



# Memory Care March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>07:30 Morning Reading Group <b>31</b></p> <p>08:00 Jolene Brackett Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:15 Fun with Kelsie</p> <p>03:45 Household Chores</p> <p>05:00 Music Hour</p>	<p><b>HAPPY BIRTHDAY</b></p> <p><b>HAPPY BIRTHDAY</b></p> <p><b>HAPPY BIRTHDAY</b></p>	<p>Happy Birthday:</p> <p>3/3 Gerald H.</p> <p>3/7 Maxine W.</p> <p>3/9 Charles G.</p> <p>3/13 Ellen D.</p> <p>3/24 Mary F.</p> <p>3/26 Marcia H.</p> <p>3/27 Doris M.</p> <p>3/27 Richard W.</p>	<p>Store Trips:</p> <p>3/1 Walmart</p> <p>3/8 Dollar Tree</p> <p>3/15 Target</p> <p>3/22 Five Below</p> <p>3/29 Salvation Army</p>	<p>Calendar is flexible, and all activities subject to Change</p> <p>Transportation runs M, W-F from 8 am to 4 pm</p> <p>Questions: Contact Life Enrichment Coordinator, Kari Santos <a href="mailto:enrichlife@garnettplace.net">enrichlife@garnettplace.net</a> or 319-533-0441</p>	<p>07:30 Morning Reading Group <b>1</b></p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>2</b></p> <p>01:00 Relaxation and Reading</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>
<p>07:30 Morning Reading Group <b>3</b></p> <p>08:00 Jolene Brackett Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>4</b></p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>07:30 Morning Reading Group <b>5</b></p> <p>09:30 Music Therapy</p> <p>10:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>6</b></p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Ash Wednesday Service with St. Matthew's</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Baking</p> <p>03:00 Pet Therapy with Oliver</p>	<p>07:30 Morning Reading Group <b>7</b></p> <p>09:30 Beauty Spot</p> <p>10:00 Wii Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Birthday Party with Harold Gray</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>07:30 Morning Reading Group <b>8</b></p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Kitchen Band</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>9</b></p> <p>01:00 Relaxation and Reading</p> <p>02:00 Resident Choice</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>
<p>07:30 Morning Reading Group <b>10</b></p> <p>08:00 Jolene Brackett Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>11</b></p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>07:30 Morning Reading Group <b>12</b></p> <p>09:30 Music Therapy</p> <p>10:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>13</b></p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Massages</p> <p>01:30 Relaxation with Music</p> <p>02:00 Movie &amp; Popcorn</p> <p>02:00 Baking</p> <p>03:00 Social Club</p>	<p>07:30 Morning Reading Group <b>14</b></p> <p>09:30 Beauty Spot</p> <p>10:00 Wii Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with the Heartland Band</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>07:30 Morning Reading Group <b>15</b></p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>16</b></p> <p>10:00 Card Club</p> <p>01:00 Relaxation and Reading</p> <p>03:30 Household Chores</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>
<p>07:30 Morning Reading Group <b>17</b></p> <p>08:00 Jolene Brackett Sunday Church</p> <p>09:00 St. Matthew's</p> <p>01:00 Sapadapaso Parade on TV</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>18</b></p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>07:30 Morning Reading Group <b>19</b></p> <p>09:30 Music Therapy</p> <p>10:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>20</b></p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Baking</p> <p>03:00 Social Club</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>21</b></p> <p>09:30 Beauty Spot</p> <p>10:00 Wii Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with Scott Engeldale</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>07:30 Morning Reading Group <b>22</b></p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Kitchen Band</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>23</b></p> <p>01:00 Relaxation and Reading</p> <p>02:00 Resident Choice</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>
<p>07:30 Morning Reading Group <b>24</b></p> <p>08:00 Jolene Brackett Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>25</b></p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>07:30 Morning Reading Group <b>26</b></p> <p>09:30 Music Therapy</p> <p>10:00 UI Art: Craft Project</p> <p>01:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Resident Council Meeting</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>07:30 Morning Reading Group <b>27</b></p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Baking</p> <p>03:00 Social Club</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>28</b></p> <p>09:30 Beauty Spot</p> <p>10:00 Wii Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with Bill Wenstrom</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>07:30 Morning Reading Group <b>29</b></p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>07:30 Morning Reading Group <b>30</b></p> <p>01:00 Relaxation and Reading</p> <p>03:15 Fun with Kelsie</p> <p>03:30 Household Chores</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>





