

March Into Spring

MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Meeting Places

- CR Community Room
- TH Theater
- FC Fitness Center
- RC Ridge Cafe
- ACR Activity Craft Room
- GR Game Room/Second Floor
- DR Dining Room
- L Lounge
- CH Chapel
- FL Front Lobby

Activities are subject to change. Please refer to the Daily Spotlights that are in the elevators, by the coffee station, on the bulletin boards by the mail boxes and mail slots, and on the TVs for the most updated events.

01	02	03	04	05	06	07
All Day <i>Ruth B. Birthday!</i> 09:30a Fitness in the Center FC 03:00p Sunday Sundaes RC	All Day <i>Mimi L. Birthday!</i> 09:30a Morning Stretch TH 01:30p "Let's Move with the YMCA" CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Dime Bingo CR	09:30a Morning Stretch TH 11:00a Heartwarming Devotionals CR 01:30p Card Making with Jan ACR 03:00p Birthday Bash/Music Social with Beachcomber Bob" CR 06:30p Bunco GR	08:00a Waffle Wednesday DR 09:30a Morning Stretch TH 01:00p Sheepshead Card Game GR 01:00p Social Bridge L 02:45p Snack Social CR 03:00p Simone Vilandre Presents, "Dusty Chalk: Travelogue to China" CR	09:30a Morning Stretch TH 09:30a Word Communion CR 11:30a Chapel with Chaplain Colleen CH 01:30p Tai Chi with the YMCA CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Quarter Bingo CR	09:30a Morning Stretch TH 01:30p CWP Book Club TH 01:30p Cribbage CR 03:00p Fantastic Friday Happy Hour! CR	09:30a Morning Stretch TH 01:30p Silver Sneakers with the YMCA CR 02:15p Healthy Smoothies RC 03:00p Saturday Matinee Movie & Popcorn, Mission Impossible TH
All Day <i>Daylight Savings Time Begins</i> 09:30a Fitness in the Center FC 03:00p Sunday Sundaes RC	09:30a Morning Stretch TH 01:30p "Let's Move with the YMCA" CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Dime Bingo CR	09:30a Morning Stretch TH 11:00a Heartwarming Devotionals CR 02:45p Snack Social CR 03:00p Music Social with Michael Nelson CR	09:30a Transportation Loop FL 09:30a Morning Stretch TH 01:00p Sheepshead Card Game GR 01:00p Social Bridge L 02:45p Snack Social CR 03:00p Town Hall Forum CR	09:30a Morning Stretch TH 11:00a Weatherlady, Belinda Jensen, Presents, "Let's Talk Weather" CR 01:30p Tai Chi with the YMCA CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Quarter Bingo CR	All Day <i>Marilyn J. Birthday!</i> 08:00a "Get to Know Your Century Link Rep" Breakfast Q&A CR 09:30a Morning Stretch TH 01:30p Cribbage CR 03:00p Fantastic Friday Happy Hour! CR	09:30a Morning Stretch TH 01:30p Silver Sneakers with the YMCA CR 02:15p Healthy Smoothies RC 03:00p Saturday Matinee Movie & Popcorn, "The Quiet Man" TH
