

March 2019

The Landing at Carmichael Independent Senior Living Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>March is Irish-American Heritage Month</p> <p>A time to honor the achievements of our Irish immigrants and their descendants living in America.</p>	 <p>HUG A G.I. DAY MAR 4</p>	 <p>Mardi GRAS</p>	 <p>IRISH-AMERICAN HERITAGE MONTH 99COVERS.COM</p>	 <p>National Peanut Butter Lover's Day</p>	<p>Old Stuff Day</p> <p>10:00 Shopping @ Trader Joes (LB)</p> <p>1:30 Work Out with Misti (LB)</p> <p>2:30 – 4:00 BINGO (B)</p> <p>6:00 Table Games (B)</p> <p>6:00 Creative Coloring -2D</p>	
<p>NATIONAL ANTHEM DAY</p> <p>10:00 Ride to Church (LB)</p> <p>10:00 Biblical Exploration (2L)</p> <p>2:00 Coffee & Tea Social (2D)</p> <p>3:00 Biblical Exploration (2L)</p> <p>6:00 Popcorn & Movie: <i>Sniper-starring Tome Berenger</i>-2L</p> <p>6:00 UNO Game (B)</p> <p>Farmers Market @CP 9am-2pm</p>	<p>Hug a GI Day</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 10:00 Last Depart Time</p> <p>1:30 30Minute Flex & Stretch-2L</p> <p>2:15 Activity Chat w/Mai (2L)</p> <p>2:30 A Walk on the Rhythmic Path (B)</p> <p>6:00 Ladies Group (2L)</p>	<p>Mardi Gras/ Fat Tuesday</p> <p>9:00-9:30 Blood Pressure Check With Alpha One (LR)</p> <p>9:40 Shopping @ Super Walmart (LB)</p> <p>1:30 Shopping @ Super Walmart-LB</p> <p>2:30 – 4:00 Bingo (B)</p> <p>6:00 Biblical Exploration (2L)</p>	<p>Ash Wednesday</p> <p>Doctor Appointment 9:30 Earliest Depart Time 10:00 Last Appt. Depart Time</p> <p>11:00 Morning Workout-2L</p> <p>1:30 Music-6 String Daisy-B</p> <p>2:30 Chat & Chew w/All Directors</p> <p>6:00 Pinochle (B)</p> <p>6:00 Movie (2L)</p>	<p>National Crown Roast of Pork Day</p> <p>9:30-10:30 Errands/Bank (LB)</p> <p>11:00 Lunch Bunch (LB)</p> <p>11:15 Catholic Service (2L)</p> <p>1:30 OM Circle w/Mel-2D</p> <p>2:30 Banana Splits (B)</p> <p>4:45 Food Truck @ CP (LB)</p> <p>6:00 Creative Coloring (2D)</p> <p>6:00 Chess Night (B)</p>	<p>International (Working) Women's Day</p> <p>11:00 Safeway/Carmichael Village</p> <p>1:00 MEN'S GROUP (S)</p> <p>2:00 30-minute Fitness (B)</p> <p>3:00 Happy Hour (B)</p> <p>6:00 Classic Movie Nite (2L)</p>	<p>Panic Day</p> <p>10:00 Trip to Library or 99 Cent Store (LB)</p> <p>1:30 Work Out Session with Misti (LB)</p> <p>2:30 – 4:00 BINGO (B)</p> <p>6:00 Table Games (B)</p> <p>6:00 Creative Coloring -2D</p>
<p>Daylight Saving Time</p> <p>Middle Name Pride Day</p> <p>10:00 Ride to Church (lobby)</p> <p>10:00 Biblical Exploration (2L)</p> <p>1:00 Excursion: Ruth's Dolls & Memories-LB</p> <p>3:00 Biblical Exploration (2L)</p> <p>6:00 Popcorn & Movie (2L)</p> <p>6:00 UNO Game (B)</p> <p>Farmers Market @CP 9am-2pm</p>	<p>Johnny Appleseed Day</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 10:00 Last Depart Time</p> <p>1:30 30Minute Flex & Stretch (2L)</p> <p>2:30 Arts & Craft: St. Pats-2D</p> <p>2:30 A Walk on the Rhythmic Path (B)</p> <p>6:00 Ladies Group (2L)</p>	<p>Girl Scout Day</p> <p>9:40 Shopping @ Super Walmart (LB)</p> <p>1:30 BINGO STORE-B</p> <p>2:30 – 4:00 Bingo (B)</p> <p>6:00 Biblical Exploration (2L)</p>	<p>Jewel Day</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 10:00 Last Appt Depart Time 11:00 Morning Workout-2L</p> <p>2:30 Resident Chat & Chew-B</p> <p>6:00 Pinochle (B)</p> <p>6:00 Movie (2L)</p>	<p>NATIONAL POPCORN LOVER'S DAY</p> <p>(a Feast of Delicious Popcorn Toppings)</p> <p>9:30-10:30 Errands/Bank (LB)</p> <p>11:00 Lunch Bunch (LB)</p> <p>11:15 Catholic Service (2L)</p> <p>1:30 Meditation Session (2L)</p> <p>2:30 Birthday Celebration (B)</p> <p>6:00 Creative Coloring (2D)</p> <p>6:00 Chess Night (B)</p>	<p>IDES OF MARCH</p> <p>Dumbstruck Day</p> <p>11:00 Safeway/Carmichael Village</p> <p>2:00 30-minute Fitness (B)</p> <p>3:00 Happy Hour (B)</p> <p>6:00 Classic Movie Nite (2L)</p>	<p>National Quilting Day</p> <p>10:00 Arts and Craft-2D</p> <p>1:30 Work Out Session with Misti (LB)</p> <p>2:30 – 4:00 BINGO (B)</p> <p>6:00 Table Games (B)</p> <p>6:00 Creative Coloring -2D</p>
