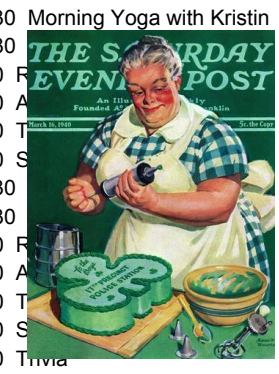
March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Caregiver Appreciation Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** & TY Cards (C) Lunch Cornhole (P) **Participant Council** (I) Snack Movie of Choice (E) Music and Massage (S) **Healing Baskets** (E/C) Outdoor Walk (P)	**4 Mardi Gras / Fat Tuesday** Breakfast at Glenner's (S) Scarf Dance & OT/PT (P) North County Times (I/E) Hydration Cart About Mardi Gras (E) Lunch **Mardi Gras Party** (S) Magazine Treasure Hunt (C/I) Snack **Floral Arrangements** (C) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**5 National Cheese Doodle Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart **Travel Club: Ireland** (S/E) Lunch Golf (P) Karaoke & Cheez-doodle (C/S) Science Experiments (I/E) Snack **Architecture Club** (C/E) Charades (S/C) Outdoor Walk (P)	**6 Dentist's Day** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Word Match (I) Lunch Tabletop Curling Game (P) **Participant Spotlight: Dr. Sue** (E) Snack Movie of Choice (E) SPA and Relaxation (S) Arts and Crafts (C) Outdoor Walk (P)	**7 Employee Appreciation Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Cards and Decor (C/S) Lunch Seated Volleyball (P) **Culinary Class** (C/S) BINGO (S) Snack Movie of Choice (E) Water our Garden (P) **Book Club/Short Stories** (I)
10 Middle Name Pride Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing: Middle Name** (C/I) Lunch Cornhole (P) **Mixology** (S) Snack Movie of Choice (E) What's Their Middle Name (I/E) Music and Massage (S) Outdoor Walk (P)	**11 Johnny Appleseed Day** Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) **Floral Arrangements** (C) About Johnny Appleseed (E) Lunch Table Roll (P) Magazine Treasure Hunt (C/I) Snack Apple Stamping Art (C) **Garden Club** (S/E) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**12 Plant a Flower Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) **Science Club** (E) Plant a Flower (E/C) Lunch Golf (P) Karaoke & Paper Flower Art (C/S) Table Games (I/E) Snack **Architecture Club** (C/E) Charades (S/C) Outdoor Walk (P) **Woodworking Club** (C/S/E)	**13 Jewel Day** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart About Jewels (E) Lunch Tabletop Curling Game (P) Making Bracelets (C) Snack BINGO (S) Movie of Choice (E) SPA and Relaxation (S) Outdoor Walk (P)	**14 National Pi Day** Breakfast at Glenner's (S) Fitness Club (P) Pie Tasting and Trivia (I/S) Hydration Cart ***Stories for Seniors with Walter*** (I) Lunch Bowling (P) **Dessert Design** (C) Arts and Crafts (C) Snack Poker/UNO (E/I) Movie of Choice (E) Aromatherapy (S) Water our Garden (P)
17 Saint Patrick's Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart Truth or Blarney (E/I) Lunch ***Monday School with Deacon Tay*** (E) ***St. Patrick's Day Party & Riddles*** (S) Snack Movie of Choice (E) **Creative Writing** (C) UNO (S) Outdoor Walk (P)	**18 Tea for Two Tuesday** Breakfast at Glenner's (S) Scarf Dance & OT/PT (P) Current Events & One Thing (I/S) Hydration Cart **Floral Arrangements** (C) **Red Hat Society** (S) Lunch ***Piano with Nina*** (S) Arts and Crafts (C) Snack Movie of Choice (E) BINGO (S) Outdoor Walk (P) Tea Party (S)	**19 Let's Laugh Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Stand-Up Jokes (S) Lunch Golf (P) Karaoke (C/S) **Architecture Club** (C/E) Snack Movie of Choice (E) Charades (S) Outdoor Walk (P)	**20 Spring (Vernal) Equinox** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Planting Seeds & Springy Centerpieces (S/C) Lunch Tabletop Curling Game (P) Singalong (S/C) Snack BINGO (S) Movie of Choice (E) SPA and Relaxation (S) Outdoor Walk (P)	**21 World Poetry Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events & Owl Poetry (I/C) Hydration Cart Lunch ***Piano with Vincent*** (P/S) Family Feud (S) Seated Volleyball (P) Snack **Culinary Class** (C) Poker/UNO (E/I) Movie of Choice (E) Water our Garden (P)
24 Nat'l Choc. Covered Raisin Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** (C) Lunch Cornhole (P) **Men's Club** (S) Snack (Raisin Tasting) (S) Movie of Choice (E) Music and Massage (S) UNO (S) Outdoor Walk (P)	**25 International Waffle Day** Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) **Floral Arrangements** (C) About Waffles (E) Lunch Table Roll (P) **Chef Demo: Program Aide** (S/C) Snack Arts and Crafts (C) Musical Balloon (P) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**26 National Spinach Day** Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Smoothie Social: Spinach (S/E) Lunch Golf (P) Karaoke (C/S) Table Games (I/E) Snack **Architecture Club** (C/E) Charades (S/C) Outdoor Walk (P)	**27 National "Joe" Day** Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart All About Joe's and Joe-Joe's Tasting (S/E) Lunch ***Helen Woodward PET Therapy*** (E/S) Arts and Crafts (C) BINGO (S) Snack SPA and Relaxation (S) Movie of Choice (E) Outdoor Walk (P)	**28 Something on a Stick Day** Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Lunch Bowling (P) **February Birthday Celebration** Snack Aromatherapy (S) **Dessert Design: Fruit Kabob** (C) Poker/UNO (E/I) Movie of Choice (E) Water our Garden (P)
31 National Crayon Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** (C) Lunch Cornhole (P) **Crayon Silhouettes'** (S/C) Snack Movie of Choice (E) History of Crayons (I/E) Music and Massage (S) Outdoor Walk (P)	10:30 Morning Yoga with Kristin 11:30 1:30 R 2:30 A 3:30 T 4:30 S 10:30 11:30 1:30 R 2:30 A 3:30 T 4:30 S 3:30 Trivia 	10:30 Morning Yoga with Kristin 11:30 1:30 R 2:30 A 3:30 T 4:30 S 10:30 11:30 1:30 R 2:30 A 3:30 T 4:30 S 3:30 Trivia 		**Activities Subject to Change**

Birthdays!

March 3rd: Miyo O.
March 6th: David N.
March 7th: Summer L (employee)
March 9th: Don F.
March 14th: Richard W.
March 17th: Dellaresse W.

(S) = Social | (P) = Physical | (I) = Intellectual
(C) = Creative | (E) = Education

GEORGE G. GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

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Special Events

March 4th: Mardi Gras Party
March 17th: St. Patrick's Day Party
March 20th: Spring Party