

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Egis Activity Calendar

			<p>1</p> <p>10:00 Resident Council 10:00 Noodle Drumming w/ Music 11:00 My 2 Cents Game 1:00-2:00 FREE Monthly Blood Pressure Clinic (P) 1:00 Shake Loose a Memory 2:00 Word Mining on WB 3:00 Bingo 6:00 Movie Night</p>	<p>2</p> <p>10:00 Beach Ball Volley 10:00 Catholic Mass w/ Fr. Peter of St. Mary's Church (C) 10:30 Exercise w/ Miranda 1:00 Cardio Drumming (LS) 2:00 Hidden in Plain Sight (I Spy) 3:00 Bingo 6:00 Name 10 on WB</p>	<p>3</p> <p>10:30 Exercise w/ Miranda 10:30 Scenic Ride through the Quabbin Reservoir (GRP 1) 11:00 Bowling 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Finishing Lines & Lyrics</p>	<p>4</p> <p>10:00 Paddle Volley 10:30 Exercise w/ Miranda 11:00 Sing Along 1:00 Walk & Chat 1:30-4:00 LIVE in Concert: Neil Diamond (T) 2:00 Arts & Crafts 3:00 Bingo 6:00 Traditional Games & Cards</p>
<p>5</p> <p>10:00 Televised Catholic Mass (NBC Ch 5) 11:00 Chat Pack Cards 1:00 Cranium Crunches & Trivia 2:00 Giant Conversation Cards 3:00 Bingo 6:00 Adult Coloring & Word Puzzles</p>	<p>6</p> <p>10:00 Music Therapy w/ Roberta 11:00 Train of Thought 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Reminisce Cube</p> <p>Purim Begins</p>	<p>7</p> <p>10:00 Toss & Talk Reminisce Ball 10:30 Exercise w/ Miranda 11:00 Rosary (C) 1:00 Cardio Drumming (LS) 2:00 Memories & More Scrapbooking 3:00 Bingo 3:00 Sing-Along w/ Sandy (P) 6:00 Penny Ante</p>	<p>8</p> <p>10:00 Noodle Drumming w/ Music 10:30 Food Demo w/ the Chef (LS) 11:00 My 2 Cents Game 1:00 Shake Loose a Memory 2:00 Word Mining on WB 3:00 Bingo 6:00 Movie Night</p>	<p>9</p> <p>10:00 Beach Ball Volley 10:30 FREE Fall Prevention Clinic 10:30 Protestant Worship Service w/ Rev. Ann (C) 10:30 Exercise w/ Miranda 11:00 Baking Group 1:00 Cardio Drumming (LS) 2:00 Hidden in Plain Sight (I Spy) 3:00 Bingo 6:00 Name 10 on WB</p>	<p>10</p> <p>10:30 Exercise w/ Miranda 10:30 Scenic Ride through the Quabbin Reservoir (GRP 2) 11:00 Bowling 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Finishing Lines & Lyrics</p>	<p>11</p> <p>10:00 Paddle Volley 10:30 Exercise w/ Miranda 11:00 Sing Along 1:00 Walk & Chat 2:00 Arts & Crafts 3:00 Bingo 6:00 Traditional Games & Cards</p>
<p>12</p> <p>10:00 Televised Catholic Mass (NBC Ch 5) 11:00 Chat Pack Cards 1:00 Cranium Crunches & Trivia 2:00 Giant Conversation Cards 3:00 Bingo 6:00 Adult Coloring & Word Puzzles</p> <p>Daylight Savings Time: Spring Ahead! Daylight Saving Time Begins</p>	<p>13</p> <p>10:00 Music Therapy w/ Roberta 11:00 Train of Thought 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Reminisce Cube</p>	<p>14</p> <p>10:00 Toss & Talk Reminisce Ball 10:30 Exercise w/ Miranda 11:00 Rosary (C) 1:00 Cardio Drumming (LS) 2:00 Memories & More Scrapbooking 3:00 Bingo 3:30 Visit w/ Therapy Dog Freddy 6:00 Penny Ante</p>	<p>15</p> <p>10:00 Noodle Drumming w/ Music 10:30 FREE Health Talk: The Effects of Isolation (P) 11:00 My 2 Cents Game 1:00 Shake Loose a Memory 2:00 Word Mining on WB 3:00 Bingo 6:00 Movie Night</p>	<p>16</p> <p>10:00 Beach Ball Volley 10:30 Exercise w/ Miranda 11:00 Baking Group 1:00 Cardio Drumming (LS) 2:00 Hidden in Plain Sight (I Spy) 3:00 Bingo 3:00 St. Patrick's Day Show & Party w/ Sean Fullerton (SD) 6:00 Name 10 on WB</p>	<p>17</p> <p>10:00 St. Paddy's ArtSong w/ Amy 10:30 Exercise w/ Miranda 11:00 Bowling 1:00-3:00 Movie Matinee (T) 3:00 St. Patrick's Day Cookie Decorating & IRISH Bingo 6:00 Finishing Lines & Lyrics</p> <p>Happy St. Patrick's Day: Wear Green! St. Patrick's Day</p>	<p>18</p> <p>10:00 Paddle Volley 10:30 Exercise w/ Miranda 11:00 Sing Along 1:00 Walk & Chat 2:00 Arts & Crafts 3:00 Bingo 6:00 Traditional Games & Cards</p>
<p>19</p> <p>10:00 Televised Catholic Mass (NBC Ch 5) 11:00 Chat Pack Cards 1:00 Cranium Crunches & Trivia 2:00 Giant Conversation Cards 3:00 Bingo 6:00 Adult Coloring & Word Puzzles</p>	<p>20</p> <p>10:00 Music Therapy w/ Roberta 11:00 Train of Thought 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Reminisce Cube</p> <p>Happy Spring! Wear a bright, spring-like color today! Spring Begins</p>	<p>21</p> <p>10:00 Toss & Talk Reminisce Ball 10:30 Exercise w/ Miranda 11:00 Rosary (C) 1:00 Cardio Drumming (LS) 2:00 Memories & More Scrapbooking 3:00 Bingo 6:00 Penny Ante</p>	<p>22</p> <p>10:00 Noodle Drumming w/ Music 10:30 Food Demo w/ the Chef 11:00 My 2 Cents Game 1:00 Shake Loose a Memory 2:00 Word Mining on WB 2:00 March Birthday Party 3:00 Bingo 6:00 Movie Night</p> <p>Ramadan Begins</p>	<p>23</p> <p>10:00 Beach Ball Volley 10:30 Exercise w/ Miranda 11:00 Baking Group 1:00 Cardio Drumming (LS) 2:00 Hidden in Plain Sight (I Spy) 3:00 Bingo 6:00 Name 10 on WB</p>	<p>24</p> <p>10:30 Exercise w/ Miranda 11:00 Bowling 1:00-3:00 Movie Matinee (ON UNIT) 3:00 Bingo 6:00 Finishing Lines & Lyrics</p>	<p>25</p> <p>10:00 Paddle Volley 10:30 Exercise w/ Miranda 11:00 Sing Along 1:00 Walk & Chat 2:00 Arts & Crafts 2:00-4:00 LIVE in Concert Andre Rieu: The Magic of Maastricht (T) 3:00 Bingo 6:00 Traditional Games & Cards</p> <p>Haymaker's Pub is reserved for a private function from 3:30-6:30PM</p>
<p>26</p> <p>10:00 Televised Catholic Mass (NBC Ch 5) 11:00 Chat Pack Cards 1:00 Cranium Crunches & Trivia 2:00 Giant Conversation Cards 3:00 Bingo 6:00 Adult Coloring & Word Puzzles</p>	<p>27</p> <p>10:00 Music Therapy w/ Roberta 11:00 Train of Thought 1:00-3:00 Movie Matinee: <i>Singin' in the Rain</i> (T) 3:00 Bingo 6:00 Reminisce Cube</p> <p>In honor of Singin' in the Rain Day, stop by the Casino Theatre this afternoon for <i>Singin' in the Rain!</i></p>	<p>28</p> <p>10:00 Toss & Talk Reminisce Ball 10:30 Exercise w/ Miranda 11:00 Rosary (C) 1:00 Cardio Drumming (LS) 2:00 Spring Craft w/ Kelly 3:00 Bingo 3:30 Visit w/ Therapy Dog Freddy 6:00 Penny Ante</p>	<p>29</p> <p>10:00 Noodle Drumming w/ Music 10:00 Local Coffee Outing (GRP 1) 11:00 My 2 Cents Game 1:00 Shake Loose a Memory 2:00 Word Mining on WB 3:00 Bingo 6:00 Movie Night</p>	<p>30</p> <p>10:00 Beach Ball Volley 10:30 Exercise w/ Miranda 11:00 Baking Group 1:00 Cardio Drumming (LS) 2:00 Hidden in Plain Sight (I Spy) 3:00 Bingo 6:00 Name 10 on WB</p> <p>In honor of MLB Opening Day, wear your favorite team gear!</p>	<p>31</p> <p>10:00 Local Coffee Outing (GRP 2) 10:30 Exercise w/ Miranda 11:00 Bowling 1:00-3:00 Movie Matinee (T) 3:00 Bingo 6:00 Finishing Lines & Lyrics</p>	<p>10:00 Paddle Volley 10:30 Exercise w/ Miranda 11:00 Sing Along 1:00 Walk & Chat 2:00 Arts & Crafts 3:00 Bingo 6:00 Traditional Games & Cards</p>

