

RIVERCOURT RESIDENCES

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REFLECTIONS

March 2023 Activity Calendar



Location Key:

- L- AL Living Room
- L-2- Upstairs AL Living Room
- A- AL Activity Room
- FC- Fitness Center
- O- Outdoors



The Music & memory program is an activity for our Residents at any time...day or night.

The "Bach Lunch" Concerts... held at the Groton Hill Music Center

Memory Café held at the Groton Center

Any calendar changes or additions will be posted on the white board.

Hidden Treasures is a specialized Art Appreciation Program held at the Fitchburg Art Museum.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Reflections Activity Calendar

			<p>10:00 AM Stretch 10:30 Alexandria sings (L) 11:30 Clue Trivia 1:15 Van Ride or 1:30 Stars for our Troops /Vets 3:30 Furry Friend "Wilson" 4:00 Walk-about 4:15 Word Games 6:00 Evening Movie</p>	<p>2 10:15 AM Stretch 11:00 Stick Fit (FC) 1:00 Daily Chronicle 1:15 Sing-along w/ Ukulele J 2:30 Mass- w/ Father Lee (A) 3:30 Brain Teasers 4:00 Walk-about 4:30 50's Sing-along 6:00 Evening Movie</p>	<p>3 10:15 AM Stretch 11:00 Puzzle Corner 1:00 Daily Chronicle 1:30 Bingo for Prizes 3:15 Friday Floats 4:00 Walk-about or 4:00 N.G. Photo Ark 6:00 Evening Movie</p>	<p>4 10:15 Music & Motion 11:00 Manicures, Hand Messages along with some TLC 1:00 Daily Chronicle 1:30 Steve Staines~ Piano 3:15 Afternoon Social 4:00 Walk-about 4:30 Sing-along 6:00 Evening Movie</p>
<p>5 10:00 TV Mass 10:30 AM Stretch 11:00 Hymn Sing 1:15 Daily Chronicle 2:00 George plays Guitar 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>6 10:00 Furry Friend ~Brandi 10:45 AM Stretch 11:30 Alphabetic Trivia 12:30 Boston Trip to Disney's Animation Immersive Experience 1:30 It's for the Birds Craft 4:00 Walk-about 4:30 Word Games 6:00 Evening Movie <small>Purim Begins</small></p>	<p>7 10:15 Keeping Fit 11:00 Steps in Time~ Dancing 1:00 Daily Chronicle 1:30 Card Games 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>8 10:15 AM Stretch 11:00 Share a Picture and or ~~~~Tell a Story ~~~~ 1:15 Van Ride or 1:30 Famous Duos 3:30 Furry Friend "Wilson" 4:00 Walk-about 4:30 Sing-along w/ Phil 6:00 Evening Movie</p>	<p>9 10:15 AM Stretch 11:00 Stick Fit (FC) 12:45 Bach Lunch Concert 1:00 Daily Chronicle 1:30 Letter Writing 3:15 Afternoon Social 4:00 Walk-about 4:30 Broadway Hits 6:00 Evening Movie</p>	<p>10 10:15 AM Stretch 11:00 Fruit Bingo 1:00 Daily Chronicle 1:30 Can you Picture This? 2:30 Baking w/ Betty Ann 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>11 10:15 Music & Motion 11:00 Manicures, Hand Messages along with some TLC 1:00 Daily Chronicle 1:30 Bingo for Prizes 3:15 Afternoon Social 4:00 N.G. Photo Ark or 4:00 Walk-about 6:00 Evening Movie</p>
<p>12 10:00 TV Mass 10:30 AM Stretch 11:00 Gospel Sing w/ Jodie 1:00 Daily Chronicle 1:30 Knit 1- Crochet 2 or Beading and Lacing 4:15 Irish Step Dancers (L-2) 6:00 Evening Movie <small>Daylight Saving Time Begins</small></p>	<p>13 10:00 Furry Friend ~Brandi 10:45 AM Stretch 11:30 I've Got it Trivia 1:00 Daily Chronicle 1:30 Pokeno 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>14 10:15 Morning Stretch 10:45 Chair Yoga with Nanci 1:00 Daily Chronicle 1:30 Sing & Dance w/ Andy 3:15 Afternoon Social 4:00 Walk-about 4:30 Patriotic Sing-along 6:00 Evening Movie</p>	