March 2023

Memory Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	2 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	3 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	4 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
5 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	6 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement Purim Begins	7 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	8 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	9 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	10 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	11 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
12 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club Daylight Saving Time Begins	13 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	14 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	15 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	16 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	17 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club St. Patrick's Day	18 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
19 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	20 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement Spring Begins	21 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	22 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club Ramadan Begins	23 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	24 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	25 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
26 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	27 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	28 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	29 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	30 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	31 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance