

SUN

MON

TUE

WED

THUR

FRI

SAT

8:15 Daily Check In Visit & Event Reminders (AL/Units) **30**
 9:00 Seated Exercises (Ch.17/25)
 10:30 Arcade Games (AL/Arcade)
 1:00 Sports Corner (AL/3D)
 2:00 Spiritual Services (JT/Main MPR)
 3:00 Snack Cart (AL/Units)
 6:30 Sunday Symphony: W.A. Mozart, Clarinet Concerto in A Major (Ch. 17/25)

8:45 Check-In Visits (AL/RM) **31**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
 10:00 Arts & Crafts (AL/3D)
 10:00 Photography Hour (AL/ Unit)
 1:30 Beverage Cart (AL/3D)
 2:00 Indoor Sports: Balloon Volleyball (AL/1D)
 3:00 Bible Study (JT/MH)
 5:30 Evening Movie with Popcorn (AL/ Murphy Hall)



Abbreviation Key
 AL/MH (Murphy Hall)
 MPR (Main Multi Purpose Room)
 AL/1D (First Floor)
 AL/3D (Third Floor)
 AL/U (On units in Day Area)
 AL/AR2 (AL/Arcade Room)
 SPAV (Outside Pavilion)
 AL/OS (Outside)
 DRW (Drawing)
 OUT (Outing)

Don't forget to set your clock 1 hour ahead before you go to bed on Saturday, March 8th!

SPRING FORWARD
 Turn your clocks forward

8:15 Daily Check In Visit & Event Reminders (AL/ Units) **1**
 9:00 VFW Bingo! (\$) (AL/MH)
 10:00 Arcade Games (AL/Arcade Rm)
 2:00 Snack Cart (AL/On units)
 3:00 Card Games (AL/Arcade)
 4:00 Saturday Afternoon Tunes (Ch. 17/25)

8:15 Daily Check In Visit & Event Reminders (AL/ Units) **2**
 9:00 Seated Exercises (Ch.17/25)
 10:30 Arcade Games (AL/Arcade)
 1:00 Sports Corner (AL/3D)
 2:00 Spiritual Services (JT/Main MPR)
 3:00 Snack Cart (AL/Units)
 6:30 Sunday Symphony: Mozart, Flute & Harp Concerto (Ch. 17/25)

8:45 Check-In Visits (AL/RM) **3**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
 10:00 Photography Hour (AL/ Unit)
10:00 Resident Activities Subcommittee Meeting (AL/3D Day Room)
 1:30 Beverage Cart (AL/3D)
2:00 Celtic Fiddle with Kaitlyn Musical Performance (AL/Murphy Hall)
 3:00 Bible Study (JT/MH)

Mardi Gras **4**
 8:45 Check-In Visits (AL/RM)
 9:00 Seated Exercises (Ch. 17/25)
9:30 Library Run (AL/Out)
 10:00 Hot beverages (AL/On Units)
 10:30 Catholic Mass (JT/Main MPR)
11:15 IAMAW Sponsored Luncheon (AL/ DRW)
 1:30 Light Snacks (AL/U)
2:00 Mardi Gras Pancake Social (AL/MH)
3:00 \$\$ Dairy Queen (AL/Out)
 3:00 Crochet Circle (AL/3D)
6:30 Bingo Mania! (JT/MPR)

Ash Wednesday **5**
 8:45 Check-In Visits (AL/RM)
 9:00 Seated Exercises (Ch. 17/25)
9:00 Tech Talk with Teens (AL/ Murphy Hall)
 1:00 Movie Matinee (AL/3D)
 2:00 Beverage Cart (AL/Units)
 2:30 Arcade Games (AL/Arcade Rm)
 3:00 Billiards (AL/3D)
 3:30 Book Club Reading (AL/3D)

8:45 Check-In Visits (AL/RM) **6**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Hot beverages (AL/On Units)
 10:00 Arts & Crafts (AL/3D)
 10:30 Catholic Services (JT/MH)
11:00 Catholic Lenten Ashes Service (JT/ MH)
2:00 MDVA Bingo! (\$) (AL/ Murphy Hall)
 3:00 World Documentary (Ch. 17/25)
 3:15 Light Snacks (AL/Units)
 3:30 Seasonal Puzzle (AL/3D)

8:45 Check-In Visits (AL/RM) **7**
 9:00 Seated Exercises (Ch. 17/25)
9:15 \$\$ Dunkin Donuts Run (AL/Out)
 9:30 Morning Coffee (AL/Units)
11:45 \$\$ KFC Lunch Run (AL/Out)
1:30 \$\$ Target (AL/Out)
 2:00 Movie Matinee (AL/1D)
 3:00 Good News Bible (AL/MH)
5:00 California Elks Pizza Dinner (AL/ DRW)

8:15 Daily Check In Visit & Event Reminders (AL/Units) **8**
9:00 VFW Bingo! (\$) (AL/MH)
 10:15 Shuffle Bowl (AL/Arcade Rm)
 1:00 Snack Cart (AL/On units)
2:00 Kevin Kremer Musical Performance (AL/Murphy Hall)
 3:00 Card Games (AL/Arcade)
 4:00 Saturday Afternoon Tunes (Ch. 17/25)
4:30 VFW Steak Dinner (AL/DRW)

