

TODAY'S ACTIVITY SCHEDULE

TODAY IS

MONDAY, MARCH 21, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis & Rock & Roll

11:00am **Sit & Fit with Legacy**

12:00Pm **LUNCH**

2:00pm Trivia & Jigsaw Puzzles

2:30pm Afternoon Social & 80'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 22, 2022

10:00am Coffee & Chair Travel

10:30am Baking Club

11:00am Strength & Balance

11:30am LUNCH!

1:30pm Walking Club

**2:30pm Afternoon Social & 70's
Music**

3:00pm BINGO!

3:30pm Movie TUESDAY

4:30pm DINNER!

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

WEDNESDAY, MARCH 23, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis & 50's Rock & Roll

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

11:30am **LUNCH!**

1:30pm 40's & 50's Memory Lane

2:00pm Puzzles & Finish the expression
Trivia

2:30pm Afternoon Social & Country Music

3:00pm **BINGO!**

3:30pm **Live performance by Lalo**

4:30pm **DINNER!**

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

THURSDAY, MARCH 24, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis

11:00am Balance & Motion with Michael

11:30am **LUNCH!**

1:30pm Trivia & Categories

2:00pm Scenic Van Ride

“Tidal Basin”

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 25, 2022

10:00am Coffee & Chair Travel

10:30am Balloon Tennis

11:00am Sit & Fit

11:30am LUNCH!

1:30pm Spring Arts & Crafts

2:00 pm Trivia & Fun Facts

2:30pm Afternoon Social & Jazz

3:00pm Puzzles & WORD GAMES

3:30pm Movie FRIDAY!

4:30pm DINNER!

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TODAY'S ACTIVITY SCHEDULE

TODAY IS

SATURDAY, MARCH 26, 2022

10:00am Coffee & conversations

10:30am Chair Travel with Rick Steves

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 27, 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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