


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p> <p>Clubs scheduled weekly</p> <p>*Programs subject to change</p>	<p>March cont'd 30</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>31</p> <p>10:00 Daily Groove</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>1:30 Movie Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>2:30 Art Fun with Dawn</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>4:00 Word Games/Puzzles</p>	<p>Alzheimer Poetry Project</p> <p>Field to Fare</p> <p>Memories in the Making</p> <p>Mindful Matters</p>				<p>Nail Care with Care Team/ Varied Times 1</p> <p>10:00 Resident Choice: Puzzles, Music and Movies</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Resident Choice: At the Movies</p>
	<p>2</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>3</p> <p>10:00 Daily Groove</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>1:30 Movie Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>SPECIAL GUESTS: Card Making with Kathie and Sharon</p> <p>4:00 Word Games/Puzzles</p>	<p>4</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 Celebrate Dr. Seuss Week</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 Noodle Exercises</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Fat Tuesday Fun</p> <p>4:00 Music and Motion</p>	<p>5</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Celebrate Dr. Seuss Week</p> <p>1:00 Stand Up and S-T-R-E-T-C-H</p> <p>1:30 Movie Club</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club Read Aloud and Discussion</p> <p>4:00 Dart Board Game</p>	<p>6</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>SPECIAL GUEST: Communion with Reverend Childress</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks- National Oreo Day [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>7</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 National Cereal Day Samples</p> <p>1:00 Life In Color Painting Session</p> <p>2:00 Seated Yoga</p> <p>2:30 Celebrate Your Name Discussion</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:00 Ballroom Dancing Video</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>8</p> <p>Nail Care with Care Team/ Varied Times</p> <p>10:00 Seated Exercises</p> <p>10:30 Daily News/Weather Report</p> <p>1:00 Indoor Walking Club</p> <p>2:00 Table Top Games</p> <p>3:00 Crafter's Corner</p> <p>4:00 Active Games</p>
<p>DAILY RHYTHM</p> <p>8:00 Breakfast</p> <p>10:00 Mindful Matters/Exercise</p> <p>10:30 Hydration</p> <p>11:00 This Day in History/Various Programs</p> <p>12:00 Lunch</p> <p>1:00 Walking Club</p> <p>2:00 Mindful Matters/Partner Programs</p> <p>3:00 Group Programs</p> <p>4:00 Art Corner/Recharge</p> <p>5:00 Dinner</p> <p>6:00 Resident's Choice</p>	<p>Daylight Saving Time Begins 9</p> <p>10:00 Virtual Church Service</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>10</p> <p>10:00 Daily Groove</p> <p>11:00 Barbie Day Fun Facts</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crochet Week Discussion and Crafting</p> <p>1:30 Movie Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>2:30 Art Fun with Dawn</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>4:00 Word Games/Puzzles</p>	<p>11</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 Hobby Exploration</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 Noodle Exercises</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>12</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Springtime Discussions</p> <p>1:00 Stand Up and S-T-R-E-T-C-H</p> <p>1:30 Movie Club</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club Read Aloud and Discussion</p> <p>4:30 SPECIAL EVENT: Blu Grotto Family Dinner [CR]</p>	<p>13</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks- Popcorn Lover's Day [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>14</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 Learn About Butterflies Day</p> <p>1:00 Life In Color Painting Session</p> <p>2:00 Seated Yoga</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration- Pi Day</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>15</p> <p>Nail Care with Care Team/ Varied Times</p> <p>10:00 Resident Choice: Puzzles, Music and Movies</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Resident Choice: At the Movies</p>
	<p>16</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>St. Patrick's Day 17</p> <p>10:00 Daily Groove</p> <p>11:00 Giant Panda Day</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>1:30 Movie Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>2:30 Art Fun with Dawn</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>4:00 Word Games/Puzzles</p>	<p>18</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 Hobby Exploration</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 Noodle Exercises</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>19</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Springtime Discussions</p> <p>1:00 Stand Up and S-T-R-E-T-C-H</p> <p>1:30 Movie Club</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club Read Aloud and Discussion</p> <p>4:00 Dart Board Game</p>	<p>20</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>11:00 Earth Day Discussion</p> <p>1:30 MSO- HeartStrings Quartet</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>21</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 World Poetry Day</p> <p>1:00 Life In Color Painting Session</p> <p>2:00 Seated Yoga</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>22</p> <p>Nail Care with Care Team/ Varied Times</p> <p>10:00 Seated Exercises</p> <p>10:30 Daily News/Weather Report</p> <p>1:00 Indoor Walking Club</p> <p>2:00 Table Top Games</p> <p>3:00 Crafter's Corner</p> <p>4:00 Active Games</p>
	<p>23</p> <p>10:00 Virtual Church Service</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>24</p> <p>10:00 Daily Groove</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>1:30 Movie Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>2:30 Art Fun with Dawn</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>4:00 Word Games/Puzzles</p>	<p>25</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily News/Weather Report</p> <p>11:00 Hobby Exploration</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 Noodle Exercises</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>26</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Springtime Discussions</p> <p>1:00 Stand Up and S-T-R-E-T-C-H</p> <p>1:30 Movie Club</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club Read Aloud and Discussion</p> <p>4:00 Dart Board Game</p>	<p>27</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>28</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>1:00 Life In Color Painting Session</p> <p>2:00 Seated Yoga</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration- Something On a Stick Day</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>HAPPY BIRTHDAY to Jean A. 29</p> <p>Nail Care with Care Team/ Varied Times</p> <p>10:00 Resident Choice: Puzzles, Music and Movies</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Resident Choice: At the Movies</p>

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