All Day <i>Harriet H. Birthday!</i> 09:30a Fitness in the Center FC 03:00p Sunday Sundaes RC	09:30a Morning Stretch TH 01:30p "Let's Move with the YMCA" CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Dime Bingo CR	All Day <i>Happy St. Patrick's Day</i> All Day <i>Roger L. Birthday!</i> 09:30a Morning Stretch TH 11:00a Heartwarming Devotionals CR 02:45p Snack Social CR 03:00p Irish History Music Workshop with CODA CR 06:30p Bunco GR	09:30a Transportation Loop FL 09:30a Morning Stretch TH 01:00p Sheepshead Card Game GR 01:00p Social Bridge L 02:45p Snack Social CR 03:00p Mike Henry Presents, "Thanks for the Memories" CR	All Day <i>First Day of Spring</i> 09:30a Morning Stretch TH 09:30a Word Communion CR 11:30a Chapel with Chaplain Colleen CH 01:30p MN Vikings Museum Outing FL 01:30p Tai Chi with the YMCA CR 02:15p Healthy Smoothies RC	09:30a Morning Stretch TH 11:00a Blood Pressure Clinic CR 01:30p Cribbage CR 03:00p Fantastic Friday Happy Hour! CR	All Day <i>Maris S. Birthday!</i> 09:30a Morning Stretch TH 01:30p Silver Sneakers with the YMCA CR 02:15p Healthy Smoothies RC 03:00p Wild Rose Cloggers Dance Performers CR
All Day <i>Carol L. Birthday!</i> 09:30a Fitness in the Center FC 03:00p Sunday Sundaes RC	All Day <i>Frode J. Birthday!</i> 09:30a Morning Stretch TH 01:30p "Let's Move with the YMCA" CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Dime Bingo CR	09:30a Morning Stretch TH 11:00a Heartwarming Devotionals CR 02:45p Snack Social CR 03:00p Music Social with Curtis & Loretta CR	09:30a Transportation Loop FL 09:30a Morning Stretch TH 01:00p Sheepshead Card Game GR 01:00p Social Bridge L 02:15p Chef Chat CR 02:45p Snack Social CR 03:00p Gary Johnson Presents, "Safe Guarding Our Seniors" CR	All Day <i>Norma J. Birthday!</i> 09:30a Morning Stretch TH 11:30a Chapel with Pastor Stephanie CH 01:30p Tai Chi with the YMCA CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Quarter Bingo CR	09:30a Morning Stretch TH 01:30p Cribbage CR 03:00p Fantastic Friday Happy Hour! CR	All Day <i>NCAA Elite 8 Tourney</i> Potluck-flyers with times to come All Day <i>Zom L. Birthday!</i> 09:30a Morning Stretch TH 01:30p Silver Sneakers with the YMCA & Smoothies CR 03:00p Saturday Matinee Movie & Popcorn, "Fiddler on the Roof" TH
All Day <i>NCAA Tourney Potluck-flyers</i> with times to come 09:30a Fitness in the Center FC 03:00p Sunday Sundaes RC	09:30a Morning Stretch TH 01:30p "Let's Move with the YMCA" CR 02:15p Healthy Smoothies RC 02:45p Snack Social CR 03:00p Dime Bingo CR	09:30a Morning Stretch TH 11:00a Heartwarming Devotionals CR 02:45p Snack Social CR 03:00p Music Social with Charley Wyser CR				

