


















MARCH 2020 MASON WRIGHT REFLECTION CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:15 Visual Trivia 3:00 United Temple Church: SR 3:15 Bean Bag Toss 6:00 Pampering	2 9:45 Morning Fitness 10:15 Viability Visit 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Pictionary 3:30 Patriotic Sing Along 3:30 Styled by Fatou 6:00 Old Time Radio Show 	3 9:45 Strength & Balance 10:15 Circle of Friends: Visual Trivia 12:30 Relax w/ music 1:30 Time for a stroll 2:30 Charades 3:30 Linked Senior 3:30 Sensory Room 6:00 Evening Gathering	4 9:45 Zumba Silver 10:15 Sing Out 10:30 Linked Senior 12:30 Relax w/ magazines 1:30 Memory in the Making 2:00 Board Games 3:30 Time for a Stroll 6:00 Coloring for relaxation 	5 9:45 Kick Boxing 10:15 Circle of Friends: Visual Trivia 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Nails & Chit Chat 3:30 Coffee & Reminisce 6:00 BINGO	6 Happy Birthday Maureen & Bridget! 9:45 Morning Fitness 10:15 Bright Future Kids 12:30 Relax w/ magazines 1:15 Coloring for Relaxation 2:00 Happy Hour w/ Joe Perry 3:30 Visual Trivia 6:15 Chair Yoga w/ Jenna	7 9:45 Morning Fitness 10:15 Chair Yoga 10:45 Jackie & Friends 12:30 Relax with music 1:30 Time for a Stroll 2:30 Jeopardy 3:30 Afternoon Stretching 6:00 BINGO
8 International Woman Day 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines  1:30 Time for a Stroll 2:30 Ice Cream Sundae Party 3:30 Bean Bag Toss 6:00 Old Time Radio Show 	9 9:45 Morning Fitness 10:15 Chair Yoga 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Charades 3:30 Singing w/ Marvin 6:00 Old Time Radio Show	10 9:45 Strength & Balance 10:15 Circle of Friends: Bowling 12:30 Relax w/ music 1:30 Shamrock Social 2:30 Afternoon Stretching 3:30 Physio Ball Kicking 3:30 Sensory Room 6:00 Evening Gathering 	11 9:45 Zumba Silver 10:15 Sing Out 10:30 Linked Senior 12:30 Relax w/ magazines 1:30 Time for a Stroll 3:00 Music w/ Jimmy Mazz 6:00 BINGO	12 9:45 Kick Boxing 10:15 Circle of Friends: Football Toss 11:15 Holyoke Mall 12:30 Relax w/ magazines 1:30 Coloring for Relaxation 2:15 Charades 3:15 Trivia 6:00 Pampering	13 9:45 Morning Fitness 10:15 Circle of Friends: What's in the Box? 10:30 Linked Senior 12:30 Relax w/ magazines 1:30 Indoor Stroll 2:30 Bean Bag Toss 3:30 Coloring for Relaxation 6:00 BINGO	14 Happy Birthday Estelle! 9:45 Morning Fitness 10:15 Target & Toss w/ Melissa 12:30 Relax with magazines 12:30 Relax w/ music 1:30 Time for a Stroll  2:30 Creative Corner 6:00 Movie Night!
15 9:45 Morning Fitness: Kiosk 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Funny Bone 3:00 United Temple Church: SR 6:00 BINGO	16 9:45 Morning Fitness 10:15 Viability / Sarah St. Patrick's Celebration 12:30 Relax w/ music 1:30 Creative Pod 3:30 Bean Bag Toss 3:30 Book Club 6:00 Evening Gathering 	17 St. Patrick's Day 9:45 Strength & Balance 10:15 Circle of Friends: Scarf Dancing 12:30 Relax w/ magazines 1:30 Time for a stroll 2:30 Catholic Mass 3:00 Experience Ireland 6:00 Coloring for relaxation 	18 9:45 Zumba Silver 10:15 Circle of Friends: Football Toss 10:30 Springfield Garden Club 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:00 Stretching & Relaxation 2:45 Word Search 3:30 Charades 6:00 Pampering	19 First Day of Spring 9:45 Kick Boxing 10:15 Circle of Friends: 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Coffee & Reminisce 3:30 Nails & Chit Chat 3:30 Pictionary 6:00 BINGO 	20 9:45 Morning Fitness 10:15 Bright Future Kids 12:30 Relax w/ magazines 1:15 Spiritual Moment 2:30 Cupcake Social 3:30 Memory Dice 6:00 Old Time Radio Show	21 9:45 Morning Fitness 10:15 Chair Yoga 10:30 Lighthouse Ministry: SR 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Sing Along w/Trinity Church 3:30 Gabbin w/ Melissa 6:00 BINGO
22 Happy Birthday Maria! 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Jeopardy 3:30 Football Toss 6:00 Classic Comedy Show	23 Happy Birthday Patricia! 9:45 Morning Fitness 10:15 Chair Yoga 12:30 Relax w/ music 1:30 Let's Decorate 2:30 March Birthday Party 3:30 Afternoon Stretching  6:00 Old Time Radio Show	24 Happy Birthday Ellen! 9:45 Strength & Balance 10:15 Circle of Friends: Bowling 12:30 Housekeeping/relax w/ music 1:30 Baking Club 3:30 Shuffle Scuffle  3:30 Sensory Room 6:00 Evening Gathering	25 9:45 Zumba Silver 10:15 Sing Out 10:30 Linked Senior 12:30 Relax w/ magazines 1:30 Springfield Museum 2:00 Stretching & Relaxation 2:45 Pictionary 3:30 Funny Bone 6:00 BINGO	26 9:45 Kick Boxing 10:15 Circle of Friends: 12:30 Relax w/ music 1:30 Rebecca Johnson School Visit 2:30 Finishing Lines 3:30 Nails & Chit Chat 6:00 Movie & Popcorn	27 9:45 Morning Fitness 10:15 Circle of Friends: Bowling 12:30 Relax w/ magazines 1:30 Indoor Stroll 2:30 BINGO 3:30 Afternoon Stretching 6:00 Pampering	28 9:45 Morning Fitness 10:45 International Faith Outreach Ministry: C 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Creative Corner  6:00 Evening Gathering
29 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Classic Comedy Show 3:30 Visual Trivia w/ RCA 6:00 BINGO	30 9:45 Morning Fitness 10:15 Fit & Fab 11:15 Lunch Trip 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Jeopardy 3:30 Funny Bone 3:30 Book Club 6:00 Coloring for relaxation 	31 9:45 Strength & Balance 10:15 Balloon Volleyball 12:30 Relax w/ music 1:30 Coloring for Relaxation 2:00 Music w/ Sandy & Sandy 3:30 Gabbin w/ Fatou 6:00 Pampering	Happy Birthday  <div style="display: flex; justify-content: space-around;"> <div> Maureen M. 3/06 Bridget M. 3/06 Estelle B. 3/14 Maria C. 3/22 Patricia T. 3/23 Ellen C. 3/24 </div>  </div>		Morning Meeting: Every weekday at 8:30 in Christie's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.	Keeping Busy Ideas: There is a notebook/binder of things to do with residents when there are lulls in activity. It's kept in the kitchen cabinets. Please feel free to add ideas to the binder, or to suggest them to Life Enrichment staff.