

March Horizons at The Ridge

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>March cont'd 30</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Happy Birthday Joan M. 2</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 12:00 Trivia with Aurora 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 Song Quiz with Aurora 3:00 Sweet Treats 4:30 Sports on T.V.</p>	<p>Daylight Saving Time Begins 9</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Spring Concert with "TAYLOR JOHNS" 3:00 Balloon Exercise 3:45 Poems with Aurora 4:30 Sports on T.V.</p>	<p>Happy Birthday Belle N. 16</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 St. Columba Church Service with Bill Bixby 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>St. Patrick's Day 17</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 St. Patrick's Day Celebration with "FIRST STRING BAND" 2:30 Movie & Popcorn 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p>	<p>Chair Yoga Class 24</p> <p>9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor Bob 2:30 Movie & Popcorn 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p>	<p>Chair Yoga Class 25</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Table Hockey 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Comfort & Peace" 4:30 Sports on T.V.</p>	<p>Chair Yoga Class 26</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Axe Throwing Games 1:30 Boba Milk Tea & More with Comfort & Peace / Comfort & Thrive "Ridge Lobby" 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>Mach Concert with "PETER SELTSER" 27</p> <p>9:30 Daily Chronicle 10:00 Mach Concert with "PETER SELTSER" 10:30 March Madness Brackets & Beverages 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 3:00 Afternoon Walks 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>ALL STAFF MEETING "Spring Begins" 20</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 March Madness Brackets & Beverages 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 3:00 Basketball, Shoot! 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>ALL STAFF MEETING 21</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Friday Movie & Snacks 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>Kickball Exercise 28</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Friday Movie & Snacks 2:00 LOVE ON A LEASH 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>Happy Birthday James M. 1</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Pictionary 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:00 Sensory Mystery Box 3:30 Nail Care & Therapy Lotions 4:30 Sports on T.V.</p>	<p>International Women's day 8</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Pictionary 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:00 Sensory Mystery Box 3:30 Nail Care & Therapy Lotions 4:30 Sports on T.V.</p>	<p>Balloon Exercise Class with Kasey 15</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Friday Movie & Snacks 2:00 LOVE ON A LEASH 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>Balloon Exercise Class with Kasey 13</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 March Madness Brackets & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Puzzle Mania 2:00 Snacks & Trivia 3:00 Afternoon Walks 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>March Madness Brackets & Beverages 14</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Friday Movie & Snacks 2:00 LOVE ON A LEASH 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>Happy Birthday James M. 31</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:00 Song Quiz with Aurora 2:30 Movie & Popcorn 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p>	<p>Mardi Gras 4</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 Decorate for Mardi Gras 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Afternoon Walk 2:00 Mardi Gras Party 2:30 King Cake Trivia 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p>	<p>Ash Wednesday 5</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Axe Throwing Games 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>Happy St Patrick's Day 17</p> 	<p>Lantern Crest Senior Living</p> 	<p>Resident Birthdays</p> <p>James M. 3/1 Joan M. 3/2 Belle N. 3/16</p>
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