



## 3<sup>rd</sup> Floor Activities

Wednesday March 25, 2020

### Calendar Updates

- 9:30 – 12:00 Namaste with Crystal
- 10:00 – 11:00 FDR Upper/Lower Exercises with Alison
- 10:00 – 11:00 Rockin' to the fifties
- 11:00 – 11:30 FDR/BDR Refreshments
- 11:30 – 12:00 FDR Finish the Phrase with Alison
- 11:30 – 12:00 BDR Brain Trivia
- 1:00 – 2:00 FDR Reminiscing with Alison
- 1:00 – 2:00 BDR Let's Talk Spring with Judy
- 2:00 – 3:00 FDR Let's Stretch with Alison
- 2:00 – 3:00 BDR Move to the Music with Judy
- 3:00 – 4:00 FDR Holy Hour with Alison on Channel 18 EWTN
- 3:00 – 4:00 BDR Rosary with Judy
- 4:00 – 5:00 FDR Sing-a-Long with Alison
- 5:00 – 6:00 FDR Exercises with Alison/Setup for Supper
- 6:00 – 7:00 Supper
- 7:00 – 8:00 Game Shows with Alison

If you would like to speak with our Ombudsman, please find a staff member to help assist with calling.



## 3<sup>rd</sup> Floor Activities

Thursday March 26, 2020  
Calendar Updates

- 10:00 – 11:00 FDR Let's Move with Alison
- 10:00 – 11:00 BDR Move to the music with Patti
- 11:00 – 11:30 FDR/BDR Refreshments
- 11:30 – 12:00 FDR Finish the Phrase with Alison
- 11:30 – 12:00 BDR Brain Trivia with Patti
- 1:00 – 2:00 FDR Reminiscing with Alison
- 1:00 – 2:00 BDR Let's Talk Spring with Nancy
- 2:00 – 3:00 FDR Let's Stretch with Alison
- 2:00 – 3:00 BDR Move to the Music with Nancy
- 3:00 – 4:00 FDR Holy Hour with Alison on Channel 18 EWTN
- 3:00 – 4:00 BDR Rosary with Nancy
- 4:00 – 5:00 FDR Sing-a-Long with Alison
- 5:00 – 6:00 FDR Exercises with Alison/Setup for Supper
- 6:00 – 7:00 Supper
- 7:00 – 8:00 Game Shows with Alison

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## 3<sup>rd</sup> Floor Activities

Friday March 27, 2020

### Calendar Updates

- 10:00 – 11:00 FDR Upper/Lower Body Exercise with
- 10:00 – 11:00 BDR Move to the music with Patti
- 10:30 – Chapel Prayer Service with Chaplain Joe
- 11:00 – 11:30 FDR/BDR Refreshments
- 11:30 – 12:00 FDR Finish the Phrase with Alison
- 11:30 – 12:00 BDR Brain Trivia with Patti
- 1:00 – 2:00 FDR Reminiscing with Alison
- 1:00 – 2:00 BDR Let's Talk Spring with Nancy
- 2:00 – 3:00 FDR Let's Stretch with Alison
- 2:00 – 3:00 BDR Move to the Music with Nancy
- 3:00 – 4:00 FDR Holy Hour with Alison on Channel 18 EWTN
- 3:00 – 4:00 BDR Rosary with Nancy
- 4:00 – 5:00 FDR Sing-a-Long with Alison
- 5:00 – 6:00 FDR Exercises with Alison/Setup for Supper
- 6:00 – 7:00 Supper
- 7:00 – 8:00 Game Shows with Alison

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## 3<sup>rd</sup> Floor Activities

Saturday March 28, 2020  
Calendar Updates

- 10:00 -11:00 FDR Chair Exercises with Alison
- 11:00 – 11:30 FDR Refreshment time with Alison
- 11:30 –12:00 Let’s talk about favorite foods with Alison
- 1:00 – 2:00 Opposites with Alison
- 2:00 – 3:00 FDR Rockin’ in the fifties with Alison
- 3:00 – 4:00 FDR Rosary with Alison
- 4:00 – 5:00 FDR Eldersong Sing-a-long with Alison
- 5:00 – 6:00 FDR Upper body Exercises/Setup for Supper with Alison
- 6:00 – 7:00 Supper
- 7:00 – 8:00 FDR Game Shows with Alison



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## 3<sup>rd</sup> Floor Activities

Sunday March 29, 2020  
Calendar Updates

10:00 – 11:00 FDR Move your Body with Alison

11:00 – 11:30 – FDR Drinks and treats with Alison

11:30 – 12:00 Let's talk food with Alison

1:00 – 2:00 FDR Discussion/What is your favorite season with Alison

2:00 – 3:00 FDR Upper Body Exercise with Alison

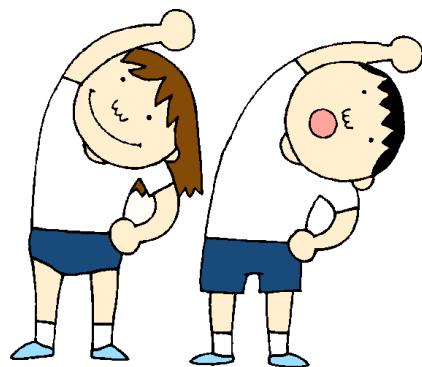
3:00 – 4:00 FDR Holy Hour with Alison on Channel 18 EWTN

4:00 – 5:00 FDR Sing-a-Long with Alison

5:00 – 6:00 FDR Lower Body Exercises /Setup for Supper with Alison

6:00 – 7:00 Supper

7:00 – 8:00 Game Show with Alison



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