






MONTVILLE ACTIVITIES CALENDAR MARCH 2023

LIVING LIFE WELL

Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Morning Exercise 10:00 Music Remedy 10:45 Snack Tray & Music 1:30 Favorite Animals Chat 2:00 Let's Read 3:00 Afternoon Tea 4:00 Who Am I	2 9:30 Rise & Shine Exercise 10:45 Coffee & News 1:30 Let's Paint 2:00 Hand Massages 3:00 Social Gathering 4:00 The Chat Room 6:00 Movie Hour	3 10:00 Chair Exercise 10:30 French Toast Friday 11:00 Snacks & Refreshments 1:30 Plant Discussion 2:00 Mix & Match Items 3:00 Warm Apple Cider Social 4:00 Word Game 6:00 Lifetime Movies	4 10:00 Chair Exercise 10:45 Simon Says 1:30 Enjoyable Snacks 2:00 Name That Tune 3:00 Fresh Fruit Social 4:00 Let's Play Cards 6:00 Karaoke Night
5 10:00 Spiritual Hour 10:45 Simon Says 1:30 Enjoyable Snacks 2:00 Name That Tune 3:00 Fresh Fruit Social 4:00 Let's Play Cards 6:00 Karaoke Night	6 10:00 Balloon Volley Exercise 10:30 Mix & Match Items 10:45 Relaxation & Snacks 1:30 Fun Arts & Crafts 2:00 Table Games 3:00 Hot Chocolate Social	7 10:00 Bean Toss Games 11:00 Relaxation & Refreshments 1:30 Hollywood Gossip 2:00 Ball Toss 3:00 Snack & Social 4:00 Let's Play Cards 6:00 Family Movie	8 10:00 Sit & Fit Exercise 10:30 Matching Card Game 11:00 Relax & Snack 12:50 Music Therapy w/Marjorie 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Gathering 4:00 Words Games	9 9:30 Sit & Fit Exercise 10:00 Snack and chat 10:45 Fun Trivia 11:15 Ball toss 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks 4:00 Name These Animals	10 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies 4:00 Short Stories	11 10:00 Coffee Klatch 10:30 Poetry Corner 11:00 Hand Massage & Snacks 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 I Love Lucy
12 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea 4:00 Relaxation & Reflection 6:00 Family Movie	13 10:00 Morning Stretch Exercise 10:30 Balloon Toss 11:00 Snack & Chat 1:30 Fun Trivia 2:00 Short Stories 3:00 Ho Cocoa Social 4:00 Fun Painting 6:00 Family Movie	14 9:30 Sit & Fit Exercise 10:00 Coffee Klatch 10:45 Mix & Match Items 1:30 Toss Ball 2:00 Name That Tune 3:00 Snacks Time 4:00 Short Stories	15 10:00 Sit & Be Fit Exercise 10:30 Warm Hand Massage 11:00 Snack & Chat 1:30 Getting to Know You 2:00 Bean Bag Toss 3:00 Hot Chocolate Social 4:00 Who Am I ?? 6:00 Movie Hour	16 10:00 Sit & Be Fit Exercise 10:30 Warm Hand Massage 11:00 Snack & Chat 1:30 Getting to Know You 2:00 Music Fun Time 3:00 Hot Chocolate Social 4:00 Who Am I ?? 6:00 Movie Hour	17 St. Patrick Day 9:30 Sit & Fit Exercise 10:00 Coffee Klatch 10:45 Mix & Match Items 1:30 Toss Ball 2:00 Leprechaun movie 3:00 Relaxation & Refreshments 4:00 Short Stories 	18 10:00 Chair Exercise 10:45 Simon Says 1:30 Enjoyable Snacks 2:00 Name That Tune 3:00 Fresh Fruit Social 4:00 Let's Play Cards 6:00 Karaoke Night
19 10:00 Spiritual Hour 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Brownie Social 4:00 let's Chat Together 6:00 Classic TV	20 10:00 Balloon Volley Exercise 10:30 Mix & Match Items 10:45 Relaxation & Snacks 1:00 Yoga/Self Defense 2:00 Table Games 3:00 Hot Chocolate Social 4:00 Fun Puzzles	21 9:30 Sit & Fit Exercise 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks 4:00 Name These Animals	22 9:30 Morning Exercise 10:00 Group Sing-A-Long 10:45 Snack Tray & Music 1:30 Favorite Animals Chat 2:00 Let's Read 3:00 Afternoon Tea 4:00 Who Am I ?	23 10:00 Chair Ribbon Exercise 11:00 Relax & Snack 11:15 Ball Toss 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Warm Apple Cider 4:00 Matching & Sorting	24 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies 4:00 Short Stories	25 9:30 Morning Stretch 10:00 Puzzles 10:45 Movement to music 1:30 Sing Along 2:00 Poker Fun Time, let's win 3:30 snacks Social with friends 4:00 Word Games
26 10:00 Spiritual Hour 10:30 Balloon Toss 11:00 Snack & Chat 1:30 Fun Trivia 2:00 Short Stories 3:00 Hot Cocoa Social 4:00 Fun Painting 6:00 Family Movie	27 9:30 Morning Stretches 10:00 Coffee & News 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Fruits Snacks & Social Chats 6:00 Classic TV	28 9:30 Morning Stretch 10:00 Dancing w/ Colorful Scarves 10:45 Movement to music 1:30 Matching & Sorting 2:00 Life Memories 3:00 Social Hour 4:00 Poetry Reading 6:00 I love Lucy	29 9:30 Morning Exercise 10:00 Music Remedy 10:45 Snack Tray & Music 1:30 Favorite Animals Chat 2:00 Let's Read 3:00 Afternoon Tea 4:00 Who Am I	30 9:30 Sit & Fit Exercise 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks 4:00 Name These Animals	31 10:00 Chair Exercise 10:30 French Toast Friday 11:00 Snacks & Refreshments 1:30 Plant Discussion 2:00 Mix & Match Items 3:00 Warm Apple Cider Social 4:00 Word Game 6:00 Lifetime Movies	