

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



March cont'd **30**

9:30 🌿 Resident Led - Perk Up & Chat [C]
11:00 🇺🇸 Catholic Services [CH]
1:00 🎨 Relax & Color [AS]
2:00 🎵 Gospel Music by "The Gaithers" [TH]
3:30 🧩 Jigsaw Puzzles [AS]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Bank Run [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:00 🚗 Armchair Travels: Dubai [TH]
3:00 🕒 Happy Hour in Pub [P]
3:15 📖 Book Club [L]
6:00 🎬 Movie: "Police Academy" [TH]



Sign up at the Front Desk as soon as possible for all outings and activities in **black bold lettering** you may want to attend regardless of commitment. This will help Activities in planning accordingly.



1

9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
1:30 🎬 Movie: "Green Card" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🍗 Chicken Foot Dominoes with Activity Staff [CR]

2

9:30 🌿 Resident Led - Perk Up & Chat [C]
11:00 🇺🇸 Catholic Services [CH]
1:00 🎨 Relax & Color [AS]
2:00 🗳️ Church Service w/ Pete Trimble [CH]
3:30 🧩 Jigsaw Puzzles [AS]

3

9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Bank Run [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
12:15 🎳 Wii Bowling with Activity Staff [901GR]
1:30 🏠 Resident Council [CH]
2:30 🧖 Soothe Your Senses Spa [TH]
3:00 🕒 Happy Hour in Pub [P]
6:00 🎲 Bingo Fun w/ Sierra [CR]

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Fat Tuesday
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Bible Study: East Shelby Church of Christ [CR]
10:15 🚶 Walking Club [FL]
11:00 🇺🇸 Catholic Service [CH]
11:30 🚗 **Kroger [BO]**
1:30 🧩 Coloring & Jigsaw Puzzles [AS]
2:00 🧘 Chair Yoga [ER]
2:30 🌿 **Mardi Gras Social [CR]**
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "Outlaw Justice" [TH]

5

Ash Wednesday & Start of Lent
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Activity Staff [ER]
10:15 🧠 Mental Floss: The List Show [P]
11:15 🗨️ Assisted Living Chit Chat w/ Sam [ADR]
1:00 🏠 Assisted Living Wellness Clinic [ADR]
1:00 🩺 Blood Pressure Check w/ Power Back Rehab [CR]
1:30 🗨️ Chit Chat w/ Sam & Leadership [CH]
2:00 🎨 **Painting & Photoshoot with Deb [CR]**
2:15 🏀 Swat Ball [ER2]
3:00 🕒 Happy Hour in Pub [P]
3:15 🕒 Half Hour Humor [TH]
6:00 📺 Series: "John Adams" Finale Episode [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
9:30 🚗 **Men's Breakfast Outing - Perkins Collierville [BO]**
10:00 🎵 Music in the Theater [TH]
10:15 🧘 Morning Meditation [ER]
11:30 🚗 **Walmart [BO]**
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "Vertigo" [TH]

7

Dress in Blue Day
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:00 🗳️ Ambassador Committee [L]
1:15 🎬 Rick Steves' - "Salzburg & Surroundings" [TH]
2:00 🎵 Happy Hour/Live Music w/ Al Mahan [CR]
3:15 🎲 Fun Facts & Trivia [TH]
6:00 🎬 Movie: "The Pelican Brief" [TH]
6:30 🍗 **Mexican Train Dominoes - Led by Residents [L]**

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International Women's Day
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
12:30 🚶 **Hand and Foot - Led by Residents [P]**
1:30 🎬 Movie: "Mr. Wonderful" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🎲 Women's Day Fun Facts & Trivia [CR]

9

Daylight Savings
9:30 🌿 Resident Led - Perk Up & Chat [C]
11:00 🇺🇸 Catholic Services [CH]
1:00 🎨 Relax & Color [AS]
2:00 🗳️ Church Service w/ Gregorio Barnett [CH]
3:30 🧩 Jigsaw Puzzles [AS]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Bank Run [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎳 Wii Bowling with Activity Staff [901GR]
1:30 🗳️ **Food Committee [GDR]**
1:45 🎨 Creative Arts: Repurposed Craft [AS]
2:15 🕒 Half Hour Humor [TH]
2:45 🗳️ iPhone Questions & Answers w/ Sierra [TH]
3:00 🕒 Happy Hour in Pub [P]
6:00 🎬 Movie: "Night at the Museum: Secret of the Tomb" [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Ryan Out of Town: Gospel Music Listening on Patio [COP]
10:15 🚶 Walking Club [901GR]
11:00 🇺🇸 Catholic Service [CH]
11:30 🚗 **Kroger [BO]**
1:30 🧩 Coloring & Jigsaw Puzzles [AS]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 **Special Birthday Bingo [CR]**
6:00 🎬 Movie: "Where the Crawdads Sing" [TH]

