








# March Blue Ridge Assisted Living Activities








		Breakfast 8:00	Lunch 12:30	Dinner 5:30		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY BIRTHDAY</b> 03/03-Don Campbell 03/06-Hal Doster 03/07-Eva Hartung 03/20-Maxine Ross 03/21-Jane McCoy 03/23-Linda Barnstead		1 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00- <b>Words Within a Word</b> (200) 2:00-BINGO (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Snack Social (Bistro) 4:30-Evening Walk (Meet with a Friend)	2 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Story Time</b> (200) 2:00-Trip to Walmart 4:30-Evening Walk (Meet with a Friend)	3 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Spelling Bee</b> (200) 2:00-BINGO (Dining Room) 3:00-Movie Matinee (100) 4:30-Evening Walk (Meet with a Friend)	4 2:00- <b>Games with Valerie</b> 4:30- <b>Evening Walk</b> (Meet in the Bistro)
5 2:00- <b>Church Service</b> (Blue Ridge First Baptist) (Main Living Room) 	6 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30- <b>Pray the Rosary</b> with Denise (Dining Room) 11:00- <b>Balloon Toss with Jim</b> (200) 2:00- <b>A-Z Word Game</b> (200) 3:00- <b>Fact or Fiction?</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	7 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>True Story</b> (200) 2:00- <b>Blindfold &amp; Mold It</b> (200) 3:00- <b>Craft Corner</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	8 9:00- <b>Hearing Aid Servicing</b> (Bistro) 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00- <b>Words Within a Word</b> (200) 2:00-BINGO (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Snack Social (Bistro) 4:30- <b>Evening Walk</b> (Meet with a Friend)	9 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:30- <b>Lunch Outing to Olive Garden</b> 3:00- <b>Balloon Toss with Valerie</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	10 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Spelling Bee</b> (200) 2:00-BINGO (Dining Room) 3:00-Movie Matinee (100) 4:30- <b>Evening Walk</b> (Meet with a Friend)	11 2:00- <b>Scenic Bus Ride</b> 4:30- <b>Evening Walk</b> (Meet in the Bistro)
12 2:00- <b>Church Service</b> (Hipps Chapel Church) (Main Living Room) 	13 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30- <b>Pray the Rosary</b> with Denise (Dining Room) 11:00- <b>Balloon Toss with Jim</b> (200) 2:00- <b>A-Z Word Game</b> (200) 3:00- <b>Music with Wesley Crider</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	14 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>True Story</b> (200) 2:00- <b>Black Out Poems</b> (200) 3:00- <b>Craft Corner</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	15 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00- <b>Words Within a Word</b> (200) 2:00-BINGO (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Snack Social (Bistro) 4:30- <b>Evening Walk</b> (Meet with a Friend)	16 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Story Time</b> (200) 2:00-Trip to Walmart 4:30- <b>Evening Walk</b> (Meet with a Friend)	17 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Spelling Bee</b> (200) 2:00-BINGO (Dining Room) 3:00-Movie Matinee (100) 4:30- <b>Evening Walk</b> (Meet with a Friend)	18 2:00- <b>Games with Valerie</b> 4:30- <b>Evening Walk</b> (Meet in the Bistro)
