

SHERWOOD ASSISTED LIVING MARCH ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st: Helga F. 1st: Josephine J. 14th: John B. 15th: Rick I. 15th Louella L. 18th: Irwin M. 19th: Rita R.		1 10:00 Full Body Fitness 10:30 Eagle Intl Ministries 1:00 2nd Chance Store 2:00 The Loves 3:30 Phase 10	2 10:00 Exercise Balloon 10:30 Catholic Mass 1:30 Walks & Tea 3:30 WA Old Time Fiddlers	3 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits 2:00 Movie & Popcorn
4 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 Dungeness Valley Lutheran	5 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 3:00 Classical Piano	6 10:00 Full Body Fitness 10:45 Overhead Games 1:00 2nd Chance Store 2:00 Arts & Crafts	7 10:00 Exercise Balloon 11:00 Documentary: Life 2:00 Walks & Tea 3:00 Men's Group	8 10:00 Full Body Fitness 10:45 Bingo 1:00 2nd Chance Store 1:30 Scrabble 3:00 Old Side Kicks	9 10:00 Exercise Balloon 11:00 Overhead Games 1:30 Walks & Tea 3:30 Sound Dogs	10 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits 2:00 Movie & Popcorn
11 SPRING AHEAD! 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 Assembly of God	12 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 2:30 Scrabble	13 10:00 Full Body Fitness 10:45 Overhead Games 1:00 2nd Chance Store 3:00 Watercolor w/Bonita	14 10:00 Exercise Balloon 11:00 Documentary: Life 12:30 Lunch at Baja Cantina 2:30 Afternoon Tea	15 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 2nd Chance Store 2:00 Walks 3:00 Silver & Gold Birthday Party	16 10:00 Spin-In (K) 10:00 Exercise Balloon 10:30 2 Sweet Violins 2:30 Senior Singers 3:30 Phase 10	17 10:00 Full Body Fitness 10:45 Women's Group 2:00 Movie & Popcorn 3:00 7th Day Adventist
18 10:00 Exercise Balloon 10:45 Scrabble 1:30 Project Linus 2:00 Celebration Singers	19 10:00 Creative Writing w/Judy 1:00 Shelby Visits 1:45 Senior Moments 3:00 Classical Piano	20 10:00 Full Body Fitness 10:30 Overhead Games 1:00 Second Chance Store 1:30 Scrabble 3:00 Watercolor w/Bonita	21 10:00 Exercise Balloon 11:00 Documentary: Life 2:00 Trip to Walmart 4:00 Room Visits	22 10:00 Full Body Fitness 11:00 Bingo 1:00 2nd Chance Store 2:00 Uno 3:00 Canine Friends	23 10:00 Exercise Balloon 10:45 Overhead Games 1:30 Scrabble 3:00 Men's Group	24 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits/Walking 2:00 Movie & Popcorn
25 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 First Baptist	26 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 3:00 The Secords	27 10:00 Paint w/Carrie 1:00 2nd Chance Store 2:00 Buck Ellard 3:15 Walking Exercise	28 10:00 Full Body Fitness 10:45 Resident Council 2:00 Scenic Drive 4:00 Room Visits	29 10:00 Full Body Fitness 10:45 Bingo 1:00 2nd Chance Store 2:00 Gardening Group	30 10:00 Exercise Balloon 10:45 Overhead Games 1:30 Walks & Tea 2:00 Men's Group	31 10:00 Full Body Fitness 10:45 Women's Group 2:00 Movie & Popcorn