Pauline 12:00 Lunch 1:30 Musical Jeopardy w/ Eitan 2:00 Community Fitness Class 3:00 March Birthdays Celebration 3:30 WELCOMING SHABBAT 3:45 History of Music w/ Chris 5:00 Sunset Program with Pauline	9:00 Rise & Shine Check-in 10:00 Music Therapy w/ Alex 11:00 Drama Therapy w/ Bree 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle w/ Alex 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner <i>Happy Birthday, Liz!</i>
9:00 Rise & Shine Check-in 10:00 Dance Therapy w/ Jordyn 11:00 Morning Exercise w/ Marie 12:00 Easter Sunday Luncheon 1:30 Easter Service w/ Rev Barbara LTCCH 1:30 Chair Travel 2:30 History of Dance w/ Jordyn 3:30 Refresh & Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner Easter Sunday	<div> <div>Assisted Living Memory Support</div> <div>First Floor Calendar</div> </div>					

Programs subject to change.

Salon: Thursdays