12

Plant a Flower Day
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Activity Staff [ER]
10:15 🧠 Mental Floss: The List Show [P]
10:30 🚗 **Lunch Outing: Sling Shot Charlie's [BO]**
1:00 🗳️ Kings in the Corner [CR]
1:30 🗳️ **Activity Committee [CH]**
1:45 🎨 **Creative Arts: Plant a Flower Craft [CR]**
2:00 🏀 Swat Ball [ER2]
3:00 🕒 Happy Hour in Pub [P]
3:15 🚗 Armchair Travels: Cruising the Nile [TH]
6:00 🎬 Movie: "Jan Eyre" Part 1 [TH]

13

Purim Begins at Sundown
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🎵 Music in the Theater [TH]
10:15 🧘 Morning Meditation [ER]
11:30 🚗 **Dollar Tree [BO]**
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "As Luck Would Have It" [TH]

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Purim Ends at Nightfall
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎬 Rick Steves' - "Alps of Austria and Italy" [TH]
2:00 🎵 **100th Birthday Celebration w/ Violinist Donna Wolf [CR]**
6:00 🎬 Movie: "The Best of Riverdance" [TH]
6:30 🍗 **Mexican Train Dominoes - Led by Residents [L]**

15

9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
1:30 🎬 Movie: "My Big Fat Greek Wedding" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🍗 Chicken Foot Dominoes with Activity Staff [CR]

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9:30 🌿 Resident Led - Perk Up & Chat [C]
11:00 🇺🇸 Catholic Services [CH]
1:00 🎨 Relax & Color [AS]
2:00 🗳️ Church Service w/ Peace Tree [CH]
3:30 🧩 Jigsaw Puzzles [AS]

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St. Patrick's Day - Wear Green
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Bank Run [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🧖 Soothe Your Senses Spa [TH]
3:00 🕒 Happy Hour in Pub [P]
4:30 🚗 **Dinner Outing: Soul Fish [BO]**
6:00 🎬 Movie: "Ferris Bueller's Day Off" [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Bible Study: East Shelby Church of Christ [CR]
10:15 🚶 Walking Club [FL]
11:00 🇺🇸 Catholic Service [CH]
11:30 🚗 **Kroger [BO]**
1:30 🧩 Coloring & Jigsaw Puzzles [AS]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "A Beautiful Day in the Neighborhood" [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Activity Staff [ER]
10:15 🧠 Mental Floss: The List Show [P]
11:15 🗨️ Assisted Living Chit Chat w/ Sam [ADR]
1:00 🩺 Blood Pressure Check w/ Power Back Rehab [CR]
1:30 🗨️ Chit Chat w/ Sam & Leadership [CH]
2:15 🏀 Swat Ball [ER2]
2:45 🗳️ Price is Right w/ Activity Staff [CR]
3:00 🕒 Happy Hour in Pub [P]
6:00 🎬 Movie: "Jan Eyre" Part 2 [TH]

20

Mr. Roger's Day - Wear a Cardigan
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Forever Young Veterans Monthly Gathering [BO]**
10:00 🎵 Music in the Theater [TH]
10:15 🧘 Morning Meditation [ER]
1:00 🚗 **Walmart [BO]**
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "Easter Parade" [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🚗 **Eat & Shop: Bass Pro Pyramid [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:00 🗳️ Ambassador Committee [L]
1:15 🎬 Rick Steves' - Alps of France & Switzerland [TH]
2:00 🕒 Happy Hour & Sing-a-long [TH]
3:15 🗳️ "Kings in the Corner" [CR]
6:00 🎬 Movie: "Harvey" [TH]
6:30 🍗 **Mexican Train Dominoes - Led by Residents [L]**