Activities to take place in EGIS Activity Room, unless noted.

Lucy Stone Activity Room-LS, Windsor Dining-WD, Swift Dining-SD, Courtyard-CY, Pub-P, Theatre-T, Chapel-C, Library-L

Daily Events:

9:00 Coffee Social & Current Events

9:30 The Daily Chronicle

11:15 Table Setting (Lunch)

2:30 Afternoon Snack/Beverage

4:00 Table Setting (Dinner)

Activity outings are highlighted in **red** on calendar.

There will be two groups for each outing (1 & 2)

Listed in BLUE, you'll find fun themed days where staff & residents are encouraged to "play along".

Special days include St. Patrick's Day, The First Day of Spring & MLB Opening Day!

Have fun & dress accordingly 😊

Monthly Blood Pressure Clinic – Wednesday, March 1st @ 1:00-2:00PM

Stop by Haymaker's Pub for the free monthly blood pressure clinic.

Free Health Talk: The Effects of Isolation - Monday, March 6th @ 10:30AM

Join us in Haymaker's Pub for a FREE Health Talk discussing the Effects of Isolation. Kevin LeClaire of Enhabit Home Health & Hospice will be leading the discussion.

FREE Fall Prevention Clinic - Thursday, March 9th @ 10:30AM

Join us in Haymaker's Pub for a FREE Fall Prevention Clinic. Sheila & Jane of Care Tenders Home Health will be leading the discussion & clinic.

Wellness Workshop w/ Miranda - Saturday, March 18th @ 2:00PM

Stop by Lucy Stone Activity Room for Miranda's 2nd Wellness Workshop this year! Miranda will be discussing a specific topic of her choosing, providing handouts as well.