



MARCH 2023

DOUGLAS CARE COMMUNI-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 8th Tea For Tu Tu</p> <p>March 21st Handy Dart Outing</p> <p>March 17th St. Patrick's Day</p>		 <p>Everyone's Irish On March 17th.</p>	<p>10:00 am: Exercise with Weights 10:30 am: History/Trivia 11:00 am: Active Indoor Games 1:30 pm: Art Therapy with Erin Afternoon: Outdoor Walk Evening: Sing-A-Long</p>	<p>10:00 am: Seated Senior Stretch 10:30 am: History/Brain Games 11:00 am: Floral Arranging 1:30 pm: Bingo Party!! Afternoon: Outdoor Walk Evening: Comedy Movie</p>	<p>9:30 am: SoQi with Isabel 11:00 am: One On One Visits 2 :00 pm: Piano Concert with Jesse Afternoon: Spa & Beauty Shop Evening: Classic Card/Board Games</p>	<p>10:00 am: Exercise Video 11:00 am: Armchair Travels 2:00 pm: Hot Appetizers & Happy Hour Concert with Casey Evening: Classic Film Night</p>
<p>10:00 am: Online Spiritual Service 11:00 m: One On One Visits 2:00 pm: Puzzles & Card Games Evening: Nature Documentary</p>	<p>10:00 am: Chair Exercise 10:00 am: History/Trivia 11:00 am: Spa & Beauty Shop 2:00 pm: Accordion Afternoon with Eugene Afternoon: Outdoor Walks Evening: TV Series</p>	<p>10:30 am: Zumba with Isabel 11:00: This Day in History 11:30 am: Brain Games 1:30 pm: March Birthday Bash with Ian on Guitar!! Afternoon: Outdoor Walk Evening: Downton Abbey Series</p>	<p>10:00 am: Exercise with Weights 10:30 am: History/Trivia 11:00 am: Active Indoor Games 1:30 pm: Art Therapy with Erin Afternoon: Tea For Tu Tu Outing Evening: Sing-A-Long</p>	<p>10:00 am: Seated Senior Stretch 10:30 am: This Day In History 11:00 am: Brain Games 1:30 pm: Bingo Party!! Afternoon: Outdoor Walk Evening: Comedy Movie</p>	<p>9:30 am: SoQi with Isabel 11:00 am: One On One Visits Afternoon: Spa & Beauty Shop Evening: Classic Card/Board Games</p>	<p>10:00 am: Exercise Video 11:00 am: Armchair Travels 2:00 pm: Hot Appetizers & Happy Hour Concert with Casey Evening: Classic Film Night</p>
<p>10:00 am: Online Spiritual Service 11:00 am: One On One Visits 2:00 pm: Puzzle & Card Games Evening: Nature Documentary</p>	<p>10:00 am: Chair Exercise 10:30 am: History/Trivia 11:00 am: Spa & Beauty Shop 2:00 pm: Accordion Afternoon with Eugene Afternoon: Outdoor Walks Evening: TV Series</p>	<p>10:30 am: Zumba with Isabel 11:00 am: This Day in History 11:30 am: Brain Games 1:30 pm: St Patrick's Day Craft Afternoon: Outdoor Walk Evening: Downton Abbey Series</p>	<p>10:00 am: Exercise with Weights 10:30 am: History/Trivia 11:00 am: Active Indoor Games 1:30 pm: Art Therapy with Erin Afternoon: Outdoor Walk Evening: Sing-A-Long</p>	<p>10:00 am: Seated Senior Stretch 10:30 am: This Day In History 11:00 am: Brain Games 1:30 pm: Bingo Party!! Afternoon: Outdoor Walk Evening: Comedy Movie</p>	<p>St. Patrick's Day 9:30 am: SoQi with Isabel 11:00 am: One On One Visits 2:00 pm: St. Patrick's Day Appys & Piano Concert with Jesse Evening: St. Patrick's Day Movie "Brooklyn"</p>	<p>10:00 am: Exercise Video 11:00 am: Armchair Travels 1:30 pm: Hot Appetizers & Happy Hour Concert with Casey Evening: Classic Film Night</p>
<p>10:00 am: Online Spiritual Service 11:00 am: One On One Visits 2:00 pm: Puzzle & Card Games Evening: Nature Documentary</p>	<p>10:00 am: Chair Exercise 10:30 am: History/Trivia 11:00 am: First Day of Spring Craft 2:00 pm: Accordion Afternoon with Eugene Afternoon: First Day of Spring Craft Evening: TV Series</p>	<p>10:30 am: Zumba with Isabel 11:00 am: This Day in History 11:30 am: Brain Games 1:00 pm: Gorge Park Pavilion- Japanese Garden Walk Afternoon: Outdoor Walk Evening: Downton Abbey Series</p>	<p>10:00 am: Exercise with Weights 10:30 am: History/Trivia 11:00 am: Active Indoor Games 1:30 pm: Art Therapy with Erin 3:00 pm: Concert with "Two Among Friends" Evening: Sing-A-Long</p>	<p>10:00 am: Seated Senior Stretch 10:30 am: This Day In History 11:00 am: Brain Games 1:30 pm: Bingo Party!! Afternoon: Outdoor Walk Evening: Comedy Movie</p>	<p>9:30 am: SoQi with Isabel 11:00 am: One On One Visits 2:00 pm: Piano Concert with Jesse Afternoon: Spa & Beauty Shop Evening: Classic Card/Board Games</p>	<p>10:00 am: Exercise Video 11:00 am: Arm chair Travels 2:00 pm: Hot Appetizers & Happy Hour Concert with Casey Evening: Classic Film Night</p>
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