

"Lucky Livin' at Vineyard"

*All activities/times are subject to change at any time.

March 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | 1 9:30AM Chair Exercise 10:15AM Daily News 11AM Catch and Throw 1:30P Scrabble 2PM Arts and Crafts- Water Color 3PM Pictionary 4PM Kickball 7PM Hand Massage | 2 National Read Across America 9:30AM Chair Yoga 10:15AM Book Club- Audio Book 11AM Balloon Volleyball 1:30PM Fly with Me- Parachute 2PM Dr. Seuss Birthday Celebration 3PM Move and Groove 4PM Trivia 7PM Evening Art | 3 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Ring Toss 1:30PM Mix and Mingle 2PM Making Jewelry 3PM Foosball 4PM Feature Show 7PM Cross Word Puzzles | 4 9:30AM Chair Exercise 10:15AM Balloon Volleyball 11AM Catch and Throw 1:30PM Pictionary 2PM Bingo 3PM Don't Get Caught- Hot Potato 4PM Move and Groove 7PM Mix and Mingle |
| 5 9:30AM Sit and Stretch 10:15AM Church Services 11AM Pop Bubbles 1:30PM Lunch Laps 2PM Bingo 3PM Sing along 4PM Hand Massage 7PM Board Games | 6 9:30AM Chair Exercise 10:15AM Pictionary 11AM Arts and Crafts- Q Tip 1:30PM Seated Tai Chi & Aromatherapy 2PM Trivia 3PM Feature Film 4PM Foosball 7PM Card Games | 7 9:30AM Chair Yoga 10:15AM Audio Book 11AM Walking Laps 1:30PM Trivia 2PM Entertainment- Leon 3PM Move and Groove 4PM Shoot Hoops 7PM Puzzles | 8 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Floral Arrangements 1:30PM Tic- Tac- Toe 2PM Scenic Drive- Lake Las Vegas 4PM Wheelchair Races 7PM Mix and Mingle | 9 National Meatball Day 9:30AM Chair Exercise 10:15AM Trivia 11AM Arts and Crafts- Yarn Creations 1:30PM Tug of War 2 PM Cooking Class- Meatballs 3PM Pictionary 4PM Balloon Volleyball 7PM Evening Art | 10 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Arts and Crafts- Marble Trays 1:30PM Seated Tai Chi & Aromatherapy 2PM Scenic Drive- Lake Las Vegas 4PM Mix and Mingle 7PM Hand Massages | 11 9:30AM Sit and Stretch 10:15AM Bowling 11AM Ring Toss 1:30PM Lunch Laps 2PM Bingo 3PM Manicures 4PM Move and Groove 7PM Card Games |
| 12 9:30AM Sit and Stretch 10:15AM Church Services 11AM Hand Massage 1:30PM Shooting Hoops 2PM Sunday Sundaes 3PM Bean Bag Toss 4PM Fly with Me- Parachute 7PM Mix and Mingle | 13 9:30AM Chair Exercise 10:15AM Daily News 11AM Catch and Throw 1:30PM Lunch Laps 2PM Brain Teaser 3PM Bob's Money Origami Class 4PM Mix and Mingle 7PM Board Games | 14 9:30AM Chair Yoga 10:15AM Daily News 11AM Trivia 1:30PM Lunch Laps 2PM Cooking Class- Mocktails 3PM Magic Tricks 4PM Move and Grove 7PM Puzzles | 15 9:30AM Sit and Stretch 10:15AM Balloon Volleyball 11AM Audio Book 1:30PM Hang Man- 1950's Sayings 2PM Seated Tai Chi & Aromatherapy 3PM Manicures & Hand Massage 4PM Foosball 7PM Evening Art | 16 9:30AM Chair Exercise 10:15AM Egg Race 11AM Finish the Phrase 1:30PM Afternoon Stretch 2PM Show and Tell 3PM Wheelchair Races 4PM Magic Tricks 7PM Hand Massages | 17 St. Patrick's Day 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Kickball 1:30PM Lunch Laps 2PM St. Patrick's Day Celebration 3PM Wheelchair Races 4PM Feature Film 7PM Board Games | 18 9:30AM Sit and Stretch 10:15AM Pictionary 11AM Catch and Throw 1:30PM Bowling 2PM Bingo 3PM Move and Groove 4PM Manicures & Hand Massage 7PM Mix and Mingle |
| 19 9:30AM Sit and Stretch 10:15AM Church Services 11AM Bingo 1:30PM Ring Toss 2PM Sunday Sundaes 3PM Ring Toss 4PM Catch and Throw 7PM Puzzles | 20 9:30AM Chair Yoga 10:15AM Daily News 11AM Arts and Crafts- Geometric 1:30PM Balloon Volleyball 2PM Scenic Drive- Magic Mountains 4PM Mix and Mingle 7PM Board Games | 21 9:30AM Chair Exercise 10:15AM Trivia 11AM Seated Tai Chi & Aromatherapy 1:30PM Lunch Laps 2PM Entertainment- Jazz 3PM Bingo 4PM Feature Film 7PM Mix and Mingle | 22 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Freeze Dance 1:30PM Tic-Tac-Toe 2PM Aroma Therapy & Meditation 3PM Manicures & Hand Massage 4PM Magic Tricks 7PM Hand Massages | 23 9:30AM Chair Yoga 10:15AM Daily News 11AM Tug of War 1:30PM Afternoon Stretch 2 PM Scenic Drive- Magic Mountains 4PM Memory Matching Cards 7PM Evening Art | 24 9:30AM Chair Exercise 10:15AM Dog Therapy 11AM Arts and Crafts- Sun Catchers 1:30PM Lunch Laps 2PM Cooking Class- Cookies and Tea 3PM Popcorn & Movie 4PM Magic Tricks 7PM Card Games | 25 National Waffle Day 9:30AM Sit and Stretch 10:15AM Mini Golf 11AM Ring Toss 1:30PM Lunch Laps 2PM Cooking Class- Waffle Tasting 3PM Bingo 4PM Move and Groove 7PM Puzzles |
| 26 9:30AM Sit and Stretch 10:15AM Church Services 11AM Bowling 1:30PM Lunch Laps 2PM Sunday Sundaes 3PM Bingo 4PM Mix and Mingle 7PM Board Games | 27 9:30AM Chair Yoga 10:15AM Daily News 11AM Color Lab- Salon 1:30PM Kickball 2PM Seated Tai Chi & Aromatherapy 3PM Manicures & Hand Massage 4PM Fly with Me- Parachute 7PM Mix and Mingle | 28 9:30AM Chair Exercise 10:15AM Arts and Crafts- Watercolor 11AM Manicures & Hand Massage 1:30PM Lunch Laps 2PM Aroma Therapy & Meditation 3PM Show and Tell 4PM Catch and Throw 7PM Puzzles | 29 9:30AM Sit and Stretch 10:15AM Trivia 11AM Audio Book 1:30PM Move and Groove 2PM Telephone 3PM Kickball 4PM Mix and Mingle 7PM Evening Art | 30 9:30AM Chair Yoga 10:15AM Daily News 11AM Pictionary 1:30PM Catch and Throw 2PM Tea and Cookies 3PM Salon Makeover 4PM Wheelchair Races 7PM Board Games | 31 9:30AM Chair Exercise 10:15AM Dog Therapy 11AM Show and Tell 1:30PM Lunch Laps 2PM Happy Birthday 3PM Manicures & Hand Massage 4PM Show and Tell 7PM Puzzles | Dining Schedule Breakfast Served 8AM- 9AM Lunch Served 12PM-1PM Dinner Served 4:30PM- 5:30PM |