



# RiverCourt Residences

# Reflections Activity Calendar

# March 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:15 AM Stretch 11:00 Word Games w/ Carrie 1:30 Triple Treat Trivia 2:00 <b>Catholic Mass (A)</b> 2:45 Walk-about 3:30 <b>Ice Cream Social</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Deb 11:00 Jingo Game 1:15 Deb's Choice 2:00 Bingo 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
3	4	5	6	7	8	9
10:15 AM Stretch w/ Deb 11:00 Connect It 1:15 Deb's Choice 2:00 Music Bingo 3:45 Trivia 4:00 Sing-a Long 6:00 Evening Movie	10:30 <b>Sing-along w/ Ukulele J</b> 11:30 Alphabetics 1:30 Seasonal Art , Puzzle Corner or Knit 1 - Crochet 2 3:15 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise 11:00 Games with Grace 1:30 Crossword Puzzle 2:30 <b>Historian Abigail speaks about Colonial Survival History (A)</b> 3:45 Trivia 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Gail 11:00 Gail's Choice 1:30 <b>Van Ride</b> 2:30 Stars for our Troops / Vets 3:30 <b>Furry Friend "Mr Wilson"</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 <b>Prayer &amp; Communion (A)</b> 1:30 Games w/ Grace 3:00 <b>Mexican Art Presentation with the Groton School Students (A)</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	9:45 <b>RCT Singers Road Trip</b> 10:30 Carrie's Choice 1:30 Hymn Sing 2:30 Move 'n Groove 3:30 <b>Friday Floats</b> 4:15 Sing-along 6:00 Evening Movie	10:00 Exercise 11:00 Tailgate Toss 1:15 Trivia 2:00 Bingo 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
Daylight Savings Time begins 10	11	12	13	14	15	16
10:15 AM Stretch 11:00 Match It Game 1:15 Around the House Jingo 2:30 Walk-about 3:00 <b>Furry Friends "Rosie &amp; Suzie"</b> 4:00 Sing-along 6:00 Evening Movie	10:15 Trivia 10:30 <b>Irish Step Dancers (L)</b> 1:30 Double Exposure 2:30 <b>Restore &amp; Stretch w/ Sharon (L)</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Trivia 10:45 <b>Ron's Slide show ~ Ireland (A)</b> 1:30 Games w/ Grace 3:00 Move 'n Groove 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Share a picture ~ Tell a story 11:45 <b>Lunch Trip to The Phoenix</b> 2:00 <b>Floral Craft (A)</b> 3:30 <b>Furry Friend "Mr Wilson"</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 The Common Factor 12:30 <b>Hidden Treasures Trip</b> 1:30 Word Games w/ Grace 3:15 Walk-about 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 <b>Ecumenical Service (A)</b> or 11:00 Carrie's Choice 1:30 Hymn Sing 2:45 Walk-about 3:30 <b>Ice Cream Social</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Deb 11:00 Word Games 1:15 Deb's Choice 2:00 Bingo 3:30 Trivia 4:00 Sing-along 6:00 Evening Movie
St. Patrick's Day 17	18	19	First Day of Spring 20	21	22	23
10:15 AM Stretch w/ Deb 11:00 Word Games 1:15 Deb's choice 2:00 <b>Deb &amp; Andy's Irish Sing-along (L)</b> 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie	10:30 <b>Song writing w/ Ukulele J</b> 11:30 Finish the Line Trivia 1:30 Math Riddle Bingo 3:15 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Warm -up Breathing 10:30 <b>Dancing Wellness (L2)</b> 1:30 Grace's Choice 2:30 <b>March Birthday Party (L)</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Bananagrams 1:30 <b>Van Ride</b> 3:00 <b>The Kelly Girls ~ Irish music (L)</b> 3:30 <b>Furry Friend "Mr Wilson"</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 10:45 <b>Drum &amp; Sing w/ Jonathan</b> 12:00 <b>Indian Hill Trip</b> 1:30 Grace's Choice 4:00 <b>Catholic Mass (A)</b> 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Match-It Game 1:45 <b>Art with Sue</b> 3:30 <b>Friday Floats</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:00 Exercise 11:00 Word Games 1:15 Triple Treat Trivia 2:00 Bingo 3:30 Walk-about 4:00 Sing-along 6:00 Evening Movie
24	25	26	27	28	29	30
10:15 AM Stretch 11:00 Farm Bingo 1:15 Spelling Bee 2:30 Walk-about 3:00 <b>Furry Friends "Rosie &amp; Suzie"</b> 4:00 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 The Common Factor 1:30 Travel the World w/ Postcards 2:30 <b>Zumba w/ Sharon (L)</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise 11:00 Games 'w Grace 1:15 <b>Harvard Lanes Bowling Trip</b> 2:00 Music & memory 3:15 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 11:00 Three of a Kind 11:30 <b>RCT Singers w/ the Dunstable Seniors for Lunch and a Sing-along</b> 1:30 Gails' Choice 3:30 <b>Furry Friend "Mr Wilson"</b> 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 <b>Rosary &amp; Communion (A)</b> 1:30 <b>RCT Singers Road Trip</b> or 1:30 Game's with Grace 2:30 <b>Steve &amp; Wendee sing (L)</b> 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch 10:30 <b>Sing and Dance w/ Andy Ross</b> 1:30 Hymn Sing 2:30 <b>Dick Sawyer plays Piano (L)</b> 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Deb 11:00 Word Games 1:15 Deb's Choice 2:00 Bingo 3:30 Trivia 4:00 Sing-along 6:00 Evening Movie
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10:15 AM Stretch w/ Deb 11:00 Word Games 1:15 Deb's choice 2:30 Walk-about 3:00 <b>The "Woo Rats" perform (L)</b> 4:00 Sing-along 6:00 Evening Movie	<b>This calendar is subject to change. Check white board for any updates or changes in activities.</b>	<b>Dancing Wellness</b> is an exercise program that benefits the Mind, Body and Spirit	<b>Daily Activities</b> Manicures & Hand Massages w/Aromatherapy Mitts / Wraps Reminisce Corner / 1 on 1 Time including some TLC Walk-Abouts / Afternoon Social Brain Teasers	<b>Hidden Treasures</b> is a specialized <b>Art Appreciation Program</b> held at the <b>Fitchburg Art Museum.</b>	<b>Activity Location Key</b> A- Activity Room in AL L- Living Room in AL <b>L2-</b> Upstairs AL Living Room	<b>RCT Singers Road Trip</b> We will be traveling to <b>"Life Care of Littleton"</b> or <b>"Apple Valley in Ayer"</b> for a Sing-along with Live Music provided by Andy & Deb.