
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 11:00 ■ Holy Spirit Church's Communion Service 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Chinese Checkers	<p>2</p> 9:00 Resistance Bands Stretch & Relax/ Sit-to-Stand 10:00 Nickel Poker / Tile Rummy 10:30 ■ Nondenominational Christian Sharing Fellowship ★ 1:00 NICKEL BINGO 2:30 Canasta / Knitting Time! 6:00 R-L Chinese Checkers	<p>3</p> 9:00 Energizing Exercise / Sit-to-Stand 10:00 NICKEL BINGO 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Canasta	<p>4</p> 9:00 Resistance Bands Stretch & Relax / Sit-to-Stand 10:00 Outing: Michael's & Trader Joe's  10:30 ■ Experience Church Bible Fellowship★ 1:00 NICKEL BINGO 2:30 Canasta / Knitting Time! 3:00 ■ Catholic Rosary★ 6:00 R-L Chinese Checkers	<p>5</p> Name Game Day 9:00 Energizing Exercise / Sit-To-Stand 10:00 FREE Hearing Aid Checks & Cleaning!! 10:00 Nickel Poker / Tile Rummy 1:00 NICKEL BINGO 2:30 NAME THAT TUNE! 6:00 R-L Mexican Train Dominoes	<p>6</p> Dress Like Rosie the Riveter! 9:00 Meditation & Chair Yoga with Peter & Mary 10:00 Skip Bo 1:00 DIME/DOLLAR BINGO 2:30 Happy Hour Celebrating Working Women... what did you do for a living? 6:00 R-L Chinese Checkers	<p>7</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 1:00 Movie Time! 1:15 Skip Bo 6:00 R-L Tile Rummy
<p>8</p> Daylight Saving Time Begins 9:00 Energizing Exercise 10:00 ■ Taiko Drumming Performance & Class! 11:00 ■ Holy Spirit Church's Communion Service 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Chinese Checkers	<p>9</p> 9:00 Resistance Bands Stretch & Relax/ Sit-to-Stand 10:00 Tentative: Nickel Poker 10:00 Tile Rummy 10:30 ■ Nondenominational Christian Sharing Fellowship ★ 1:00 NICKEL BINGO 2:30 Canasta / Knitting Time! 6:00 R-L Chinese Checkers	<p>10</p> Clover All Over Day! Wear Green & Search for Clovers! 9:00 Energizing Exercise / Sit-to-Stand 10:00 Chef's Chat / Residents' Council... followed by NICKEL BINGO! 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Canasta	<p>11</p> 9:00 Outing: Cache Creek Casino  9:00 Resistance Bands Stretch & Relax / Sit-to-Stand 10:00 Skip Bo 1:00 NICKEL BINGO 2:30 Tile Rummy / Canasta 3:00 ■ Catholic Rosary★ 6:00 R-L Chinese Checkers	<p>12</p> 9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel Poker / Tile Rummy 1:00 NICKEL BINGO 2:15 Danger Word Game 3:00 ■ Glenn Performs 6:00 R-L Mexican Train Dominoes	<p>13</p> 9:00 Meditation & Chair Yoga with Peter & Mary 10:00 Skip Bo Tournament 1:00 DIME/DOLLAR BINGO 2:30 Happy Hour! 3:30 Rockville Book Club 3:45 ■ Young Pianists Perform 6:00 R-L Chinese Checkers	<p>14</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 1:00 Movie Time! 1:15 Skip Bo 3:30 ■ Solano Winds (Musicians) Perform 6:00 R-L Tile Rummy