<p>Happy St. Patrick's Day</p> <p>10:00 Ride to Church (LB)</p> <p>10:00 Biblical Exploration (2L)</p> <p>2:00 Irish Coffee Social</p> <p>3:00 Biblical Exploration (2L)</p> <p>6:00 Popcorn & Movie: <i>Night at the Museum-Starring Ben Stiller</i> (2L)</p> <p>6:00 UNO Game (B)</p> <p>Farmers Market @CP 9am-2pm</p>	<p>Supreme Sacrificed Day</p> <p>Doctor Appointment 9:30 Depart 10:00 Last Depart</p> <p>1:30 30Minute Flex & Stretch (2L)</p> <p>2:30 Wii-Jeopardy-2L</p> <p>2:30 A Walk on the Rhythmic Path (B)</p> <p>6:00 Ladies Group (2L)</p>	<p>Tea for Two Tuesday</p> <p>9:00-9:30 Blood Pressure Check (LR)</p> <p>9:40 Shopping @ Super Walmart (LB)</p> <p>2:30 – 4:00 Bingo (B)</p> <p>3:00 Name That Tune-2L</p> <p>6:00 Biblical Exploration (2L)</p>	<p>National Agriculture Day</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 10:00 Last Appt Depart Time 11:00 Morning Workout-2L</p> <p>2:30 Chat & Chew (B)</p> <p>6:00 Pinochle (B)</p> <p>6:00 Movie (2L)</p>	<p>Fragrance Day</p> <p>8:50 Red Hawk Casino (LB)</p> <p>9:30-10:30 Errands/Bank (LB)</p> <p>11:00 Lunch Bunch (LB)</p> <p>11:15 Catholic Service-2L</p> <p>1:30 OM Circle w/MEL (2L)</p> <p>2:30 Ice Cream Sundae-B</p> <p>6:00 Creative Coloring (2D)</p> <p>6:00 Chess Night (B)</p>	<p>Melba Toast Day</p> <p>11:00 Safeway/Carmichael Village</p> <p>2:00 30-minute Fitness (B)</p> <p>3:00 Happy Hour (B)</p> <p>6:00 Classic Movie Nite (2L)</p>	<p>National Chip and Dip Day</p> <p>10:00 Trip to Library or Grocery Outlet Store (LB)</p> <p>1:30 Work Out Session with Misti (LB)</p> <p>2:30 – 4:00 BINGO (B)</p> <p>6:00 Creative Coloring -2D</p> <p>6:00 UNO/Table Games (B)</p>
<p>24/31</p> <p>10:00 Ride to Church (LB)</p> <p>10:00 Biblical Exploration-2L</p> <p>2:00 Coffee & Tea Social-2D</p> <p>3:00 Biblical Exploration-2L</p> <p>6:00 Popcorn & Movie (2L)</p> <p>6:00 UNO Game (B)</p> <p>Farmers Market @CP 9am-2pm</p>	<p>Pecan & Waffle Day</p> <p>Doctor Appointment: 9:30 Depart 10:00-Last Depart</p> <p>1:30 30-Minute Flex & Stretch-2L</p> <p>2:30 Arts & Craft-2D</p> <p>2:30 A Walk on the Rhythmic Path (B)</p> <p>6:00 Ladies Group (2L)</p>	<p>National Spinach Day</p> <p>9:40 Shopping @ Super Walmart (LB)</p> <p>1:30 BINGO STORE (B)</p> <p>2:30 – 4:00 Bingo (B)</p> <p>6:00 Biblical Exploration (2L)</p>	<p>National "JOE" Day</p> <p>Doctor Appointment 9:30 Earliest Depart Time 10:00 Last Appt Depart Time 11:00 Morning Workout-2L</p> <p>2:30 Chat & Chew (B)</p> <p>6:00 Pinochle (B)</p> <p>6:00 Movie (2L)</p>	<p>Something-on-a-Stick Day</p> <p>9:30-10:30 Errands/Bank (LB)</p> <p>11:00 Lunch Bunch (LB)</p> <p>11:15 Catholic Service (2L)</p> <p>1:30 Meditation w/MEL (2L)</p> <p>2:30 Root Beer Floats-B</p> <p>6:00 Creative Coloring (2D)</p> <p>6:00 Chess Night (B)</p>	<p>National Mom and Pop Business Owners Day</p> <p>11:00 Safeway/Carmichael Village</p> <p>2:00 30-minute Fitness (B)</p> <p>3:00 Happy Hour (B)</p> <p>6:00 Classic Movie Nite (2L)</p>	<p>Take a Walk in the Park Day</p> <p>10:00 Arts & Crafts-2D</p> <p>1:30 Work Out Session with Misti (LB)</p> <p>2:30 – 4:00 BINGO (B)</p> <p>6:00 Creative Coloring -2D</p> <p>6:00 Table Games (B)</p>

Location Keys: B-Bistro LB-Lobby LR-1st Floor Living Room DR-1st Floor Dining Room 2L-2nd Floor Living Room 2D-2nd Floor Dining Room S-Salon room C-Courtyard CP-Carmichael Park

*Activities are subject to change.