<p>15 10:15 Music & Motion 11:00 Connect It 11:30 Lunch Outing to ~~~ Barbers Crossing ~~~~ 1:30 Puzzle Corner 3:30 Furry Friend "Wilson" 4:00 Walk-about 4:30 Brain Teasers 6:00 Evening Movie</p>	<p>16 10:15 Keeping Fit 11:00 Name Five 11:30 Hidden Treasures Trip Songwriting w/ Jodie 1:30 Afternoon Social 3:15 Brain Teasers 3:30 Brain Teasers 4:00 Walk-about 4:00 Songs~ Around the World 6:00 Evening Movie</p>	<p>17 10:15 AM Stretch 11:00 Searching for March 1:00 Irish Pub Game Room (A) 2:00 St Patty's Day Party ~ music from "One Sip" ~ (L) 4:00 Walk-about or 4:00 N.G. Photo Ark 6:00 Evening Movie <small>St. Patrick's Day</small></p>	<p>18 10:15 Music & Motion 11:00 Manicures, Hand Messages along with some TLC 1:00 Daily Chronicle 1:30 Bingo for Prizes 3:00 L.A.N.D.S.~ Crafts & Music between Generations! 4:30 Sing-along 6:00 Evening Movie</p>
<p>19 10:00 TV Mass 10:30 AM Stretch 11:00 Hymn Sing 1:00 Daily Chronicle 1:30 Trivia Time 2:00 Mitzi ~ Mapledell Farm visits w/ her "Baby Goats" 4:00 Walk-about 6:00 Evening Movie</p>	<p>20 10:00 Furry Friend ~Brandi 10:45 AM Stretch 11:30 Alphabetic 1:00 Daily Chronicle 1:30 Springtime Jingo 3:15 Afternoon Social 4:00 Walk-about 4:30 Roll and Rhyme 6:00 Evening Movie <small>Spring Begins</small></p>	<p>21 10:15 Keeping Fit or 10:20 Memory Café Trip 11:00 Word Puzzles 1:30 Dancing Wellness (A) 2:30 March Birthday Party (L) 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>22 10:00 AM Stretch 10:30 Baking Demo (A) 11:00 Crossword Puzzle 1:15 Van Ride or 1:30 Seasonal Art 3:30 Furry Friend "Wilson" 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Open Mic Night (L) <small>Ramadan Begins</small></p>	<p>23 10:15 AM Stretch 11:00 Stick Fit (FC) 1:00 Daily Chronicle 1:30 Calendar Jingo 3:15 Afternoon Social 3:30 Word Search 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>24 10:15 AM Stretch 11:00 Travel with Postcards 1:00 Daily Chronicle 1:30 Bingo for Prizes 3:15 Friday Floats 4:00 Walk-about 4:30 Sixties Sing-along 6:00 Evening Movie</p>	<p>25 10:15 Music & Motion 11:00 Manicures, Hand Messages along with some TLC 1:00 Daily Chronicle 1:30 Find the Match 3:15 Afternoon Social 4:00 Walk-about or 4:00 N.G. Photo Ark 6:00 Evening Movie</p>
<p>26 10:00 TV Mass 10:30 AM Stretch 11:00 Hymn Sing 1:15 Daily Chronicle 2:00 Adam plays Guitar 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>27 10:00 Furry Friend ~Brandi 10:45 AM Stretch 11:30 Triple Treat Trivia 1:00 Daily Chronicle 1:30 Bingo 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>28 10:15 Keeping Fit 10:45 Chair Yoga with Nanci 1:00 Daily Chronicle 1:30 Seasonal Art 3:15 Afternoon Social 3:30 Move 'n Groove 4:00 Walk-about 4:15 Brain Teasers 6:00 Evening Movie</p>	<p>29 10:15 AM Stretch 11:00 Share a Picture and or ~~~~Tell a Story ~~~~ 11:30 Mike Caudill's Quartet ~ held in the World Class Concert Hall at Groton Hill 3:30 Furry Friend "Wilson" 4:30 Sing-along w/ Phil 6:00 Evening Movie</p>	<p>30 10:15 AM Stretch 11:00 Stick Fit (FC) 1:00 Daily Chronicle 1:30 Bowling Trip to ~204 Lanes in Harvard ~ 3:15 Afternoon Social 4:00 Walk-about 4:30 Wheel of Fortune 6:00 Evening Movie</p>	<p>31 10:15 AM Stretch 11:00 Puzzle Corner 1:00 Daily Chronicle 1:30 Sing & Dance w/ Andy 3:15 Friday Floats 4:00 Walk-about or 4:00 N.G. Photo Ark 6:00 Evening Movie</p>	