March Birthdays: Ruth B- 1; Mimi L- 2; Marilyn J-13;
Harriet H- 15; Roger L- 17; Maris S- 21; Carol L- 22;
Frode J- 23; Norma J- 26; Zom L- 28

Woodlands Activity Calendar for March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ruth B. Birthday! <ul style="list-style-type: none"> 9:30 "Sunday Morning" Church DVD 10:30 Pick a Kit Lunch 1:30 "I Love Lucy" DVD 3:00 Treats & Trivia 3:30 "Favorite Things" Reminiscence 4:00 Newspaper News 4:30 Hand Massages Dinner Relax & Refresh 	2 Mimi L. Birthday! <ul style="list-style-type: none"> 10:00 Morning Stretch Finish the Phrase 11:00 Current Events Lunch "Here's What They've Done" Reminiscing Fun with Foods, Tasting of the Green 2:30 Mac Phail Music for Life Hydration Station "5 Down" Card Game Dinner Magazine Monday 	3 <ul style="list-style-type: none"> 10:00 Morning Stretch Hand Therapy 11:00 Current Events Lunch 1:00 Pet Visits with Otis Hand Massages "What's in My Suitcase?" 3:00 Snack & Music Social on 2nd Floor 4:00 Tuesday Tenzy Dinner 6:00 Fancy Hands Manicures with Kathryne 	4 <ul style="list-style-type: none"> 10:00 Pet Visits with Beautiful Bella 10:30 Parachuting with Paige! Current Events Lunch Chapter Book Reading Exercise DVD Hydration Station/Snack 3:00 "Tom Talks Planes" Alphabet Game Dinner 	5 <ul style="list-style-type: none"> 10:00 Morning Stretch 11:00 Devotions with Chaplain Colleen Lunch Thursday Trivia Memory Tray 2:45 Exercise with Cindy Hydration Station/Snack Current News Dinner "Name That Tune" Music Listening? 	6 <ul style="list-style-type: none"> 10:00 Morning Stretch Wheel of Fortune Game 11:00 Current Events Lunch Arts & Crafts, Leprechaun Hat Centerpieces 3:00 "Music & Massage with Ellen" Snack Social Color It Beautiful Dinner Friday Night Flick 	7 <ul style="list-style-type: none"> Bread Making, Peanut Butter Bread 10:45 Sweet Feet Chair Dance Lunch Current Events Eldersong Sing Along Match Game 3:15 Snack Social Bingo Dinner 6:00 The Lawrence Welk Show, CH 17
8 <ul style="list-style-type: none"> 9:30 "Sunday Morning" Church DVD Balloon Volleyball Lunch 1:00 Hand Massages Newspaper News Go Fish Card Game 3:00 Treats & Jokes 3:30 "I Love Lucy" DVD Dinner Relax & Refresh 	9 <ul style="list-style-type: none"> 10:00 Morning Stretch Finish the Phrase 11:00 Current Events Lunch Fun with Foods, Shamrock Sandwiches 2:30 Mac Phail Music for Life 3:30 Mneme Art Therapy Hydration Station/Snack "5 Down" Card Game Dinner Magazine Monday 	10 <ul style="list-style-type: none"> 10:00 Morning Stretch Hand Therapy 11:00 Current Events Lunch Hand Massages "What's in My Suitcase?" 3:00 Snack & Music Social on 2nd Floor 4:00 Tuesday Tenzy Dinner Historical Documentary, Channel 269 	11 <ul style="list-style-type: none"> 10:00 Pet Visits with Beautiful Bella 10:30 Parachuting with Paige! Current Events Lunch Chapter Book Reading Exercise DVD Hydration Station/Snack Irish Proverbs Dinner Puzzle Time 	12 <ul style="list-style-type: none"> 10:00 Morning Stretch Fancy Hands Manicures Lunch Watercolor Wonders Memory Tray Hymn Sing 2:45 Exercise with Cindy Hydration Station/Snack Current News Dinner "Name That Tune" Music Listening? 	13 Marilyn J. Birthday! <ul style="list-style-type: none"> 10:00 Morning Stretch Wheel of Fortune Game 11:00 Current Events Lunch Arts & Crafts, Craft Mashup :) 3:00 "Music & Massage with Ellen" Snack Social Color It Beautiful Dinner Friday Night Flick 	14 <ul style="list-style-type: none"> 10:00 Morning Stretch Bread Making, Irish Soda Bread Current Events Lunch Eldersong Sing Along Snack Social Match Game 3:15 Dance Party with Amy and Adams Hydration Station Jingo Tower Dinner 6:00 The Lawrence Welk Show, CH 17
