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Sunday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2025					Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games2Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Music Therapy BINGO Exercise Arts & Crafts	<b>3</b> Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather	4 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Exercise Bible Study	5 Rise & Shine Devotional Exercise – Lower Body Daily News /Weather Report Thirsty Thursday Mocktails Arts & Crafts Exercise Nail Bar	Rise & Shine Devotional Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise Sensory	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation
Sunday SocialBrain BuilderRise & Shine Devotional Exercise – Dumbbell9Daily Devotional Exercise – YOGAPraise & Worship Fellowship / Snack9Daily Devotional Exercise – YOGAPuzzle (For those not resting) Exercise Table Games9Daily Devotional Exercise – YOGAMusic Therapy BINGO Exercise Arts & Crafts Brain Builder	10 Rise & Shine Devotional 1 Exercise – Thera-Bands Daily News / Weather Report Exercise Sensory Kitchen Creation	BINGO 1 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Exercise BINGO	Brain Builder 12 Rise & Shine Devotional Exercise – Lower Body 13	Kitchen Creation Rise & Shine Devotional Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise Sensory Kitchen Creation	Brain Builder Sing & Dance 4 Rise & Shine Devotional 15 Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation
Sunday Social Daylight Saving Time Begins Rise & Shine Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Spirit Wee Spirit Wee Spirit Wee Spirit Wee Spirit Wee Spirit Wee	17 Rise & Shine Devotional 18 Exercise – Thera-Bands Daily News / Weather Report Rest & Rejuvenation Exercise	8 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report 1:30- Music with LV Smith Experiment	Arts & Crafts	Rise & Shine Devotional 2 Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with Amanda Casper Exercise	Exercise – Standing – Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee
Exercise Table Games Sunday Social Rise & Shine Devotional Daily News / Weather Report Praise & Worship Fellowshin / Snack	Rest & Rejuvenation <b>24</b> Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report	Exercise – Dumbbells Daily News / Weather Report	Daily News /Weather Report	Exercise – YOGA Daily News / Weather 9:30 - Music Therapy with	Rest & Rejuvenation Brain Builder Sing & Dance 8 Rise & Shine Devotional 29 Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation
Fellowship / SnackMusic TherapyPuzzle (For those not resting)BINGOExerciseExerciseTable GamesArts & CraftsSunday SocialBrain BuilderRise & Shine Devotional30Exercise – DumbbellPuzzle (For those not resting)	Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Music Therapy Experiment Exercise Bible Study BINGO	Thirsty Thursday Mocktails Arts & Crafts Exercise Nail Bar Brain Builder	Amanda Casper Exercise Sensory Kitchen Creation	Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Daily News / Weather Report Praise & Worship Fellowship / Snack Puzzle (For those not resting) Exercise Table Games Sunday Social	er Report Mar	°CH 20™- Hap	py Birthday Ca	atie clasen!	

Sunday Social Brain Builder Activities are subject to change without notice. Location Key: GR- Game Room, L- Library, FR- Family Room, F- Fitness, C- Chapel, D - Dining, OD- Overflow Dining, \$- Cost, O- Outing, R2R – Room to Room.