

TODAY'S ACTIVITY SCHEDULE

TODAY IS

MONDAY, MARCH 7, 2022

10:00am Coffee & Chair Travel

10:30am Sit & Fit

11:00am Balloon Tennis & Rock & Roll

11:30am **LUNCH!**

1:30pm Puzzles & Word Games

2:00pm Ring Toss

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

TODAY IS

TUESDAY, MARCH 8, 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: St. Vincent

4:30pm **DINNER!**

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, MARCH 9, 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 Musical Performance

“Lalo Garcia”

3:30pm **BINGO!**

4:30pm **DINNER!**

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

THURSDAY, MARCH 10, 2022

10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

11:00am Strength & Balance

11:30am **LUNCH!**

1:30pm Balloon Tennis & ROCK & ROLL

2:00pm Scenic Van Ride

“Dc Monument Tour”

2:30pm Afternoon Social & 50'S MUSIC

3:30pm **Live Music with Lalo**

4:30pm **DINNER!**

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

FRIDAY, MARCH 11, 2022

10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

11:00am Sit & Fit

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 12, 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!**

Daily Activities Schedule Is Subject To Change

TODAY'S ACTIVITY SCHEDULE

TODAY IS

SUNDAY, MARCH 13, 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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