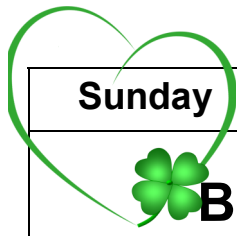



March 2023– Woods Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast: 9:00am Lunch: 12:00pm Dinner: 5:00pm</p>			<p>1 Morning Activities: Sit & Stretch</p> <p>Afternoon Activities 1:00 Nail Care 3:00 Coffee & Cookies</p>	<p>2 <i>Beauty Shop</i> Morning Activities 10:45 Kate's Musical Memories</p> <p>Afternoon Activities 1:00 Devotions with Chaplain John Coffee and Cookies</p>	<p>3 Morning Activities 10:30 Exercise w/Chris Sing Along with Susie Q: <i>Grandma's Parlor</i></p> <p>Afternoon Activities 1:00 Games</p> <p>3:00 Coffee and Cookies Friday Night Movie</p>	<p>4 Morning Activities Move & Groove Exercise RA's Choice Activity</p> <p>Afternoon Activities Melody Lane Sing Along: <i>Country Classics</i> Coffee and Cookies Saturday Night Movie</p>
<p>5 Morning Activities 11:00 Church Service with Chaplain John</p> <p>Afternoon Activities Stars & Stripes Video Exercise Coffee and Cookies 6:30 Wheel of Fortune on CBS (Ch.5)</p>	<p>6 Morning Activities Exercise w/Chris Sing Along with Susie Q: <i>America Sings</i></p> <p>Afternoon Activities Noodle Hockey Coffee and Cookies</p>	<p>7 <i>Beauty Shop</i> Morning Activities 10:30 Devotions with Chaplain John 11:30 Mind Aerobics</p> <p>Afternoon Activities 1:00 Rosary Group Coffee and Cookies Puzzle Hour</p>	<p>8 Morning Activities 10:30 Exercise with Chris 11:00 Finish the Phrase</p> <p>Afternoon Activities 2:00 Harp Music w/ Janell 3:00 Coffee & Cookies Balloon Ball</p>	<p>9 <i>Beauty Shop</i> Morning Activities</p> <p>10:45 Kate's Musical Memories</p> <p>Afternoon Activities 1:00 Devotions with Chaplain John Coffee and Cookies Parachute</p>	<p>10 Morning Activities 10:30 Flower Arranging 11:00 Nail Care</p> <p>Afternoon Activities 2pm Music w/ Mr. Bob Hindell (C) 1:00 Art Hour Coffee and Cookies Friday Night Movie</p>	<p>11 Morning Activities Move & Groove Exercise RA's Choice Activity</p> <p>Afternoon Activities Sing Along with Susie Q: <i>Happy Days</i> Coffee and Cookies Saturday Night Movie</p>
<p>12 Morning Activities 11:00 Church Service with Chaplain John</p> <p>Afternoon Activities Stars & Stripes Video Exercise Coffee and Cookies 6:30 Wheel of Fortune on CBS (Ch.5)</p>	<p>13 Morning Activities 10:30 Exercise with Chris 11:00 Old Time Favorites Sing Along #1</p> <p>Afternoon Activities 1:00 Games w/Chris Coffee and Cookies</p> <p>6:30 St. Paul Postal Band</p>	<p>14 <i>Beauty Shop</i> Morning Activities 10:30 Devotions with Chaplain John 11:30 Mind Aerobics</p> <p>Afternoon Activities 1:00 Rosary Group Coffee and Cookies</p>	<p>15 Morning Activities Sit & Stretch</p> <p>Afternoon Activities 2:00 Hand & Nail Care Coffee and Cookies Balloon Ball</p>	<p>16 <i>Beauty Shop</i> Morning Activities</p> <p>10:00 McPhail Music by Joey</p> <p>Afternoon Activities 1:00 Devotions with Chaplain John</p> <p>2-3 Dodge Nature Center</p>	<p>17 Morning Activities Exercise w/Chris</p> <p>Old Time Favorites Sing Along #2 2pm St. Patty's Party & Music w/ Ryan Coffee and Cookies Friday Night Movie</p>	<p>18 Morning Activities Move & Groove Exercise RA's Choice Activity</p> <p>Afternoon Activities Melody Lane Sing Along: <i>Songs of Ireland</i> Coffee and Cookies Saturday Night Movie</p>
<p>19 Morning Activities 11:00 Church Service with Chaplain John</p> <p>Afternoon Activities Stars & Stripes Video Exercise Coffee and Cookies 6:30 Wheel of For-</p>	<p>20 Morning Activities Exercise w/Chris Sentimental Sing Along: <i>Love & Laughter</i></p> <p>Afternoon Activities 1:00 Bingo Coffee and Cookies Cards and Games</p>	<p>21 <i>Beauty Shop</i> Morning Activities 10:30 Devotions with Chaplain John 11:30 Mind Aerobics</p> <p>Afternoon Activities 1:00 Rosary Group Coffee and Cookies</p>	<p>22 Morning Activities 10:30 Exercise with Chris 11:00 Finish the Phrase</p> <p>Afternoon Activities Coffee and Cookies Balloon Ball</p>	<p>23 <i>Beauty Shop</i> Morning Activities</p> <p>10:45 Kate's Musical Memories 1:00 Devotions with Chaplain John 2:00 Music w/ Crooner Vinny Rose (C)</p>	<p>24 Morning Activities 10:30 Flower Arranging 11:00 Nail Care</p> <p>Afternoon Activities 1:00 Art Hour Coffee and Cookies Friday Night Movie</p>	<p>25 Morning Activities Move & Groove Exercise RA's Choice Activity</p> <p>Afternoon Activities Sing Along with Susie Q: <i>Praise and Joy</i> Coffee and Cookies Saturday Night Movie</p>
<p>26 Morning Activities 11:00 Church Service with Chaplain John</p> <p>Afternoon Activities Stars & Stripes Video Exercise Coffee and Cookies 6:30 Wheel of For-</p>	<p>27 Morning Activities 10:30 Exercise with Chris 11:00 Old Time Favorites Sing Along #3</p> <p>Afternoon Activities 1:00 Rosary Group Coffee and Cookies Dominoes</p>	<p>28 <i>Beauty Shop</i> Morning Activities 10:30 Devotions with Chaplain John 11:30 Mind Aerobics</p> <p>Afternoon Activities 1:00 Sing Along with Scott Coffee and Cookies Puzzle Hour</p>	<p>29 Morning Activities Sit & Stretch</p> <p>Afternoon Activities Coffee and Cookies Balloon Ball</p>	<p>30 <i>Beauty Shop</i> Morning Activities 10:00 McPhail Music by Joey</p> <p>Afternoon Activities 1:00 Devotions with Chaplain John Coffee and Cookies</p>	<p>31Morning Activities 10:30 Exercise w/Chris Sing Along with Susie Q: <i>Grandma's Parlor</i></p> <p>Afternoon Activities 1:00 Games</p> <p>3:00 Coffee and Cookies Friday Night Movie</p>	