



# March

## Aspire Senior Living Assisted and Enhanced Care Life Enrichment Calendar

### NOTICE

Due to recent recommendations by the CDC, all activities are subject to change, including cancellation in some cases.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
1 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	2 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 1:30 Movie- Comedy 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	3 9:15 Stretches and Strength-EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	4 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:30 Crafting Creations 3:30 Feet to the Fire 6:00 Board Games with St. Paul Families	5 9:15 Keepin' Fit-EA2 10:30 Catholic Service: St. Paul EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	6 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:45 Daily Chronicle 2:00 Music by Tj & Lynn (EC+) 3:30 Happy Hour-Pub 6:15 Walking Club**	7 10:30 Chair Yoga-EA2 1:30 Movie 1:45 Resident Choice** 3:00 Dynseo -Pub 3:30 Snack and Reminisce-Pub						
Daylight Saving Begins 8 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	9 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Healthy Treat w/ Chip-Pub 1:30 Movie- New Release 1:45 Board Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	10 10:00 Strong Bodies with Jane 10:30 Healthy Treat w/Chip-Pub 1:30 Bingo-Pub 2:30 Resident Council Meeting-Pub 3:00 Dynseo 6:00 Sheepshead** 6:15 Walking Club**	11 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Lutheran Service: Mt. Calvary-EC2 1:30 JC Studio Dance to Health 2:30 Healthy Treat w/Chip-Pub 3:30 Feet to the Fire 6:15 Walking Club**	12 9:15 Stretches and Strength with Aegis-EA2 10:00 Shepherd's Care Service-EA2 10:30 Healthy Treat w/Chip-Pub 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	13 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Healthy Treat w/Chip-Pub 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	14 10:30 Chair Yoga-EA2 1:30 Educational Speaker: Flu, Shingles, Tetanus Vaccines-pub 3:30 Snack and Reminisce-Pub						
15 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	16 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:00 Daily Chronicle-EA2 1:30 Movie- Adventure 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	St. Patrick's Day 17 9:15 Stretches and Strength-EA2 10:00 Leprechaun Scavenger Hunt-Pub 2:00 St. Patrick Day Party-Pub 6:00 Sheepshead** 6:15 Walking Club**	18 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:30 Catholic Service Holy Spirit-Pub 3:30 Feet to the Fire 6:15 Walking Club**	19 9:15 Keepin' Fit-EA2 10:30 Crafting Creations- EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	20 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:45 Daily Chronicle 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	21 10:30 Chair Yoga-EA2 1:30 Movie- Comedy 3:30 Snack and Reminisce-Pub						
22 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	National Chip & Dip Day 23 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:00 Daily Chronicle-EA2 1:30 Movie- New Release 1:45 Board Games-EA2 3:00 Chip and Dip Tasting-Pub 6:00 Sheepshead** 6:15 Walking Club**	24 9:15 Stretches and Strength-EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	25 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:00 Aegis Meet and Greet-Pub 3:30 Feet to the Fire 6:15 Walking Club**	26 9:15 Keepin' Fit-EA2 10:00 Shepherd's Care Service-EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	27 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:45 Daily Chronicle 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	28 10:30 Chair Yoga-EA2 1:30 Movie- Action 3:30 Snack and Reminisce-Pub						
29 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	30 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:00 Daily Chronicle-EA2 1:30 Movie- Resident Choice 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	31 10:00 Whack a Balloon 10:30 On This Day 1:30 Bingo-Pub 3:00 Dynseo-Pub 6:00 Sheepshead** 6:15 Walking Club**	 <p><i>Celebrating Health &amp; Fitness</i></p>		<p><b>Happy Birthday</b></p> <table> <tr> <td>Robert P. – 3/3</td> <td>Dorothy K. – 3/22</td> </tr> <tr> <td>RuthAnn P. – 3/4</td> <td>Bob W. – 3/27</td> </tr> <tr> <td>Mary W. – 3/10</td> <td>Joan S. – 3/29</td> </tr> </table> 		Robert P. – 3/3	Dorothy K. – 3/22	RuthAnn P. – 3/4	Bob W. – 3/27	Mary W. – 3/10	Joan S. – 3/29
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\*All activities are subject to change when necessary \*\*Resident-led activity  
Residents' families are invited to participate in community events.

Musical Performance

Happy Hour

Spiritual Service