Daylight Savings Time Begins **9**
 8:15 Daily Check In Visit & Event Reminders (AL/Units)
 9:00 Seated Exercises (Ch.17/25)
 10:30 Arcade Games (AL/Arcade)
 1:00 Sports Corner (AL/3D)
 2:00 Spiritual Services (JT/Main MPR)
 3:00 Snack Cart (AL/Units)
 6:30 Sunday Symphony: The Lord of the Rings performed by the Prague Film Orc-estra (Ch. 17/25)

8:45 Check-In Visits (AL/RM) **10**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
10:00 Applejack Pet Therapy (AL/ Units)
 10:00 Scrapbooking Club (AL/Activities Kitchen)
 1:30 Beverage Cart (AL/3D)
2:00 Folk Salad Musical Performance (AL/Murphy Hall)
 3:00 Bible Study (JT/MH)

8:15 Bulrushes Cafe Veterans Breakfast (AL/Out) 11
 8:45 Check-In Visits (AL/RM)
 9:00 Seated Exercises (Ch. 17/25)
 10:00 Morning Tea (AL/U)
 10:30 Catholic Mass (JT/Main MPR)
1:30 Food Committee Meeting (AL/ Murphy Hall)
 1:30 Light Snacks (AL/U)
1:30 Post Office/Bank Run (AL/Out)
 2:00 Trivia (AL/Arcade)
 3:30 Tuesday Tunes with Liz (AL/1D)

8:45 Check-In Visits (AL/ RM) **12**
 9:00 Activity Cart (AL/Units)
 9:00 Seated Exercises (Ch. 17/25)
10:00 Coffee & Donuts (AL/Units)
1:30 Resident Council (AL/MH)
 2:00 Movie Matinee (AL/1D)
 2:30 Arcade Games (AL/Arcade Rm)
 3:00 Billiards (AL/3D)
 3:30 Book Club Reading (AL/3D)

8:45 Check-In Visits (AL/RM) **13**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Hot beverages (AL/On Units)
10:00 \$\$ Food Lion (AL/Out)
 10:30 Catholic Services (JT/MH)
10:30 Pets on Wheels (AL/On Units)
2:00 MDVA Bingo! (\$) (AL/ Murphy Hall)
 3:00 World Documentary (Ch. 17/25)
 3:15 Fresh Fruit Snack Cart (AL/Units)

8:45 Check-In Visits (AL/RM) **14**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
 10:00 Karaoke (AL/ MH)
 1:15 Snack Cart (AL/ Unit)
 1:30 Movie Matinee (AL/1D)
 2:00 Seasonal Puzzle (AL/Arcade)
 3:00 Good News Bible (AL/Dining Room Atrium)
6:30 ShamRock 'N Roll Concert with S&D (JT/MH)

8:15 Daily Check In Visit & Event Reminders (AL/Units) **15**
9:00 VFW Bingo! (\$) (AL/MH)
 10:00 Arcade Games (AL/Arcade Rm)
10:45 \$\$ Wendy's (AL/Out)
 1:00 Snack Cart (AL/On units)
2:00 Scenic Drive: Driver's Choice (AL/ Out)
 3:30 Card Games (AL/Arcade)
 4:00 Saturday Afternoon Tunes (Ch. 17/25)

8:15 Daily Check In Visit & Event Reminders (AL/Units) **16**
 9:00 Seated Exercises (Ch.17/25)
 10:30 Arcade Games (AL/Arcade)
 1:00 Sports Corner (AL/3D)
 2:00 Spiritual Services (JT/Main MPR)
 3:00 Snack Cart (AL/Units)
 6:30 Sunday Symphony: The Clancy Brothers, Live in Tipperary (Ch. 17/25)

St. Patrick's Day **17**
 8:45 Check-In Visits (AL/RM)
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
 10:00 Photography Hour (AL/ Unit)
11:30 American Legion Post 298 Sponsored St. Patrick's Day Lunch (AL/EWDR)
 1:30 Beverage Cart (AL/3D)
2:00 St. Patrick's Day Bingo (\$) (AL/ Murphy Hall)
 3:00 Bible Study (JT/MH)
 3:30 Book Club Reading (AL/3D)
6:30 S.A.L. (\$) Bingo (JT/EWDR)

8:45 Check-In Visits (AL/RM) **18**
9:00 \$\$ Walmart (AL/Out)
 9:00 Seated Exercises (Ch. 17/25)
 10:00 Hot beverages (AL/On Units)
 10:30 Catholic Mass (JT/Main MPR)
11:30 Chesapeake Beach Post 206 Lunch (AL/DRW)
 1:30 Light Snacks (AL/U)
 2:00 Trivia (AL/Arcade)
 3:00 Crochet Circle (AL/3D)
6:30 SMECO (\$) Bingo (JT/MPR)

