

March 2020

Whitridge Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Coloring with CNA – WDR 11:00 Balloon Toss – WDR 2:00 Netflix Movie - WDR 7:00 Movie: Channel 918	2 10:30 Interactive Music with Joel Blumert - WDR 2:00 Music and Memory - Snoozelen 2:00 Balloon Toss with Rebecca – WDR 3:00 Netflix Nature Documentary - WDR	3 10:15 Yoga Kickball - WDR 11:00 What is Lent? with Eileen – Sun Room 11:00 One to One Visits with Cindy 2:00 Cookie Baking – Wick Rm 3:30 Social & Sing Along - WDR	4 10:00 Communion Service – Chapel 11:00 Episcopal Service with Heidi Truax - Chapel 2:00 Music & Memory - Snoozelen 2:30 Range of Motion with Scarfs - WDR 3:00 Junk Drawer Detectives - WDR	5 10:15 Back Rubs and Hand Massages with Volunteers – WDR 11:00 Balloon Toss - WDR 1:30 Wagner/Riga /Whitridge Resident Council Meeting – Chapel 2:00 Music & Memory	6 10:15 Pool Noodle Tennis - WDR 11:00 Lunch at McDonalds and Scenic Ride 2:30 Bingo – WDR 3:30 Music Documentary - WDR 7:00 Movie Channel 918	7 10:00 Exercise Channel 918 10:30 Word Game - WDR 2:00 Moving Art - Netflix 6:30 Virtual Tours Around the World: Channel 918
8 Daylight Savings Time Begins 10:00 Puzzles with CNA – WDR 11:00 Balloon Toss - WDR 2:00 Netflix Movie - WDR 7:00 Movie: Channel 918	9 10:30 Hymn Sing with Deirdre - Chapel 2:00 Music and Memory - Snoozelen 2:00 Bowling Tournament - WDR 3:00 Trivia - WDR	10 10:15 Yoga Kickball - WDR 11:00 Taking on Good Deeds w/Eileen-Sun Rm 11:00 One to One Visits with Cindy 2:00 Sheffield Singers - Chapel	11 10:00 Catholic Mass - Chapel 11:00 Congregational Service with John Nelson - Chapel 2:15 Range of Motion with Scarfs - WDR 3:30 Music & Memory	12 10:15 Back Rubs and Hand Massages with Volunteers – WDR 11:00 Balloon Toss - WDR 2:00 Golf Putting – WDR 2:45 Milkshake Social - WDR	13 10:15 Pool Noodle Tennis - WDR 2:30 Birthday Party with Irish Entertainment by Trevor Anthony - CR 7:00 Movie Channel 918	14 10:00 Exercise Channel 918 10:30 Coloring – WDR 11:30 Moving Art - Netflix 6:30 Virtual Tours Around the World: Channel 918
15 10:00 Coloring with CNA – WDR 10:30 Unitarians Meeting - CLR 11:00 Soundscapes Music Channel – WDR 2:00 Ball Toss with CNA - WDR 7:00 Movie: Channel 918	16 10:30 Music Program with Wayne Curtis - WDR 2:00 Golf Putting - WDR 2:00 Music and Memory - Snoozelen 3:30 Story Time – Sun Room	17 St. Patrick's Day 10:15 Yoga Kickball - WDR 11:00 Irish Prayers with Eileen - Sun Rm 2:00 Virtual Tour of Ireland Channel 918 2:00 St. Patrick's Day Puzzles - WDR 3:00 Shamrock Shake Social - WDR	18 10:00 Communion Service - Chapel 11:00 Ecumenical service with Deacons - Chapel 2:15 Range of Motion with Scarfs - WDR 3:30 Music & Memory	19 10:30 Aging with Art and Soul Workshop - WDR 2:00 Bingo with Josh – WDR 3:30 Nature Documentary - WDR	20 10:15 Pool Noodle Tennis – WDR 11:00 Easy Does It Trivia - WDR 1:30 Memory Loss Support Group – Private Dining Room 2:00 Collage Making - WDR 7:00 Movie Channel 918	21 10:00 Exercise Channel 918 10:30 Puzzles - WDR 2:00 Coloring with CNA – WDR 3:00 Netflix Movie - WDR 6:30 Virtual Tours Around the World: Channel 918

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<p style="text-align: right;">22</p> <p>10:15 Puzzles with CNA - WDR 11:00 Balloon Toss - WDR 2:00 Moving Art - Netflix 7:00 Movie Channel 918</p>	<p style="text-align: right;">23</p> <p>10:30 Karaoke With Rec Team - WDR 2:00 Balloon Toss - WDR 2:00 Music and Memory - Snoozelen 3:00 Netflix Nature Documentary - WDR</p>	<p style="text-align: right;">24</p> <p>10:15 Yoga Kickball - WDR 11:00 Writing Spiritual Poetry w/Eileen-Sun Rm 11:00 One to One Visits with Cindy 2:00 Game Time - WDR 3:00 Root Beer Float Social - WDR</p>	<p style="text-align: right;">25</p> <p>10:00 Communion Service - Chapel 11:00 - Ecumenical Service with Deacons - Chapel 2:15 Range of Motion with Scarfs - WDR 3:00 Word Game - WDR 3:30 Music & Memory</p>	<p style="text-align: right;">26</p> <p>9:30 Morning Stretch with Cindy - Wick Rm 10:15 Back Rubs and Hand Massages with Volunteers - WDR 11:00 Balloon Toss - WDR 10:30 Baking - Wick Rm 2:00 Baked Good Social & Sing Along</p>	<p style="text-align: right;">27</p> <p>10:15 Pool Noodle Tennis - WDR 11:00 Junk Drawer Detective - WDR 11:15 Finish the Drawing - WDR 3:15 Afternoon Tea and Treats - WDR 7:00 Movie Channel 918</p>	<p style="text-align: right;">28</p> <p>10:00 Exercise Channel 918 10:30 Art Corner with Cindy - WDR 4:00 History Program Channel 918 6:00 Virtual Destinations Channel 918</p>
<p style="text-align: right;">29</p> <p>10:15 Coloring with CNA - WDR 11:00 Balloon Toss - WDR 4:00 Vespers - Chapel 7:00 Movie Channel 918</p>	<p style="text-align: right;">30</p> <p>10:30 Interactive Music W Peter Poirer -WDR 2:00 Afternoon Strolls with Cindy 2:00 Music & Memory - Snoozelen 3:30 Game Time - WDR</p>	<p style="text-align: right;">31</p> <p>10:15 Yoga Kickball - WDR 11:00 Spiritual Collages w/Eileen - WDR 11:00 One to One Visits with Cindy 2:00 Bowling Tournament - WDR 2:45 Root Beer Social - WDR</p>				

