

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019

Palm Cottages Memory Care Calendar

					<p>AM Wake & Stretch 10:30 Exercise Class- S 1:00 Music w/ Ken Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>Porch Chats/Music Trivia Adult Coloring Healthy Hydration Ice Cream Delivery One on One Visits</p>
<p>3 Sunday Stroll Games/Puzzles Movie & Popcorn Healthy Hydration Relax & Reminisce</p>	<p>4 AM Wake & Stretch 10:30 Exercise Class Cottage Airball One on One Visits Healthy Hydration Porch Chats</p>	<p>5 Morning Chats 10:30 Christian Service and Music w/ Pastor Lucas - DA Outing TBD Healthy Hydration One on One Visits</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>6 Communion Tasty Treat Outing Porch Chats Healthy Hydration Arts and Crafts One on One Visits</p> <p style="text-align: center;"><small>Ash Wednesday</small></p>	<p>7 Exercise w/ Genesis Cottage Bingo Cottage Bowling Healthy Hydration 3:00 Thirsty Thursday w/ Kenny- CH One on One Visits</p>	<p>8 AM Wake & Stretch 10:30 Exercise Class- S 1:00 Music w/ Linda Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>9 Porch Chats/Music Trivia Adult Coloring Healthy Hydration Ice Cream Delivery One on One Visits</p>
<p>10 Sunday Stroll Games/Puzzles Movie & Popcorn Healthy Hydration Relax & Reminisce</p> <p style="text-align: center;"><small>Daylight Saving Time Begins</small></p>	<p>11 AM Wake & Stretch 10:00 Music w/ Berna- 10:30 Exercise w/ Faith Cottage Airball One on One Visits Healthy Hydration Porch Chats/Music</p>	<p>12 Morning Chats Cottage Bingo 11:30 Picnic Lunch Healthy Hydration Games/Puzzles One on One Visits</p>	<p>13 Communion 12:00 Birthday Bash w/ Frank- CH Healthy Hydration Arts and Crafts One on One Visits</p>	<p>14 Exercise w/ Genesis Cottage Bingo Cottage Bowling Healthy Hydration 3:00 Thirsty Thursday w/ Berna & Wes- CH One on One Visits</p>	<p>15 AM Wake & Stretch 10:30 Exercise Class- S Gazebo Games Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>16 Porch Chats/Music Trivia Adult Coloring Healthy Hydration Ice Cream Delivery One on One Visits</p>
<p>17 Sunday Stroll Games/Puzzles Movie & Popcorn Healthy Hydration Relax & Reminisce</p> <p style="text-align: center;"><small>St. Patrick's Day</small></p>	<p>18 AM Wake & Stretch 10:30 Exercise w/ Faith Cottage Airball One on One Visits Healthy Hydration Porch Chats</p>	<p>19 Morning Chats Cottage Bingo Outing TBD Healthy Hydration Games/Puzzles One on One Visits</p>	<p>20 Communion Tasty Treat Outing Healthy Hydration 3:00 Ice Cream Social- CH One on One Visits</p> <p style="text-align: center;"><small>Spring Begins</small></p>	<p>21 Exercise w/ Genesis Cottage Bingo Cottage Bowling Healthy Hydration 3:00 Thirsty Thursday w/ Frank- CH One on One Visits 7:30 Melbourne Orchestra</p>	<p>22 AM Wake & Stretch 10:30 Exercise Class- S 1:00 Music w/ Linda Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>23 Porch Chats/Music Trivia Adult Coloring Healthy Hydration Ice Cream Delivery One on One Visits</p>
<p>24 Sunday Stroll Games/Puzzles Movie & Popcorn Healthy Hydration Relax & Reminisce</p>	<p>25 AM Wake & Stretch 10:30 Exercise w/ Faith Cottage Airball One on One Visits Healthy Hydration Porch Chats</p>	<p>26 Morning Chats Cottage Bingo 11:30 Picnic Lunch Healthy Hydration Games/Puzzles</p>	<p>27 9:30 Catholic Mass- DA Tasty Treat Outing Healthy Hydration Arts and Crafts One on One Visits</p>	<p>28 Exercise w/ Genesis Cottage Bingo Cottage Bowling Healthy Hydration 3:00 Thirsty Thursday w/ Ash Reeder- CH One on One Visits</p>	<p>29 AM Wake & Stretch 10:30 Exercise Class- S Gazebo Games Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>30 Porch Chats/Music Trivia Adult Coloring Healthy Hydration Ice Cream Delivery One on One Visits</p>
<p>31 Sunday Stroll Games/Puzzles Movie & Popcorn Healthy Hydration 2:30 First Baptist Children's Choir- CH Relax & Reminisce</p>	<p>CH = Club House DA = Date Cottage S = Sylvester Cottage</p> <p>** Extra copies of calendar in Club House</p> <p><i>Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com</i></p>					

