

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

## MEMORY HAVEN

							Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance	
Rise & Shine Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games Sunday Social	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Exercise Arts & Crafts Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Rest & Rejuvenation Exercise Sensory Kitchen Creation  <small>Mardi Gras</small>	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Exercise Bible Study BINGO	Rise & Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Exercise Nail Bar Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise Sensory Kitchen Creation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance		
Rise & Shine Devotional Exercise – Dumbbell Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games Sunday Social  <small>Daylight Saving Time Begins</small>	Daily Devotional Exercise – YOGA Music Therapy BINGO Exercise Arts & Crafts Brain Builder   Spirit Week- Red	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Exercise Sensory Kitchen Creation   Spirit Week- Orange	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Exercise BINGO   Spirit Week- Yellow	Rise & Shine Devotional Exercise – Lower Body 10:00- Visit from Therapy Dog Thirsty Thursday Mocktails Arts & Crafts Exercise Nail Bar Brain Builder   Spirit Week- Blue	Rise & Shine Devotional Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise Sensory Kitchen Creation   Spirit Week- Purple	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance		
Rise & Shine Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games Sunday Social	Daily Devotional Exercise – YOGA Music Therapy BINGO 12:00- Family St. Patrick's Day Lunch   Spirit Week- Green!! <small>St. Patrick's Day</small>	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report 1:30- Music with LV Smith Experiment Exercise Bible Study BINGO	Rise & Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Exercise Nail Bar Brain Builder  <small>Spring Begins</small>	Rise & Shine Devotional Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise Sensory Kitchen Creation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance		
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Rise & Shine Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games Sunday Social	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Exercise Arts & Crafts Brain Builder	 MARCH 20 <sup>TH</sup> - HAPPY BIRTHDAY CATIE CLASEN!						

Activities are subject to change without notice. Location Key: GR- Game Room, L- Library, FR- Family Room, F- Fitness, C- Chapel, D - Dining, OD- Overflow Dining, \$- Cost, O- Outing, R2R – Room to Room.