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
12:30 🚶 **Hand and Foot - Led by Residents [P]**
1:30 🎬 Movie: "In Her Shoes" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🎨 Creative Arts: Lady Bug Wreath Continued [AS]

23

9:30 🌿 Resident Led - Perk Up & Chat [C]
11:00 🇺🇸 Catholic Services [CH]
1:00 🎨 Relax & Color [AS]
2:00 🎵 Gospel Music w/ Johnson & Johnson [CR]
3:30 🧩 Jigsaw Puzzles [AS]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
9:30 🚗 **Breakfast Outing: Eggs Up Grill [BO]**
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎳 Wii Bowling with Activity Staff [901GR]
1:30 🗳️ **Food Committee [GDR]**
2:15 🕒 Half Hour Humor [TH]
3:00 🕒 Happy Hour in Pub [P]
6:00 🎬 Movie: "Planes, Trains and Automobiles" [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Bible Study: East Shelby Church of Christ [CR]
10:15 🚶 Walking Club [901GR]
11:00 🇺🇸 Catholic Service [CH]
11:30 🚗 **Kroger [BO]**
1:30 🧩 Coloring & Jigsaw Puzzles [AS]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "Santa Fe Trail" [TH]

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9:00 🚗 **Casino Outing: Horseshoe Casino [BO]**
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Activity Staff [ER]
10:15 🧠 Mental Floss: The List Show [P]
1:15 🎨 **Creative Arts: Mod Mixed-Media Tree [AS]**
1:45 🏀 Swat Ball [ER2]
2:30 🗨️ Health Chat w/ Carlye [CR]
3:00 🕒 Happy Hour in Pub [P]
6:00 📺 Miniseries: "Victoria" First Episode [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🎵 Music in the Theater [TH]
10:15 🧘 Morning Meditation [ER]
11:30 🚗 **Aldi's [BO]**
1:15 🎳 Wii Bowling with Activity Staff [901GR]
2:00 🧘 Chair Yoga [ER]
2:30 🇺🇸 AL Activity: Room Visits
3:00 🕒 Happy Hour in Pub [P]
3:30 🎲 Bingo [CR]
6:00 🎬 Movie: "Ben Hur" Part 1 [TH]

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9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🏃 Exercise with Powerback Rehab [ER]
10:15 🚶 Walking Club [FL]
11:00 🎲 Poker - Led by Residents [P]
1:15 🎬 Rick Steves' - Switzerland's Jungfrau Region [TH]
2:00 🎵 Birthday Bash/Live Music from Creative Aging [CR]
3:15 🗳️ Kings in the Corner [CR]
6:00 🎬 Movie: "Ben Hur" Part 2 [TH]
6:30 🍗 **Mexican Train Dominoes - Led by Residents [L]**

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Vietnam War Day
9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
1:30 🎬 Movie: "Good Morning, Vietnam" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🍗 Chicken Foot Dominoes with Activity Staff [CR]
2:30 🎲 Saturday Bingo [CR]

30

9:15 🌿 Perk Up & Chat with Activity Staff [C]
10:00 🇺🇸 Daily Bread Devotional & Hymns [TH]
11:00 🏠 Visiting in Memory Care [FL]
11:30 🇺🇸 AL Activity: Room Visits
1:30 🎬 Movie: "In Her Shoes" [TH]
1:45 🎳 Wii Bowling with Activity Staff [901GR]
2:30 🎨 Creative Arts: Lady Bug Wreath Continued [AS]

- 📖 Emotional
- 🌿 Environmental
- 🏠 Health Services
- 🧩 Intellectual
- 🚗 Outing
- 🏃 Physical
- 🇺🇸 Purposeful
- 👥 Social
- 🦋 Spiritual
- 📺 Video

- Location Keys**
- 901 Game Room
 - AL Dining Room
 - Art Studio
 - Bus Outing
 - Café
 - Café Outside Patio
 - Chapel
 - Club Room
 - Exercise Room
 - Exercise Room #2
 - Front Lobby
 - Grand Dining Room
 - Library
 - Pub
 - Theater
- 901GR
 - ADR
 - AS
 - BO
 - C
 - COP
 - CH
 - CR
 - ER
 - ER2
 - FL
 - GDR
 - L
 - P
 - TH