


MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>PALO ALTO COMMONS A WellQuest Living Community</p> <p>ASSISTED LIVING</p>	 <p>THE KEY</p> <p>LOCATIONS ACTIVITY ROOM (AR) LIVING ROOM (LR) DINING ROOM (DR) COURTYARD (CY)</p>	<p>1 10AM CURRENT EVENTS w/ KEN (AR) 11AM EXERCISE (LR) 2PM HEALTH & RELAXATION w/ LU (AR) 3PM HORTICULTURE w/ JOHN (AR) RESIDENT STORE (2nd FL) 3PM—3:30PM 7PM CLASSIC MOVIE (AR)</p>	<p>2 10AM NATURE VIDEO: 72 DANGEROUS ANIMALS on Netflix (AR) 11AM EXERCISE (LR) 2PM BINGO (AR) 3:30PM BALANCE CLASS w/ ONR (LR) 7PM ROMANTIC MOVIE (AR)</p>	<p>3 HAPPY BDAY HOWARD M.!</p> <p>10AM MUSIC APPRECIATION w/ TINA (AR) 11AM EXERCISE (LR) <u>1PM LIBRARY OUTING (Sign up)</u> HAPPY HOUR (LR) From 3PM—4PM 7PM NEW RELEASE MOVIE (AR)</p>	<p>4 9:45AM SHOPPING TRIP 10AM WATERCOLORS (AR) 11AM EXERCISE (LR) 2PM ART & CRAFT: POT OF GOLD (AR) 3PM PIANO RECITAL w/ SELINA (LR) 7PM AWARD WINNING MOVIE (AR)</p>	
<p>5 9:30AM CHURCH TRANSPORT 10AM HISTORY VIDEO: MEDAL OF HONOR on Netflix (AR) 11AM EXERCISE (LR) 2PM MATINEE MOVIE (AR) 2PM SCENIC DRIVE: CRYSTAL SPRING (Sign Up) 7PM DRAMATIC MOVIE (AR)</p>	<p>6 10AM BRAIN FITNESS: CROSSWORD PUZZLES (AR) 11AM EXERCISE (LR) <u>2PM BIRTHDAY CONCERT w/ LEE ALLEN (LR)</u> 3PM FLOWER ARRANGING FOR DINING ROOM (AR) 7PM COMEDY MOVIE (AR)</p>	<p>7 10AM RELAXATION COLORING (AR) 11AM EXERCISE (LR) 1PM SHORT WALK (Sign Up) 2PM ART APPRECIATION w/ LORI (AR) 3PM TRAVEL AROUND THE WORLD w/ DAN (AR)</p>	<p>8 10AM CURRENT EVENTS w/ KEN (AR) 11AM EXERCISE (LR) 2PM HEALTH & RELAXATION w/ LU (AR) 3PM UPWORDS w/ SYLVIA (AR) RESIDENT STORE (2nd FL) 3PM—3:30PM 7PM CLASSIC MOVIE (AR)</p>	<p>9 HAPPY BDAY JIM M.!</p> <p>10AM NATURE VIDEO: 72 DANGEROUS ANIMALS on Netflix (AR) 11AM EXERCISE (LR) 12PM MEN'S LUNCH (AR) 2PM BINGO (AR) 3:30PM BALANCE CLASS w/ ONR (LR) 7PM ROMANTIC MOVIE (AR)</p>	<p>10 10AM MUSIC APPRECIATION w/ TINA (AR) 11AM EXERCISE (LR) 2PM SPIRITCARE w/ MARILYN (AR) 3PM NATURE TALKS w/ JOAN SPARKS on ALASKA BEARS (AR) 7PM NEW RELEASE MOVIE (AR)</p>	<p>11 9:45AM SHOPPING TRIP 10AM WATERCOLORS (AR) 11AM EXERCISE (LR) 2PM BLACKJACK (AR) 3PM BAKING GROUP: MATCHA CUPCAKES (AR) 7PM AWARD WINNING MOVIE (AR)</p>
<p>12 Daylight Saving 9:30AM CHURCH TRANSPORT 10AM HISTORY VIDEO: MEDAL OF HONOR on Netflix (AR) 11AM EXERCISE (LR) 1PM DRUGSTORE OUTING: WALGREENS (Sign Up.) 2PM BRIDGES IN MUSIC PROGRAM (LR) 3:00PM SHORT WALK (Sign Up) 7PM DRAMATIC MOVIE (AR)</p>	<p>13 10AM BRAIN FITNESS: SAINT PATRICKS DAY WORD MINING (AR) 11AM EXERCISE (LR) <u>2PM CONCERT w/ IAN SCARFE (LR)</u> 3:15PM GIANT TRIOMINOES (LR) 7PM COMEDY MOVIE (AR) TRIVIA DINNER NIGHT!</p>	<p>14 10AM RELAXATION COLORING (AR) 11AM EXERCISE (LR) 2PM ART APPRECIATION w/ LORI (AR) 3PM TRAVEL AROUND THE WORLD w/ DAN (AR) Deadline: March 14th Hiller Aviation Museum</p>	<p>15 10AM CURRENT EVENTS w/ KEN (AR) 11AM EXERCISE (LR) 2PM HEALTH & RELAXATION w/ LU (AR) 3PM HORTICULTURE w/ JOHN (AR) RESIDENT STORE (2nd FL) 3PM—3:30PM 7PM CLASSIC MOVIE (AR)</p>	<p>16 HAPPY BDAY CHARLENE P. & SUE K.!