

MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1	2 Chair Yoga Memory Game Bingo	3 Chris Lee Music 1 p.m.	4 Stretch & Flex Hangman Family Feud	5 Morning Movement Chair Volleyball High & Low Card Game	6 Strength & Mobility Board Games New Leaf Cooking 11 a.m.	7	
8	9 10 - 15 min. Chair Workout Simon Says Puzzles	10 Chair Volleyball Romeo & Juliet 10:30 a.m. Move to Music	11 Lower Body Exercises Ring Toss Arts & Crafts	12 Chair Yoga HealthRhythms Bingo	13 Upper Body Exercises Trivia Questions Movie & Popcorn	14	
15	16 Seat Marching Name that Tune Hangman	17 Coffee & Chat Chair Yoga w/ Julie 10:30 a.m. St. Patrick Party	18 Hallway Exercise Bean Bag Toss Trivial Pursuit Ed "Sax" Thomas 1 p.m.	19 Balloon Volleyball Would You Rather Hangman	20 Light Strength Training Simon Says Movie & Popcorn	21	
22	23 Coffee & Chat Ruby Tuesday 10:30 a.m.	24 Hallway Exercises What Am I Soothing Scents	25 Leg Exercises Family Feud	26 Matching HealthRhythms Bingo	27 Chair Volleyball John Louis Magician 10:30 a.m. Movie & Ice Cream Social	28	
29	30 Chair Stretches Table Ball Game Cupcakes	31 Chair Tai Chi Ball Rolling Would You Rather					