19 2:00- <b>Church Service</b> (McCaysville Triumphant Holiness Church) (Main Living Room) 	20 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30- <b>Pray the Rosary</b> with Denise (Dining Room) 11:00- <b>Balloon Toss with Jim</b> (200) 2:00- <b>A-Z Word Game</b> (200) 3:30- <b>Fact or Fiction?</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	21 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>True Story</b> (200) 2:00- <b>Scavenger Hunt</b> (Meet in 200) 3:00- <b>Craft Corner</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	22 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00- <b>Words Within a Word</b> (200) 2:00-BINGO (Dining Room) 3:00-Bible Study with Delmar (200) 3:30-Snack Social (Bistro) 4:30- <b>Evening Walk</b> (Meet with a Friend)	23 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:30- <b>Lunch Outing to Ruby Tuesday</b> 3:00- <b>Balloon Toss with Valerie</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend) 6:30-Trip to Kiwanis BINGO	24 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Spelling Bee</b> (200) 2:00-BINGO (Dining Room) 3:30-Movie Matinee (100) 4:30- <b>Evening Walk</b> (Meet with a Friend)	25 2:00- <b>Scenic Bus Ride</b> 4:30- <b>Evening Walk</b> (Meet in the Bistro)
26 2:00- <b>Church Service</b> (Blue Ridge United Methodist) (Main Living Room) 	27 10:00-Exercise (200) 10:30- <b>Pray the Rosary</b> with Denise (Dining Room) 11:00- <b>Resident Council/Food Meeting</b> (Dining Room) 2:00- <b>A-Z Word Game</b> (200) 3:00- <b>Music with Steven Chappelle</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	28 Hair Dresser (Jennie) ✂️ 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>True Story</b> (200) 2:00- <b>Age in Motion Social with Powerback Rehab</b> (Bistro) 3:00- <b>Craft Corner</b> (200) 4:30- <b>Evening Walk</b> (Meet with a Friend)	29 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 10:30-Pet Therapy with Charlie 11:00- <b>Words Within a Word</b> (200) 2:00-BINGO (Dining Room) 3:00-Bible Study with Delmar (200) 3:30- <b>Resident Birthday Party</b> (Bistro) 4:30- <b>Evening Walk</b> (Meet with a Friend)	30 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Story Time</b> (200) 2:00-Trip to Walmart 4:30- <b>Evening Walk</b> (Meet with a Friend)	31 10:00-Exercise (200) 10:30-Morning Mingle/Daily News (200) 11:00- <b>Spelling Bee</b> (200) 2:00-BINGO (Dining Room) 3:30-Movie Matinee (100) 4:30- <b>Evening Walk</b> (Meet with a Friend)	PLEASE SEE ACTIVITY MARQUEE DAILY AS ACTIVIES OR TIMES ARE SUBJECT TO CHANGE 

# March Blue Ridge Memory Care Activities

**Breakfast: 8am**

**Lunch: 12:30pm**

**Dinner: 5:30pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 9:00-Aromatherapy/Poetry 9:30-Button Bouquets * 10:30-All about Spring Flowers * 11:00-CARDIO DRUMMING 11:00-Pet Therapy with Charlie 11:30-SNACKTIVITY 1:30-Pick an Object &amp; Tell a Story * 2:30-Identify the Sound 3:30-BALL PONG 6:30-Magazine Browsing</p>	<p>2 9:00-Aromatherapy/Visual Imagery 9:30-Desert Sunsets * 10:30-Funny Court Cases 11:00-ZUMBA 11:30-SNACKTIVITY 1:30-Clay it With Me! 2:00-Can You Sing the Next Line? 2:30-ULU MAIKA 3:30-FOODIE RECIPE (Tea Tasting) 6:30-Relaxing Music/One on One Time</p>	<p>3 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Emoji Stress Balls * 10:30-What Calms You? 