




March 2021 Woods Memory Care Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast: 9:00 Lunch: 12:00 Dinner: 5:00	1 Morning Activities 10:30 Exercise with Katie 11:00 Susie Q Sing Along 11:30 Mind Aerobics Afternoon Activities 1:00 Music Bingo 3:00 Coffee and Cookies Bag Toss	2 Beauty Shop Morning Activities 10:30 Devotions with Chaplain John 11:00 Noodle Hockey 11:30 Mind Aerobics Afternoon Activities 1:00 Rosary 3:00 Coffee and Cookies Cards and Games	3 Morning Activities 10:30 Guardian Angels Church Service 11:00 Exercise with Katie 11:30 Mind Aerobics Afternoon Activities 1:00 Music for Life 3:00 Coffee and Cookies Golden Girls	4 Beauty Shop Morning Activities 10:30 Exercise with Katie 11:00 Sing Along 11:30 Mind Aerobics Afternoon Activities 1:00 Devotions with Chaplain John 3:00 Coffee and Cookies I Love Lucy	5 Morning Activities 10:30 Exercise with Katie 11:00 Nail Care Afternoon Activities 1:00 Dan Newton Concert on Ch.51 3:00 Coffee and Cookies Daniel O'Donnell Songs of Faith Concert	6 Morning Activities Stars & Stripes Fitnessize Sing Along with Georgina Rae on DVD: Love Songs Afternoon Activities 1:00 Sing for Life Choir Practice with LouAnn Henderson on Ch.51 3:00 Coffee and Cookies 6:00 Evening Movie
7 Morning Activities 10:00 East Ridge High School Choir Performance on Ch.51 Hymn Sing Along Afternoon Activities Move and Groove DVD 3:00 Coffee and Cookies 6:00 Evening Movie	8 Morning Activities 10:30 Exercise with Katie 11:00 Susie Q Sing Along 11:30 Mind Aerobics Afternoon Activities 1:00 St. Patrick's Day Charm Bracelet Craft 3:00 Coffee and Cookies Bag Toss	9 Beauty Shop Morning Activities 10:30 Devotions with Chaplain John 11:00 Noodle Hockey 11:30 Mind Aerobics Afternoon Activities 1:00 Rosary 3:00 Coffee and Cookies Cards and Games	10 Morning Activities 10:30 Church Service with Chaplain John 11:00 Exercise with Katie Afternoon Activities 1:00 Live Sing Along with Susie Q on Ch.51 3:00 Coffee and Cookies Golden Girls	11 Beauty Shop Morning Activities Move and Groove DVD Sing Along Afternoon Activities 1:00 Devotions with Chaplain John 3:00 Coffee and Cookies 6:00 MacPhail Music for Life with Deb McTaggart on Ch.51	12 Morning Activities 10:30 Exercise with Katie 11:00 Nail Care Afternoon Activities Daniel O'Donnell: Rock 'N' Roll Concert 3:00 Coffee and Cookies Dominoes	13 Morning Activities Stars & Stripes Fitnessize Sentimental Sing Along: Romance and Ragtime Afternoon Activities 1:00 Sing for Life Choir Practice with LouAnn Henderson on Ch.51 3:00 Coffee and Cookies 6:00 Evening Movie
14 Morning Activities 10:00 East Ridge High School Choir Performance on Ch.51 Sing Along with CD #1 Afternoon Activities Move and Groove DVD 3:00 Coffee and Cookies 6:00 Evening Movie	15 Morning Activities 10:30 Exercise with Katie 11:00 Susie Q Sing Along Afternoon Activities 1:00 Jewelry Hour 3:00 Coffee and Cookies Bag Toss	16 Beauty Shop Morning Activities 10:30 Devotions with Chaplain John 11:00 Noodle Hockey 11:30 Mind Aerobics Afternoon Activities 1:00 Rosary 3:00 Coffee and Cookies Cards and Games	17 St. Patrick's Day  Morning Activities 10:30 Church Service with Chaplain John St. Patrick's Day Craft Afternoon Activities 1:00 Irish Sing Along DVD 3:00 Coffee and Cookies Golden Girls	18 Beauty Shop Morning Activities 10:30 Exercise with Katie Sing Along Afternoon Activities 1:00 Devotions with Chaplain John 3:00 Coffee and Cookies I Love Lucy	19 Morning Activities 10:30 Exercise with Katie 11:00 Nail Care Afternoon Activities 1:00 Bobby and Christine Concert on Ch.51 3:00 Coffee and Cookies Daniel O'Donnell Live from Nashville Concert	20 Spring Begins Morning Activities Stars & Stripes Fitnessize Sing Along with Georgina Rae on DVD: Irish Songs Afternoon Activities 1:00 Sing for Life Choir Practice with LouAnn Henderson on Ch.51 3:00 Coffee and Cookies 6:00 Evening Movie
21 Morning Activities 10:00 East Ridge High School Choir Performance on Ch.51 Sing Along with CD #2 Afternoon Activities Move and Groove DVD 3:00 Coffee and Cookies 6:00 Evening Movie	22 Morning Activities 10:30 Exercise with Katie 11:00 Susie Q Sing Along Afternoon Activities 1:00 Spring Craft 3:00 Coffee and Cookies Bag Toss	23 Beauty Shop Morning Activities 10:30 Devotions with Chaplain John 11:00 Noodle Hockey Afternoon Activities 1:00 Rosary 3:00 Coffee and Cookies Cards and Games	24 Morning Activities 10:30 Church Service with Chaplain John 11:00 Exercise with Katie Afternoon Activities 1:00 Live Sing Along with Susie Q on Ch.51 3:00 Coffee and Cookies Golden Girls	25 Beauty Shop Morning Activities 10:30 Exercise with Katie Sing Along Afternoon Activities 1:00 Devotions with Chaplain John 3:00 Coffee and Cookies 6:00 MacPhail Music for Life with Deb McTaggart on Ch.51	26 Morning Activities 10:30 Exercise with Katie 11:00 Nail Care Afternoon Activities Daniel O'Donnell Back Home Again Concert 3:00 Coffee and Cookies Dominoes	27 Morning Activities Stars & Stripes Fitnessize Sentimental Sing Along: Love and Laughter Afternoon Activities 1:00 Sing for Life Choir Practice with LouAnn Henderson on Ch.51 3:00 Coffee and Cookies 6:00 Evening Movie
28 Morning Activities Video Exercise Sing Along with CD #3 Afternoon Activities Move and Groove DVD 3:00 Coffee and Cookies 6:00 Evening Movie	29 Morning Activities 10:30 Exercise with Katie 11:00 Susie Q Sing Along Afternoon Activities 1:00 Music Bingo 3:00 Coffee and Cookies Bag Toss	30 Beauty Shop Morning Activities 10:30 Devotions with Chaplain John 11:00 Exercise with Katie Afternoon Activities 1:00 Rosary 3:00 Coffee and Cookies Cards and Games	31 Morning Activities 10:30 Church Service with Chaplain John 11:00 Exercise with Katie Afternoon Activities 1:00 Live Sing Along with Susie Q on Ch.51 3:00 Coffee and Cookies Golden Girls	Activities are subject to change. Please check the T.V. in the Dining Room for updated information.		