<p>15</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 11:00 ■ Holy Spirit Church's Communion Service 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Chinese Checkers	<p>16</p> 9:00 Resistance Bands Stretch & Relax/ Sit-to-Stand 10:00 Laughter in the Morning!!! 10:30 ■ Nondenominational Christian Sharing Fellowship ★ 1:00 NICKEL BINGO 2:30 Canasta / Knitting Time! 6:00 R-L Chinese Checkers	<p>17</p> Wear GREEN!!! 9:00 Energizing Exercise / Sit-to-Stand 10:00 Skip Bo 1:00 NICKEL BINGO 2:30 The Luck of the Irish Party! 6:00 R-L Canasta	<p>18</p> 9:00 Resistance Bands Stretch & Relax / Sit-to-Stand 10:00 Outing: Super Walmart  10:00 Tile Rummy / Canasta 10:30 ■ Experience Church Bible Fellowship★ 1:00 NICKEL BINGO 2:30 Just Steppin' For Health 6:00 R-L Chinese Checkers	<p>19</p> 9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel Poker / Tile Rummy 1:00 NICKEL BINGO 2:30 ■ Amazing Rhonda Performs 6:00 R-L Mexican Train Dominoes	<p>20</p> 9:00 Meditation & Chair Yoga with Peter & Mary 10:00 Skip Bo ✓ 10:30 ■ Holy Spirit's Catholic Mass 1:00 DIME/DOLLAR BINGO 2:30 Dress Up for Our Wine Tasting Experience! 3:45 ■ Green Valley Musicians Perform 6:00 R-L Chinese Checkers	<p>21</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 1:00 Movie Time! 1:15 Skip Bo 6:00 R-L Tile Rummy
<p>22</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 11:00 ■ Holy Spirit Church's Communion Service 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Chinese Checkers	<p>23</p> 9:00 Resistance Bands Stretch & Relax/ Sit-to-Stand 10:00 Nickel Poker / Tile Rummy 10:30 ■ Nondenominational Christian Sharing Fellowship ★ 1:00 NICKEL BINGO 2:30 Musical Brain Games w/Dane (Senior Helpers) 6:00 R-L Chinese Checkers	<p>24</p> 9:00 Energizing Exercise / Sit-to-Stand 10:00 NICKEL BINGO 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Canasta	<p>25</p> 9:00 Outing: Breakfast at Bab's  9:00 Resistance Bands Stretch & Relax / Sit-to-Stand 10:00 Skip Bo 1:00 NICKEL BINGO 2:30 CRAFT TIME! 3:00 ■ Catholic Rosary★ 6:00 R-L Chinese Checkers	<p>26</p> 9:00 Energizing Exercise / Sit-To-Stand 10:00 Tile Rummy 1:00 NICKEL BINGO 2:30 ■ Cowboy Denny Performs 6:00 R-L Mexican Train Dominoes	<p>27</p> Funny Friday Wear a "Funny Slogan" Shirt! 9:00 Meditation & Chair Yoga with Peter & Mary 10:00 Nickel Poker / Skip Bo 1:00 DIME/DOLLAR BINGO 2:30 Funny Friday's Happy Hour: Bring a Joke or Two! 6:00 R-L Chinese Checkers	<p>28</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 1:00 Movie Time! 1:15 Skip Bo 6:00 R-L Tile Rummy
<p>29</p> 9:00 Energizing Exercise 10:00 NICKEL BINGO 11:00 ■ Holy Spirit Church's Communion Service 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Chinese Checkers	<p>30</p> 9:00 Resistance Bands Stretch & Relax/ Sit-to-Stand 10:00 Nickel Poker / Tile Rummy 10:30 ■ Nondenominational Christian Sharing Fellowship ★ 1:00 NICKEL BINGO 2:30 Canasta / Knitting Time! 6:00 R-L Chinese Checkers	<p>31</p> 9:00 Energizing Exercise / Sit-to-Stand 10:00 NICKEL BINGO 1:00 Movie Time!  1:15 Skip Bo 6:00 R-L Canasta		<p>Happy Birthday to the Following RESIDENTS:</p> <ul style="list-style-type: none"> 03/08 Peggy D. 03/09 Kay F. 03/14 Barbara B. 03/16 Mo T. 03/16 Marie Pe. 03/20 Charlie P. 03/23 Gail O. 		<p>Activities are subject to change.</p>