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-SIGN LANGUAGE 101 2:00-Nature Mandalas 3:00-TARGET VOLLEY BALL 6:30-Personal Pictures/Reminiscing</p>	<p>4 Activity Boxes One on One Conversations Movie Night (Resident Choice)</p>
<p>5 Activity Boxes One on One Conversations Puzzles 2:00-Church service (Blue Ridge First Baptist)</p> 	<p>6 <u>Hair Dresser (Myra)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Simple Doodles * 10:30-What Can We Learn from You? 11:00-CARDIOICISE 11:30-SNACKTIVITY 1:30-Flower Arranging 2:00-Touch &amp; Feel 2:30-BUTTON TWISTER 3:30-Scenic Bus Ride 6:30-Hand Messages/Blast from the Past</p>	<p>7 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Chicken Soup for the Soul ✂ 9:30-Paper Hyacinths * 10:30-Small Town Quirks! * 11:00-CHAIR YOGA 11:30-SNACKTIVITY 1:30-Trivia 2:00-Water Colors 2:30-BEAN BAG TOSS 3:30-FOODIE RECIPE (Fruit Salad) 6:30-One on One/Reminiscing</p>	<p>8 Hearing Aid Servicing (AL) 9:00-Aromatherapy/Poetry 9:30-Flower Mandalas * 10:30-Mandala Meaning * 11:00-CARDIO DRUMMING 11:00-Pet Therapy with Charlie 11:30-SNACKTIVITY 1:30-Color Scavenger Hunt * 2:30-Identify the Smell 3:30-BALL PONG 6:30-Magazine Browsing</p>	<p>9 9:00-Aromatherapy/Visual Imagery 9:30-Pipe Cleaner Dolls * 10:30-Toys Then &amp; Now! * 11:00-ZUMBA 11:30-SNACKTIVITY 1:30-Clay it With Me! 2:00-20 Things We Have in Common! 2:30-ULU MAIKA 3:30-FOODIE RECIPE (Mambo Italiano) 6:30-Relaxing Music/One on One Time</p>	<p>10 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Spring Tree Magazine Collages * 10:30-Signs of Spring 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-SIGN LANGUAGE 101 2:00-Have You Said This? 3:00-TARGET VOLLEY BALL 6:30-Personal Pictures/Reminiscing</p>	<p>11 10:00-Aromatherapy/Deep Breathing 10:15-Baeball Art * 10:30-Sports Fun Facts 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-What Storms Have You Encountered? 2:00-Have You Seen These? 6:30-Reminisce Magazines</p>
<p>12 Activity Boxes One on One Conversations Puzzles 2:00-Church Service (Hips Chapel Church)</p> 	<p>13 <u>Hair Dresser (Myra)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Cereal Bird Feeders * 10:30-Indetifying the 50 States * 11:00-CARDIOICISE 11:30-SNACKTIVITY 1:30-Working Hard for the Money * 2:00-Music with Wesley Crider 2:30-Touch &amp; Feel 3:00-BUTTON TWISTER 6:30-Hand Messages/Blast from the Past</p>	<p>14 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Chicken Soup for the Soul ✂ 9:30-Pipe Cleaner Candies * 10:30-Favorite Movie Snacks * 11:00-CHAIR YOGA 11:30-SNACKTIVITY 1:30-Trivia 2:00-Aqua Painting 2:30-BEAN BAG TOSS 3:30-FOODIE RECIPE (PB &amp; J) 6:30-One on One/Reminiscing</p>	<p>15 9:00-Aromatherapy/Poetry 9:30-Sea Shell Art * 10:30-Can You Draw A Perfect Circle? * 11:00-CARDIO DRUMMING 11:00-Pet Therapy with Charlie 11:30-SNACKTIVITY 1:30-You Know You're from a Large Family If... * 2:30-Identify the Texture 3:30-BALL PONG 6:30-Magazine Browsing</p>	<p>16 9:00-Aromatherapy/Visual Imagery 9:30-Hydrangea Art * 10:30-Amazing Kids * 11:00-ZUMBA 11:30-SNACKTIVITY 1:30-Clay it With Me! 2:00-Can You Match It? 2:30-ULU MAIKA 3:30-FOODIE RECIPE (Animal Cracker Pops) 6:30-Relaxing Music/One on One Time</p>	<p>17 <u>St. Patrick's Day</u> 🍀 9:00-Aromatherapy/Deep Breathing 9:30-Ribbon Shamrocks * 10:30-Irish Traditions 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-SIGN LANGUAGE 101 2:00-Name that Nat King Cole Song? * 2:30-Irish Dancing 3:00-TARGET VOLLEY BALL 6:30-Personal Pictures/Reminiscing</p>	<p>18 Activity Boxes One on One Conversations Movie Night (Resident Choice)</p>