</p> <p>10AM NATURE VIDEO: 72 DANGEROUS ANIMALS on Netflix (AR) 11AM EXERCISE (LR) 2PM BINGO (AR) <u>3PM MENU MEETING (DR)</u> 3:30PM BALANCE CLASS w/ ONR (LR) 7PM ROMANTIC MOVIE (AR)</p>	<p>17 St. Patrick's Day 10AM MUSIC APPRECIATION w/ TINA (AR) 11AM EXERCISE (LR) <u>2PM ST. PATRICK'S DAY CONCERT w/ REY ABERIN (LR)</u> HAPPY HOUR (LR) 3PM-4PM 7PM NEW RELEASE MOVIE (AR) IRISH DINNER NIGHT!</p>	<p>18 9:45AM SHOPPING TRIP 10AM WATERCOLORS (AR) 11AM EXERCISE (LR) 2PM TRUMPET RECITAL w/ MAX (LR) 3PM ART & CRAFT: SPRING FLOWER (AR) 7PM AWARD WINNING MOVIE</p>
<p>19 HAPPY BDAY SHIRLEY G! 9:30AM CHURCH TRANSPORT 10AM HISTORY VIDEO: MEDAL OF HONOR on Netflix (AR) 11AM EXERCISE (LR) 2PM MATINEE MOVIE (AR) <u>2PM FIELD TRIP OUTING: HILLER AVIATION MUSEUM (Sign Up. \$12 Ticket)</u> 7PM DRAMATIC MOVIE (AR)</p>	<p>20 HAPPY BDAY BETTY Z.!</p> <p>10AM BRAIN FITNESS: TRIVIA CHALLENGE (AR) 11AM EXERCISE (LR) <u>2PM CONCERT w/ JENN DESANTIS (LR)</u> 3PM FLOWER ARRANGING FOR DINING ROOM (AR) 7PM COMEDY MOVIE (AR)</p>	<p>21 10AM RELAXATION COLORING (AR) 11AM EXERCISE (LR) 1PM SHORT WALK (Sign Up) 2PM ART APPRECIATION w/ LORI (AR) 3PM TRAVEL AROUND THE WORLD w/ DAN (AR)</p>	<p>22 HAPPY BDAY RICHARD P.!</p> <p>10AM CURRENT EVENTS w/ KEN (AR) 11AM EXERCISE (LR) 2PM HEALTH & RELAXATION w/ LU (AR) 3PM UPWORDS w/ SYLVIA (AR) RESIDENT STORE (2nd FL) 3PM—3:30PM 7PM CLASSIC MOVIE (AR)</p>	<p>23 10AM NATURE VIDEO: 72 DANGEROUS ANIMALS on Netflix (AR) 11AM EXERCISE (LR) 2PM BINGO (AR) <u>3PM RESIDENT'S MEETING (DR)</u> 3:30PM BALANCE CLASS w/ ONR (LR) 7PM ROMANTIC MOVIE (AR)</p>	<p>24 10AM MUSIC APPRECIATION w/ TINA (AR) 11AM EXERCISE (LR) 2PM AFTERNOON GAME: LCR (AR) 3PM SHABBAT (AR) 7PM NEW RELEASE MOVIE (AR)</p>	<p>25 9:45AM SHOPPING TRIP 10AM WATERCOLORS (AR) 11AM EXERCISE (LR) 2PM JEOPARDY (AR) 3PM SING ALONG (LR) 7PM AWARD WINNING MOVIE (AR)</p>
<p>26 9:30AM CHURCH TRANSPORT 10AM HISTORY VIDEO: MEDAL OF HONOR on Netflix (AR) 11AM EXERCISE (LR) 2PM MATINEE MOVIE (AR) 2PM SCENIC DRIVE: WOODSIDE (Sign Up) 7PM DRAMATIC MOVIE (AR)</p>	<p>27 10AM BOOK CLUB w/ DANNI (AR) 11AM EXERCISE (LR) <u>2PM CONCERT w/ TONY (LR)</u> 3:15PM GIANT SCRABBLES (LR) 7PM COMEDY MOVIE (AR) TRIVIA DINNER NIGHT!</p>	<p>28 HAPPY BDAY ALAN H.!</p> <p>10AM RELAXATION COLORING (AR) 11AM EXERCISE (LR) <u>12PM LUNCH OUTING: Armadillo Willy's BBQ Restaurant (Sign Up)</u> 2PM ART APPRECIATION w/ LORI (AR) 3PM TRAVEL AROUND THE WORLD w/ DAN (AR)</p>	<p>29 HAPPY BDAY CHARLENE B!</p> <p>10AM CURRENT EVENTS w/ KEN (AR) 11AM EXERCISE (LR) 2PM HEALTH & RELAXATION w/ LU (AR) 3PM SCRAMBLES w/ SYLVIA (AR) RESIDENT STORE (2nd FL) 3PM—3:30PM 7PM CLASSIC MOVIE (AR)</p>	<p>30 10AM NATURE VIDEO: 72 DANGEROUS ANIMALS on Netflix (AR) 11AM EXERCISE (LR) 2PM BINGO (AR) 3:30PM BALANCE CLASS w/ ONR (LR) 7PM ROMANTIC MOVIE (AR)</p>	<p>31 10AM MUSIC APPRECIATION w/ TINA (AR) 11AM EXERCISE (LR) 2PM SHORT WALK (Sign Up) WELCOMING NEW RESIDENTS HAPPY HOUR (LR) From 3PM—4PM 7PM NEW RELEASE MOVIE (AR)</p>	<p> Stimulate Your Mind</p> <p> Motivate Your Body</p> <p> Rejuvenate Your Spirit</p>