8:45 Check-In Visits (AL/RM) **19**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
 10:00 Gardening Club (AL/ CTYD)
 1:00 Movie Matinee (AL/3D)
 2:30 Arcade Games (AL/Arcade Rm)
 3:00 Billiards (AL/3D)
 3:30 Book Club Reading (AL/3D)
6:30 Greg Morris Music Performance (AL/Murphy Hall)

First Day Of Spring **20**
 8:45 Check-In Visits (AL/RM)
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Hot beverages (AL/On Units)
 10:00 Arts & Crafts (AL/3D)
 10:30 Catholic Services (JT/MH)
2:00 MDVA Bingo! (\$) (AL/ Murphy Hall)
 3:00 World Documentary (Ch. 17/25)
 3:15 Light Snacks (AL/Units)
 3:30 Seasonal Puzzle (AL/3D)

8:45 Check-In Visits (AL/RM) **21**
 9:00 Seated Exercises (Ch. 17/25)
9:15 \$\$ Walmart (AL/Out)
 9:30 Morning Coffee (AL/Units)
 1:00 Movie Matinee (AL/1D)
1:30 \$\$ Walmart (AL/Out)
 2:00 Beverage Cart (AL/Units)
 3:00 Good News Bible (AL/MH)
5:00 Waldorf Moose Steak Dinner (AL/DRW)

8:15 Daily Check In Visit & Event Reminders (AL/ Units) **22**
9:00 VFW Bingo! (\$) (AL/MH)
 10:15 Shuffle Bowl (AL/Arcade Rm)
 1:00 Snack Cart (AL/On units)
2:00 Port Tobacco Pickers Performance (AL/Murphy Hall)
 3:00 Card Games (AL/Arcade)
 4:00 Saturday Afternoon Tunes (Ch. 17/25)

8:15 Daily Check In Visit & Event Reminders (AL/ Units) **23**
 9:00 Seated Exercises (Ch.17/25)
 10:30 Arcade Games (AL/Arcade)
 1:00 Sports Corner (AL/3D)
 2:00 Spiritual Services (JT/Main MPR)
 3:00 Snack Cart (AL/Units)
 6:30 Sunday Symphony: Beethoven, Symphony No. 5 (Ch. 17/25)

8:45 Check-In Visits (AL/RM) **24**
 9:00 Morning Coffee (AL/ Units)
 9:00 Seated Exercises (Ch. 17/25)
10:00 Applejack Pet Therapy (AL/ Units)
 1:30 Beverage Cart (AL/3D)
 2:00 Indoor Sports: Putt Putt (AL/1D)
 3:00 Bible Study (JT/MH)
 6:00 Shuffle Bowl (AL/Arcade Rm.)

8:45 Check-In Visits (AL/RM) **25**
 9:00 Seated Exercises (Ch. 17/25)
10:00 \$\$ Washington DC Cherry Blossom & Monument Driving Tour (AL/Out)
 10:00 Morning Tea (AL/U)
 10:30 Catholic Mass (JT/Main MPR)
 1:30 Light Snacks (AL/U)
 2:00 Trivia (AL/Arcade)
 3:00 Crochet Circle (AL/3D)
 6:00 Evening Games with Steve (AL/ Units)

8:45 Check-In Visits (AL/RM) **26**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
10:00 Cooking Class: Mini Irish Soda Bread (AL/Activity Kitchen)
 10:00 Gardening Club (AL/ CTYD)
2:00 Monthly Birthday Celebration (AL/MH)
 2:00 Movie Matinee (AL/1D)
 3:30 Book Club Reading (AL/3D)
 6:00 Billiards (AL/3D)

8:45 Check-In Visits (AL/RM) **27**
9:00 AARP Tax Filing Appointments (AL/Rooms)
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Hot beverages (AL/On Units)
 10:00 Arts & Crafts (AL/3D)
 10:30 Catholic Services (JT/MH)
2:00 MDVA Bingo! (\$) (AL/ Murphy Hall)
 3:00 World Documentary (Ch. 17/25)
 3:15 Fresh Fruit Snack Cart (AL/Units)
 3:30 Seasonal Puzzle (AL/3D)

8:45 Check-In Visits (AL/RM) **28**
 9:00 Seated Exercises (Ch. 17/25)
 9:30 Morning Coffee (AL/Units)
10:45 \$\$ Arby's Lunch Run (AL/Out)
 1:15 Snack Cart (AL/ Unit)
 1:30 Movie Matinee (AL/1D)
 2:00 Karaoke (AL/ MH)
2:00 Scenic Drive: Driver's Choice (AL/Out)
 3:00 Good News Bible (AL/MH)

8:15 Daily Check In Visit & Event Reminders (AL/Units) **29**
9:00 VFW Bingo! (\$) (AL/MH)
 10:00 Arcade Games (AL/Arcade Rm)
10:45 \$\$ Popeyes Lunch Pick Up (AL/Out)
12:00 American Legion Post 275 Sponsored Veteran's Lunch (AL/DRW)
 1:00 Snack Cart (AL/On units)
 3:30 Card Games (AL/Arcade)
 4:00 Saturday Afternoon Tunes (Ch. 17/25)

March 2025

Assisted Living Activities



Committed to Caring