<p>19 Activity Boxes One on One Conversations Puzzles 2:00-Church Service (McCaysville Triumphant Holiness Church)</p> 	<p>20 <u>Hair Dresser (Myra)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Cherry Blossom Painting * 10:30-Have You Ever Wanted to be A Nurse? 11:00-CARDIOICISE 11:30-SNACKTIVITY 1:30-Nature Scavenger Hunt 2:00-Touch &amp; Feel 2:30-BUTTON TWISTER 3:30-Scenic Bus Ride 6:30-Hand Messages/Blast from the Past</p>	<p>21 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Chicken Soup for the Soul ✂ 9:30-Pinch Pot Nests * 10:30-Let's Memorize a Poem * 11:00-CHAIR YOGA 11:30-SNACKTIVITY 1:30-Trivia 2:00-Water Colors 2:30-BEAN BAG TOSS 3:30-FOODIE RECIPE (Cheese Crackers) 6:30-One on One/Reminiscing</p>	<p>22 9:00-Aromatherapy/Poetry 9:30-Easy Animal Balloons * 10:30-What Was it Like on the Farm? * 11:00-CARDIO DRUMMING 11:00-Pet Therapy with Charlie 11:30-SNACKTIVITY 1:30-Has Your Color Tastes Changed? * 2:30-Identify the Sound 3:30-BALL PONG 6:30-Magazine Browsing</p>	<p>23 9:00-Aromatherapy/Visual Imagery 9:30-Flower Lamps * 10:30-Amazing Kids * 11:00-ZUMBA 11:30-SNACKTIVITY 1:30-Clay it With Me! 2:00-What Animals Are Dear to Your Heart? 2:30-ULU MAIKA 3:30-FOODIE RECIPE (Boiled Peanuts) 6:30-Relaxing Music/One on One Time</p>	<p>24 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Rock Sun Dial * 10:30-Rock Scavenger Hunt 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-SIGN LANGUAGE 101 2:00-Photo Memory Game * 3:00-TARGET VOLLEY BALL 6:30-Personal Pictures/Reminiscing</p>	<p>25 10:00-Aromatherapy/Deep Breathing 10:15-Faux Flowers * 10:30-When Should We Plant These? 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-Sand Pictures 2:00-Most Common Baby Names 6:30-Reminisce Magazines</p>
<p>26 Activity Boxes One on One Conversations Puzzles 2:00-Church Service (United Methodist)</p> 	<p>27 <u>Hair Dresser (Myra)</u> ✂ 9:00-Aromatherapy/Deep Breathing ✂ 9:30-Fashion Jewelry * 10:30-Secrets to a Long Life! 11:00-CARDIOICISE 11:30-SNACKTIVITY 1:30-Dream Cars 2:00-Music with Steven Chappelle 2:00-Touch &amp; Feel 3:00-BUTTON TWISTER 6:30-Hand Messages/Blast from the Past</p>	<p>28 <u>Hair Dresser (Jennie)</u> ✂ 9:00-Aromatherapy/Chicken Soup for the Soul ✂ 9:30-Flower Stones * 10:30-Garden Sticks * 11:00-CHAIR YOGA 11:30-SNACKTIVITY 1:30-Trivia 2:00-Aqua Painting 2:30-BEAN BAG TOSS 3:30-FOODIE RECIPE (Chocolate Covered Pretzels) 6:30-One on One/Reminiscing</p>	<p>29 9:00-Aromatherapy/Poetry 9:30-Easter Egg Rocks * 10:30-Name That Tourist Attraction * 11:00-CARDIO DRUMMING 11:00-Pet Therapy with Charlie 11:30-SNACKTIVITY 1:30-Common Dreams * 2:30-Identify the Smell 3:30-BALL PONG 6:30-Magazine Browsing</p>	<p>30 9:00-Aromatherapy/Visual Imagery 9:30-Painting Easter Bunnies * 10:30-Drawing Vincent Van Gogh's Art * 11:00-ZUMBA 11:30-SNACKTIVITY 1:30-Clay it With Me! 2:00-World's Most Beautiful Beaches 2:30-ULU MAIKA 3:30-FOODIE RECIPE (Raisinnet Clusters) 6:30-Relaxing Music/One on One Time</p>	<p>31 9:00-Aromatherapy/Deep Breathing 9:30-Spring Crayon Rubbings * 10:30-Getting a Few Laughs 11:00-THAI CHI/MEDATIVE MOMENTS 11:30-SNACKTIVITY 1:30-SIGN LANGUAGE 101 2:00-Trash to Treasure * 3:00-TARGET VOLLEY BALL 6:30-Personal Pictures/Reminiscing</p>	<p><b>Life Enrichment Activities with Care Staff/ Activity Boxes Always Available</b></p>