15 Harriet H. Birthday! <ul style="list-style-type: none"> 9:30 "Sunday Morning" Church DVD Noodle Volleyball Lunch 1:00 Hand Massages Newspaper News "Luck o' the Irish" Sensory Bin 3:00 Treats & Jokes 3:30 "I Love Lucy" DVD Dinner Relax & Refresh 	16 <ul style="list-style-type: none"> 10:00 Morning Stretch Finish the Phrase Current Events Lunch Fun with Foods, O'Mint Shakes 2:30 Mac Phail Music for Life Hydration Station/Snack "5 Down" Card Game Dinner Magazine Monday 	17 Happy St. Patrick's Day! <ul style="list-style-type: none"> 10:00 Morning Stretch Hand Therapy 11:00 Current Events Lunch Hand Massages Irish Proverb 3:00 St. Paddy's Day Party! Bean Bag Toss Dinner Historical Documentary, Channel 269 	18 <ul style="list-style-type: none"> 10:00 Pet Visits with Beautiful Bella 10:30 Parachuting with Paige! Current Events Lunch Chapter Book Reading Exercise DVD Hydration Station/Snack Lively Limericks Dinner Puzzle Time 	19 First Day of Spring <ul style="list-style-type: none"> 10:00 Morning Stretch 11:00 Devotions with Chaplain Colleen Lunch Thursday Trivia Memory Tray 2:45 Exercise with Cindy Hydration Station/Snack 3:45 Pet Visits with Mary & Liam Dinner "Name That Tune" Music Listening 	20 <ul style="list-style-type: none"> 10:00 Morning Stretch Wheel of Fortune Game 11:00 Current Events Lunch Arts & Crafts, Spring Seed Planting 2:30 "Music & Massage with Ellen" Snack Social Color It Beautiful Dinner Friday Night Flick 	21 Maris S. Birthday! <ul style="list-style-type: none"> 10:00 Morning Stretch Bread Making, Banana Oatmeal Bread Current Events Lunch Eldersong Sing Along Match Game 3:15 Maris' Birthday Party Bingo Dinner 6:00 The Lawrence Welk Show, CH 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 Carol L. Birthday!</p> <ul style="list-style-type: none"> • 9:30 "Sunday Morning" Church DVD • "March Madness" Seated Basketball Game • Lunch • 1:00 Hand Massages • Newspaper News • "Luck o' the Irish" Sensory Bin • 3:00 Treats & Jokes • 3:30 "I Love Lucy" DVD • Dinner • Relax & Refresh 	<p>23 Frode J. Birthday!</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Finish the Phrase • 11:00 Current Events • Lunch • Fun with Foods, Aunt Marion's Fruit Salad Dessert • <u>2:30 Mac Phail Music for Life</u> • Hydration Station/Snack • "5 Down" Card Game • Dinner • Magazine Monday 	<p>24</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Hand Therapy • 11:00 Current Events • Lunch • Hand Massages • "What's in My Suitcase?" • 3:00 Snack & Music Social on 2nd Floor • 4:00 Tuesday Tenzy • Dinner • <u>6:00 Fancy Hands Manicures with Kathryne</u> 	<p>25</p> <ul style="list-style-type: none"> • <u>10:00 Pet Visits with Beautiful Bella</u> • Parachuting with Paige! • Current Events • Lunch • Chapter Book Reading • Exercise DVD • Hydration Station/Snack • "The Purse/Wallet Game" • Dinner • Puzzle Time 	<p>26 Norma J. Birthday!</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Fancy Hands Manicures • Lunch • Watercolor Wonders • Memory Tray • Hymn Sing • <u>2:45 Exercise with Cindy</u> • Hydration Station/Snack • Current News • Dinner • "Name That Tune" Music Listening? 	<p>27</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Wheel of Fortune Game • 11:00 Current Events • Lunch • Art & Crafts, Painted Glass Mascots • <u>3:00 "Music & Massage with Ellen"</u> • Snack Social • Color It Beautiful • Dinner • Friday Night Flick 	<p>28 Zom L. Birthday!</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Bread Making, Fig and Walnut Bread • Current Events • Lunch • Eldersong Sing Along • Match Game • 3:15 Snack Social • Jingo Tower • Dinner • 6:00 The Lawrence Welk Show, CH 17
<p>29</p> <ul style="list-style-type: none"> • 9:30 "Sunday Morning" Church DVD • Bean Bag Toss • Lunch • 1:00 Hand Massages • Newspaper News • Spring is Here Reminiscing Cards • 3:00 Treats & Jokes • 3:30 "I Love Lucy" DVD • Dinner • Relax & Refresh 	<p>30</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Finish the Phrase • 11:00 Current Events • Lunch • Fun with Foods, Pudding Dirt Cups • <u>2:30 Mac Phail Music for Life</u> • Hydration Station/Snack • "5 Down" Card Game • Dinner • Magazine Monday 	<p>31</p> <ul style="list-style-type: none"> • 10:00 Morning Stretch • Clay Hand Therapy • 11:00 Current Events • Lunch • Hand Massages • "What's in My Suitcase?" • 3:00 Snack & Music Social on 2nd Floor • 4:00 Tuesday Tenzy • Dinner • <u>6:00 Fancy Hands Manicures with Kathryne</u> 	<p>Green Color= 9 am-12:00 pm</p> <p>Red Color= 12:00 pm- 4:30 pm</p> <p>Blue Color= 4:30 pm-7:00 pm</p>			