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Wednesday

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March 2019 "Irish Eyes are Smiling"					1 Penny Poker 9:30 Tone it up! 10:15 Crazy 8, Rummikub, Kings Pitch, Pencil Art 2:00 Penny Poker 3 <sup>rd</sup> floor 2:00 Watercolor Wonders 6:30 Terri's Tricky Trivia with Tea in lobby	Painters Palette29:30 Stretch & Flex10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Watercolor Wonders in Pub with Rachel2:00 Watercolor Wonders in Pub with Rachel2:00 Rummikub, Kings, PITCH 6:30 PRIZE BINGO TONIGHT In dining room
	4 Welcome New Residents 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Welcome New Residents with music by Laurie in din. rm. 6:30 Irish Limerick's with Terri In lobby with wine	Mardi Gras Party 5 9:30 Get your Blood Pumping 10:15 Blood Pressure Clinic w/ Integra Health Care!! 10:15 Rummikub, Kings, PITCH 2:00 Mardi Gras Cocktail Party w/ Rockin Robin Dave!! 3:15 Cards until dinner 6:30 PRIZE BINGO TONIGHT Mardi Gras	6 Ash Wednesday STCC Dental 9:30 Prayer & Ashes with Fran & Peg in activity room 2:00 STCC Dental Students Chat in Activity Room 3:30 Cards until dinner 6:30 Singing Seniors, lobby Ash Wednesday	7 Therapy Dogs Visit 9:30 Twist and Shout exercise 10:15 PITCH, Rummy cards, Kings, Rummikub 1:30 Shop \$ Store, Stop & Shop 2:00 Visit with our furry friends 2:00 Games & coffee 6:30 PRIZE BINGO TONIGHT	Resident Council89:30 Tone it up!10:15 Crazy 8, Rummikub, Kings Pitch, Pencil Art2:00 Resident Council Meeting In Activity Room Manicures to follow meeting In Sunroom6:30 Wine & Memories, lobby	9 Marshmallow Shamrocks 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Lisa & Dave entertain In dining room! 3:15 Cards until dinner 6:30 PRIZE BINGO TONIGHT In dining room
10:15 Independent card games 2:00 Manicures in SR & Card	Breakfast Trip 11 9:30 Stretch & Flex 10:00 Breakfast Trip 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Watercolor Wonders painting in activity room 2:00 Games of choice 6:30 Irish Word Games	12 St. Mary's Mass 9:30 Stretch & Flex 10:30 Catholic Mass 10:15 Pitch in Pub 2:00 Party of 2 and Sofie too Entertainment in dining room 3:30 Cards until dinner 6:30 PRIZE BINGO TONIGHT	13 STCC Dental 9:30 Total Body Movement 10:15 PITCH, Kings, Pay Me Painting Shamrocks 2:00 STCC Dental Students Chat in Activity Room 3:30 Cards until dinner 6:30 Singing Seniors, lobby	14 Shopping Day 9:30 Twist and Shout exercise 10:15 PITCH, Rummy cards, Kings, Rummikub 1:30 Shop \$ Store, Big Y Foods 2:00 Lucky Leprechaun craft Games of your choice 6:30 PRIZE BINGO TONIGHT	Craft with 15 Governor's Center 9:30 Tone it up! 10:15 Crazy 8, Rummikub, Kings Corn Beef \$ Cabbage lunch 2:00 Craft with Roxanne Games of choice 6:30 Share Spring Memories and enjoy a glass of wine. lobby	Out n' About 16 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 1:30 Out and About weather Permitting!! 2:00 Rummy Cards, Kings Knit, Crochet, Rummikub 6:30 PRIZE BINGO TONIGHT
St. Patrick's Day <b>17</b> 9:30 Communion with Larry & Betty in Activity Room	Creative Writing 18 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Creative Writing Group In Library 2:00 Games in Activity Room 6:30 Terri's Tricky Trivia with Tea in lobby	19 Integra Visits 9:30 Get your Blood Pumping 10:15 Blood Pressure Clinic w/ Integra Health Care!! 2:00 Rummikub, PITCH, Kings Crazy 8's, Pencil art 6:30 PRIZE BINGO TONIGHT	Walmart Trip209:30 Total Body Movement9:3010:15 PITCH, Kings, Pay Me Rummikub, Skip-Bo1:301:30 Walmart Trip today2:002:00 Green Craft Day2:00 PITCH, Rummikub3:15 Word Games6:30 Singing Seniors, lobby Spring Begins	Dave Colucci 21 9:30 Twist and Shout exercise 10:15 PITCH, Rummy cards, Kings, Rummikub 1:30 Shop \$ Store, Stop & Shop 2:00 Dave Colucci entertains In the dining room 6:30 PRIZE BINGO TONIGHT Purim	22 Aromatherapy & Manicures 9:30 Tone it up! 10:15 Crazy 8, Rummikub, Kings Pitch, Pencil Art 2:00 Manicures in sunroom 2:00 Word Games & Cards 6:30 Poetry & wine with Terri In our lobby	23 St. Pope Francis Visits 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Decorating Cookies with Students then enjoy! 3:15 Cocoa, coffee & cookies 6:30 PRIZE BINGO TONIGHT
Aromatherapy 24 & Manicures 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Manicures in SR & Card Games In Act. Rm. 6:30 Ecumenical Services & Cookie Social	Monday Mingle with 25 our Directors 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, 2:00 Mingle with the Directors Relax, chat, sip and Irish Drink! Play a card game w/ a Director! 6:30 Irish Word Games	<b>Out n' About</b> 26 9:30 Get your Blood Pumping 10:15 Crazy 8's, PITCH, Kings 1:30 Out & About for treat 2:00 Spring flower arranging 2:00 PITCH & Rummikub 3:15 Word Games with wine 6:30 PRIZE BINGO TONIGHT	Watercolors 27 9:30 Total Body Movement 10:15 PITCH, Kings, Pay Me Rummikub, Scrabble Soup 2:00 Watercolor Wonders painting in activity room 2:00 Games of choice 6:30 Singing Seniors, lobby	28 Shopping Day 9:30 Twist and Shout exercise 10:15 PITCH, Rummy cards, Kings, Rummikub 1:30 Shop \$ Store, Big Y Foods 2:00 Games of Choice with Mint chocolate chip ice cream 6:30 PRIZE BINGO TONIGHT	29 Birthday Bash 9:30 Tone it up! 10:15 Scrabble, PITCH, Kings Pencil Art, Rummikub 2:00 Resident Birthday Bash With Kevin Paul 3:15 Cards until Dinner 6:30 Lobby Stories with Terri	30 Spring Flowers 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art, Scrabble Soup & Rummikub 2:00 Spring flower arranging 2:00 PITCH & Rummikub 3:15 Word Games with wine 6:30 PRIZE BINGO TONIGHT
Family Feud 31 9:30 Communion with Larry & Betty in Activity Poom		h 5 <sup>th</sup> Mardi Gras h 6 <sup>th</sup> Ash Wednesday				23533

& Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent card games 2:00 Family Feud with wine 2:00 Cards of Choice w/ wine 6:30 Ecumenical Services & Cookie Social

March 6<sup>th</sup> Ash Wednesday March 10<sup>th</sup> Daylight Savings Time- change clocks 1 hour ahead March 17<sup>th</sup> St. Patrick's Day Arch 20<sup>th</sup> 1<sup>st</sup> Day of Spring

The Arbors Assisted Living Traditional Community Activity Calendar 40 Court Street, Westfield, MA 01085

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