

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019

Palm Cottages Assisted Living and Memory Care Calendar

					<p>9:15 Morning Stroll 10:00 Exercise with Guest Instructor- CO 1:00 Brevard Zoo Outing 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 3:00 Singers from 4:00 Relax and Reminisce</p>	<p>9:15 Morning Chat 10:00 Fitness with Staff- CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Publix Shopping Outing 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 10:30 Christian Service and Music with Pastor Lucas - DA 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Adult Coloring/Letter Writing 4:15 Mail Delivery <small>Mardi Gras</small></p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Suntree Library Outing 4:15 Mail Delivery <small>Ash Wednesday</small></p>	<p>9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Kenny- CH 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Guest Instructor- CO 1:00 Beach Outing/ Scenic Drive & Tasty Treat 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce <small>Daylight Saving Time Begins</small></p>	<p>9:15 Morning Chat 10:00 Fusion Fitness with Faith - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Outdoor Fun & Games - CO Lawn 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Resident Council Meeting - CH 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 12:00 Sham Rockin' Birthday Bash with Frank - CH 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Berna and Wes - CH 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Guest Instructor- CO 12:00 Lunch Outing to Florida's Seafood in Cocoa Beach (GROUP 1) 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce <small>St. Patrick's Day</small></p>	<p>9:15 Morning Chat 10:00 Fusion Fitness with Faith - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Dollar Tree Outing 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Arts and Crafts - DA 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Ice Cream Social with Rockledge Health & Rehab 4:15 Mail Delivery <small>Spring Begins</small></p>	<p>9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Frank - CH 4:15 Mail Delivery 7:30 Tribute to Hollywood Concert with the Melbourne Community Orchestra <small>Purim</small></p>	<p>9:15 Morning Stroll 10:00 Exercise with Guest Instructor- CO 1:00 Viera Wetlands/ Scenic Drive & Tasty Treat 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p>	<p>9:15 Morning Chat 10:00 Fusion Fitness with Faith - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Outdoor Fun & Games - CO Lawn 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Adult Coloring/Letter Writing 4:15 Mail Delivery</p>	<p>9:30 Catholic Mass with Father John Patrick- DA 10:00 Exercise- DA 1:30 Bingo - DA 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Ash Reeder & Steel Drums- CH 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Guest Instructor- CO 12:00 Lunch Outing to Florida's Seafood in Cocoa Beach (GROUP 2) 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>

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9:15 Morning Stroll
10:00 Bingo - CH
11:30 One on One Visits
1:30 Movie and Popcorn in Your Cottage
2:00 Healthy Hydration
2:30 First Baptist Children's Choir- CH
4:00 Relax and Reminisce

Location Key

CH - Club House
MT - CH Movie Theatre
CA - Canary
CO - Coconut
DA - Date
WA - Washington
WI - Windmill

****Copies of Calendar Available In CH****

Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com

