

# TODAY'S ACTIVITY SCHEDULE

TODAY IS

**MONDAY, MARCH 14, 2022**

10:00am Coffee & Chair Travel

10:30am Balloon Tennis & Rock & Roll

11:00am Trivia & Categories

12:00Pm **BIRTHDAY LUNCHEON!**

2:30pm Afternoon Social & 50's music

3:00pm **BINGO!**

3:30pm Sing Along with Michael

4:30pm **DINNER!**

*Daily Activities Schedule Is Subject To Change*

TODAY'S ACTIVITY SCHEDULE

# TUESDAY, MARCH 15, 2022

**10:00am** Coffee & conversations

**10:30am** Chair Travel with Rick  
Steves

**11:00am** Strength & Balance

**11:30am** **LUNCH!**

**1:30pm** Walking Club

**2:30pm** Afternoon Social & 80's  
Music

**3:00pm** **BINGO!**

**3:30pm** Movie: The Laundromat

**4:30pm** **DINNER!**

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**TODAY'S ACTIVITY SCHEDULE**

**TODAY IS**

**WEDNESDAY, MARCH 16, 2022**

**10:00am** Coffee & conversations

**10:30am** Chair Travel with Rick Steves

**11:00am** Sit & Fit

**11:30am** **LUNCH!**

**1:30pm** Balloon Tennis & 50's Rock & Roll

**2:00pm** Puzzles & Finish the expression  
Trivia

**2:30pm** Afternoon Social & Country Music

**3:00pm** **BINGO!**

**3:30pm** Music Therapy with Peggy

**4:30pm** **DINNER!**

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# TODAY'S ACTIVITY SCHEDULE

TODAY IS

**THURSDAY, MARCH 17, 2022**



**10:00am Coffee & Chair Travel**

**10:30am St. Patrick's Day Trivia**

**11:00am Balance & Motion with Michael**

**11:30am LUNCH!**

**1:30pm Balloon Tennis & ROCK & ROLL**

**2:00pm Scenic Van Ride**

**"Downtown DC"**

**2:30pm Afternoon Social & 50'S MUSIC**

**3:30pm Bingo with care team.**

**4:30pm DINNER!**

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# TODAY'S ACTIVITY SCHEDULE

TODAY IS

**FRIDAY, MARCH 18, 2022**

**10:00am** Coffee & Chair Travel with Rick Steves

**10:30am** Balloon Tennis

**11:00am** Balance & Motion with Michael

**11:30am** **LUNCH!**

**1:30pm** Tea, Cookies & Andre Rieu

**2:00 pm** **BINGO!**

**2:30pm** Afternoon Social & New Orleans Jazz

**3:30pm** Movie Friday!

**4:30pm** **DINNER!**

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# TODAY'S ACTIVITY SCHEDULE

TODAY IS

**SATURDAY, MARCH 19, 2022**

**10:00am** Coffee & conversations

**10:30am** Sit & Fit

**11:00am** Balloon Tennis

**11:30am** **LUNCH!**

**1:30pm** Musical Trivia & Tambourines

**2:30pm** Afternoon Social & Nat King Cole

**3:00pm** Hand Massage with Care Team

**3:30pm** **BINGO!**

**4:30pm** **DINNER!**

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# TODAY'S ACTIVITY SCHEDULE

TODAY IS

**SUNDAY, MARCH 20, 2022**

**10:00am** Coffee & conversations

**10:30am** Bible Study & Hymns

**11:00am** Sunday's Mass Live Streaming  
(National Shrine DC)

**11:30am** **LUNCH!**

**1:30pm** Walking Club

**2:00pm** Daily Doses of Nostalgia/Precious  
Moments

**2:30pm** Afternoon Social & Frank Sinatra

**3:30pm** **BINGO!** with care team!

**4:30pm** **DINNER!**

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