



The Living Room

March 2023

954 742-2299



Monday		Tuesday		Wednesday		Friday			
				1	9:00 – 9:45	Coffee & Chit Chat	3	9:00 – 9:45	Coffee & Chit Chat
					9:45 – 10:10	Chair Exercises & Breathing		9:45 – 10:10	Yoga & Stretching
					10:10 – 10:40	Trivia		10:10 – 10:30	Color By Numbers
					10:40-11:30	Spring Bingo		10:30 – 11:30	Visit with Viv
					11:30-12:15	Lunch		11:30-12:15	Lunch
					12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
					1:00-1:30	Gardening		1:30-2:00	Name that song
					1:30-2:00	Afternoon Stretch			
6	9:00 – 9:45	Coffee & Chit Chat	7	9:00 – 9:45	Coffee & Chit Chat	8	9:00 – 9:45	Coffee & Chit Chat	
	9:45 – 10:10	Yoga & Breathing		9:45 – 10:10	Chair Exercises & Breathing		9:45 – 10:10	Chair Exercises & Breathing	
	10:10-10:40	Word Search		10:10-10:40	Balloon Baseball		10:10 – 10:40	Brain Games	
	10:45-11:30	Memory Matching		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening	
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch	
						10	9:00 – 9:45	Coffee & Chit Chat	
							9:45 – 10:10	Chair Exercises & Breathing	
							10:10 – 10:30	Trivia	
							10:30 – 11:30	Visit with Viv	
							11:30-12:15	Lunch	

	12:15-1:15	Bingo		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
	1:15-2:00	Afternoon Stretch		1:15-2:00	Free Draw		1:00-1:30	Gardening		1:30-2:00	Chat and reflect
							1:30-2:00	Afternoon Stretch			
13	9:00 – 9:45	Coffee & Chit Chat	14	9:00 – 9:45	Coffee & Chit Chat	15	9:00 – 9:45	Coffee & Chit Chat	17	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:10	Chair Exercises		9:45 – 10:10	Movin' & Groovin' Exercise		9:45 – 10:10	Chair Exercises & Breathing		9:45 – 10:10	Chair Exercises & Breathing
	10:10-10:40	Puzzles		10:10-10:40	Word Scrabble		10:10 – 10:40	Current Events		10:10 – 10:30	St. Patricks Day Bingo
	10:45-11:30	Words In Words		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
	12:15-1:15	Bingo		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
	1:15-2:00	Free Draw		1:15-2:00	Balloon Baseball		1:00-1:30	Gardening		1:30-2:00	Current Events
							1:30-2:00	Afternoon Stretch			
20	9:00 – 9:45	Coffee & Chit Chat	21	9:00 – 9:45	Coffee & Chit Chat	22	9:00 – 9:45	Coffee & Chit Chat	24	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:10	Chair Exercises		9:45 – 10:10	Yoga & Stretching		9:45 – 10:10	Movin' & Groovin' Exercise		9:45 – 10:10	Yoga & Stretching
	10:10-10:40	Trivia		10:10-10:40	Balloon Baseball		10:10 – 10:40	Word Game		10:10 – 10:30	Color By Numbers
	10:45-11:30	Board Games		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Balloon Baseball		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch

	12:15-1:15	Bingo		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
	1:15-2:00	Fun Facts about spring		1:15-2:00	Hangman word game		1:00-1:30	Gardening		1:30-2:00	Name that song
							1:30-2:00	Afternoon Stretch			
27	9:00 – 9:45	Coffee & Chit Chat	28	9:00 – 9:45	Coffee & Chit Chat	29	9:00 – 9:45	Coffee & Chit Chat	31	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:10	Chair Exercises		9:45 – 10:10	Yoga & Stretching		9:45 – 10:10	Chair Exercises & Breathing		9:45 – 10:10	Yoga & Stretching
	10:10-10:40	How Many Words?		10:10-10:40	How many words?		10:10 – 10:40	Remember When?		10:10 – 10:30	Word Search
	10:45-11:30	Watercolor Painting		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
	12:15-1:15	Bingo		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
	1:15-2:00	Rhymes With		1:15-2:00	Color By Number		1:00-1:30	Gardening		1:30-2:00	Do you remember?
							1:30-2:00	Afternoon Stretch			