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(SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
á	Heri	tage Mus		Ken S. – March 3 rd Deborah S. – March 5 th Julius B. – March 6 th Sharon S. – March 7 th Dorothy G. – March 13 th Mary Ann N. – March 14 th	Birthday! William R. – March 14 th Paula W. – March 18 th Arthur W. – March 19 th Bernice A. – March 21 st Susanne S. – March 22 nd Patricia H. – March 29 th		WORLD COMPLIMENT DAY Morning: Stretching Saturdays Spa Day & Hand Massages Afternoon: Heritage Hikers Engagement Bins Table Games & Fun Movie Night	
	Morning: 2 Coffee Social Stretching Sundays Catholic Mass Afternoon: Midday Matinee & Popcorn Sundaes on Sunday Adult Coloring Club	Morning:3Coffee SocialMotivational Monday & DevotionsExercise: Strength TrainingAfternoon:Heritage HikersArmchair Travel: IcelandHeritage House Calls (1:1)	Morning: MARDI GRAS Tai Chi Tuesdays Paczki Social Tuesday Trivia w/ Dynseo Afternoon: Crafting Corner: Paper Plate Rainbows Mardi Gras Social Rosary Group	Morning: 5 Ash Wednesday Walk it out Wednesdays Resident Council Notes Glee Club (Sing Along) Afternoon: Heritage Hikers Balloon Volleyball Glitz & Glamour (Nails)	Morning:6Exercise-Core FocusEngagement BinsAfternoon:Baking Buddies: LeprechaunPunchOREO COOKIE DAY SOCIALMovie Matinee	Morning: 7 Coffee Social, News & Devotions Heart Healthy Exercises Drama Club: Short Stories Afternoon: Happy Hour Social Bingo Words from Words	Morning:8Stretching SaturdaysSpa Day & Hand MassagesAfternoon:Heritage HikersEngagement BinsTable Games & FunMovie Night	*
	Morning:9Coffee Social9Coffee Social9Stretching Sundays9Catholic Mass9Afternoon:9Midday Matinee & Popcorn9Sundaes on Sunday9Adult Coloring Club0Daylight Savings Begins	Morning:10Coffee SocialMotivational Monday & DevotionsExercise: Strength TrainingAfternoon:Lutheran Church ServiceArmchair Travel: West IrelandHeritage House Calls (1:1)	Morning:11Tai Chi TuesdaysTuesday Trivia w/ DynseoAfternoon:Crafting Corner: ShamrocksEngagement BinsRosary Group	Morning:12Coffee SocialWalk it out WednesdaysGlee Club (Sing Along)Afternoon:Heritage HikersBalloon VolleyballGlitz & Glamour (Nails)	Morning:13Exercise-Core FocusEngagement BinsAfternoon:Baking Buddies: St. Patty'sBrowniesMovie Matinee	NATIONAL PI DAY14Morning:Coffee Social, News & DevotionsHeart Healthy ExercisesDrama Club: Short StoriesAfternoon:Let's have Pie for PI Day!Happy HourBingo	Morning:15Stretching SaturdaysSpa Day & Hand MassagesAfternoon:Heritage HikersEngagement BinsTable Games & FunMovie Night	
	Morning: 16 Coffee Social Atretching Sundays Catholic Mass Afternoon: Midday Matinee & Popcorn Sundaes on Sunday Adult Coloring Club	Morning:17Keepin' FitManicure MondayArmchair TravelAfternoon:2:00 St Patty's ShakesSt. Patty's Day Fun Facts & TriviaSt. Patrick's Day	Morning:18Tai Chi TuesdaysTuesday Trivia w/ DynseoAfternoon:Crafting Corner: Popsicle StickLeprechaunEngagement BinsRosary Group	CHOCOLATE CARAMEL DAY19Morning:Walk it out WednesdaysGlee Club (Sing Along)Afternoon:Heritage HikersBalloon VolleyballGlitz & Glamour (Nails)	Morning:20Exercise-Core FocusEngagement BinsAfternoon:Baking Buddies: Lucky CharmCookiesMovie MatineeFirst Day of Spring	Morning:21Coffee Social, News &DevotionsHeart Healthy ExercisesDrama Club: Short StoriesAfternoon:Happy Hour SocialBingoWords from Words	Morning:22Stretching SaturdaysSpa Day & Hand MassagesAfternoon:Heritage HikersEngagement BinsTable Games & FunMovie Night	*
	Coffee Social23tretching Sundayscatholic Massundaes on SundayCoffee Socialtretching Sundayscatholic Massundaes on Sundayscatholic Massundaes on Sunday	Exercise: Strength Training Lutheran Church Service Armchair Travel: London	Morning:25Tai Chi TuesdaysTuesday Trivia w/ DynseoAfternoon:Crafting Corner: St. Patty's DayWindsockEngagement BinsRosary Group	26 Morning: 26 Coffee Social Walk it out Wednesdays Glee Club (Sing Along) Afternoon: Heritage Hikers Balloon Volleyball Glitz & Glamour (Nails)	Morning:27Exercise-Core FocusEngagement BinsAfternoon:Baking Buddies: Leprechaun DipMovie Matinee	Morning:28Coffee Social, News & DevotionsHeart Healthy ExercisesDrama Club: Short StoriesAfternoon:Happy Hour Social & BirthdayCelebrationBingoWords from Words	Morning:29Stretching SaturdaysSpa Day & Hand MassagesAfternoon:Heritage HikersEngagement BinsTable Games & FunMovie Night	7

Memory Care

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*All activities are subject to change when necessary. Residents' families are invited to participate in community events.

Community Life Enrichment Calendar

 $\underbrace{HERITAGE}_{\text{SENIOR LIVING}}$ $\operatorname{Aspire} \left| \begin{array}{c} L^{\text{INCOLN}} \\ V^{\text{IILLAGE}} \end{array} \right|$