# Independent and Assisted Living March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>09:00 St Matthews 12:30 Target Practice 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship 04:00 Hand Massages</p> <p><b>31</b></p>	<p><b>HAPPY BIRTHDAY</b> <b>HAPPY BIRTHDAY</b> <b>HAPPY BIRTHDAY</b></p>	<p>Happy Birthday: 3/3 Gerald H. 3/7 Maxine W. 3/9 Charles G. 3/13 Ellen D. 3/24 Mary F. 3/26 Marcia H. 3/27 Doris M. 3/27 Richard W.</p>	<p>Store Trips: 3/1 Walmart 3/8 Dollar Tree 3/15 Target 3/22 Five Below 3/29 Salvation Army</p>	<p>Calendar is flexible, and all activities subject to change.</p> <p>Transportation runs M, W-F from 8 am to 4 pm</p> <p>Questions: Contact Life Enrichment Coordinator, Kari Santos enrichlife@garnettplace.net or 319-533-0441</p>	<p><b>National Peanut Lover's Day 1</b></p> <p>08:30 Trip to Fareway 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet</p>	<p>10:00 Quilting with Elayne 12:15 Five Crowns Card Game 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 02:45 Crafting Corner 04:00 Devotions 07:00 The Lawrence Welk Show</p> <p><b>2</b></p>
<p>09:00 St Matthews 12:15 Brain Games 01:15 BINGO 02:00 UNO Club 02:00 Country Cabinet Open for Business 02:45 Sunday Sundaes 03:15 New Covenant Worship 04:00 Hand Massages</p> <p><b>3</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:00 Spelling Bee 02:30 Scenic Drive 06:00 Dingalings Practice</p> <p><b>4</b></p>	<p><b>Mardi Gras</b></p> <p>09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:00 Townhomes Resident Meeting 10:15 Craft: Mardi Gras 10:30 Walgreens 01:00 Ding-A-Ling's Out: Five Seasons 02:00 Bistro Baking</p> <p><b>5</b></p>	<p><b>Ash Wednesday</b></p> <p>08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Ladies Luncheon 01:00 Ash Wednesday Service with St. Matthew's 01:00 Manicures 03:00 Pet Therapy: Oliver Visits</p> <p><b>6</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Pen Pal Program Chat 03:00 Birthday Party with Harold Gray 06:00 Dingalings Practice</p> <p><b>7</b></p>	<p>08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business</p> <p><b>8</b></p>	<p>10:00 Quilting with Elayne 12:15 Euchre Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 02:45 UNO Club 04:00 Devotions 07:00 The Lawrence Welk Show</p> <p><b>9</b></p>
<p><b>Daylight Savings</b></p> <p>09:00 St Matthews 12:15 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Jeopardy 03:15 New Covenant Worship 04:00 Puzzles with Kelsie</p> <p><b>10</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Mexican Train Domino's 03:00 Margarita Monday 06:00 Dingalings Practice</p> <p><b>11</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:30 Walgreens 01:00 Ding-A-Ling's Out: Evergreen Estates 02:00 Crafting Corner</p> <p><b>12</b></p>	<p>08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 02:00 Massage Therapist (Free) 02:00 Movie Series 03:15 Competitive Uno Club</p> <p><b>13</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Shima Country Styles 06:00 Dingalings Practice</p> <p><b>14</b></p>	<p>08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Horse Races 02:30 Store Trip</p> <p><b>15</b></p>	<p>10:00 Quilting with Elayne 12:30 Sweets and Treats 01:15 BINGO 02:00 Country Cabinet Open for Business 07:00 The Lawrence Welk Show</p> <p><b>16</b></p>
<p><b>St. Patricks Day</b></p> <p>09:00 St Matthews 12:00 Ding-A-Lings Out: Sapadapaso Parade 01:00 Sapadapaso Parade on TV 02:15 St. Patrick's Day Party 03:15 New Covenant Worship</p> <p><b>17</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Cedar Rapids Library 03:00 Rummy 03:00 Margarita Monday 06:00 Dingalings Practice</p> <p><b>18</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:00 Lunch Bunch: Ox Yoke Inn 02:00 Bistro Baking 02:30 Walgreens</p> <p><b>19</b></p>	<p><b>First Day of Spring</b></p> <p>08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 03:15 Competitive Uno Club</p> <p><b>20</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Scott Engeldale 06:00 Dingalings Practice</p> <p><b>21</b></p>	<p>08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business</p> <p><b>22</b></p>	<p>10:00 Quilting with Elayne 12:15 Phase 10 Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Board Games 04:00 Devotions 07:00 The Lawrence Welk Show</p> <p><b>23</b></p>
<p>09:00 St Matthews 12:15 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship 04:00 Meditative Coloring</p> <p><b>24</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Mandalas 03:00 Margarita Monday 06:00 Dingalings Practice</p> <p><b>25</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:00 UI Art: Craft Project 10:30 Walgreens 01:00 Outing: Maple Syrup Program 03:00 Resident Council Meeting</p> <p><b>26</b></p>	<p>08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Men's Luncheon 01:00 Manicures 03:00 Resident Meeting - Everyone 03:15 Competitive Uno Club</p> <p><b>27</b></p>	<p>09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Bill Wenstrom 06:00 Dingalings Practice</p> <p><b>28</b></p>	<p>08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business</p> <p><b>29</b></p>	<p>10:00 Quilting with Elayne 12:15 Indoor Golf 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Movie Series 04:15 Devotions 07:00 The Lawrence Welk Show</p> <p><b>30</b></p>



202 35th Street Drive SE #123 Cedar Rapids, IA 52403 | 319-362-3630 | www.garnettplace.net

Professionally managed by Senior Housing Management