



Valor & Allegiance Recreation Therapy - March 2021



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
FEBRUARY 31		MARCH 1		MARCH 2		MARCH 3		MARCH 4		MARCH 5		MARCH 6	
Due to COVID-19, Recreation Events have been temporarily halted for your safety!		Recreation Therapy is focused on Resident safety at this time! <u>Events subject to change!</u>		Cat in the Hat Day! 1400 Broadway Play Matinee "The King and I" Senior TV Channel 4		We appreciate your Patience as we provide person centered care & individual Leisure needs!		What day of the year is a command? MARCH FOURTH 1800 Channel 4 Movie!		94 th Annual World Day of Prayer! "Informed Prayer and Prayerful Action."		March Birthstone = Aquamarine Flower = Daffodil	
Monopoly's B-Day, 1933 Please see Senior Television Channel 4 for Updates, Recreation Event Videos & Photo Slideshows!		0900 Sitting on the Porch! 3/7-3/13 – Art Week This week focuses attention on how artists make the world a better place.		1330 Valor Social Distancing Bingo! Valor Piano Lounge - Wear Your mask please!		"Luck of the Irish" Monthly Cook-in Lunch! 1400 Matinee Channel 4		In a world where you can be Anything... be kind! 1800 Ch 4 Movie!		Anniversary of the Founding of the Girl Scouts of the U.S.A. 1912 What's your favorite box of cookies?		Challenge of the Day! National Open an Umbrella Indoors Day for people to open umbrellas indoors & see if they have bad luck!	
Daylight Savings Time! Spring Forward an hour! AFRH Protestant Chapel Channel 4 @ 0800 & 1500 Catholic Chapel on Ch 91		0900 Bird Watching! National Napping Day! Annual day on the Monday after Daytime Saving Times begins!		March Monthly B-Day LUNCH!! 1330 Allegiance Social Distancing Bingo! (PR) Wear mask please!		St. Patrick's Day! 1000 Irish Celebration Channel 4 "May your troubles grow less as your blessings bloom!" 1400 Matinee Channel 4		Thought of Day! "When something bad happens, you have three choices. You can let it define you, let it destroy you, or you can let it strengthen you." -Theodor "Dr. Seuss" Geisel		Red Friday! 1000 Valor Hall Drum It Up! Drumming Valor Piano Lounge – Wear Mask Please!		Trivia of the Day! World Frog Day & World Sparrow Day! First Day of Spring! "You know it is spring when..."	
AFRH Protestant Chapel Services Channel 4 Daily @ 0800 & 1500 Catholic Chapel Services are on Channel 91		0900 Nature Walk! As Young As You Feel Day, & National Cherry Blossom Festival, Washington, DC		1330 Valor Social Distancing Bingo! Valor Piano Lounge - Wear Your mask please!		Quote for the Day! "Each blade of grass vies for attention. Even weeds carry tiny blossoms to astonish us" – Marianne Polosky		Animatronic "Pup & Kitty" Pet Visits! 1800 Channel 4 Movie!		Red Friday! Live Long & Prosper Day! Leonard Nimoy (1931-2015) 1000 Allegiance Drum It Up! Drumming! Valor Piano Lounge		0900 Chair Exercises Sean's Virtual Travels Daily @ 1300 & 2030 on Channel 4	
Protestant Svc 0800 & 1500 Catholic Chapel on Ch. 91 M-F 0700, 1100 & 1800 Sat.1800 & Sun. 0700 & 1100		0900 Strolling the path! 3/28-4/4 Jewish Passover – begins at sundown on 3/27		1330 Allegiance Social Distancing Bingo! Valor Piano Lounge - wear mask please!		Sean's Virtual Travels Daily @ 1300 1400 Matinee Channel 4 Flight of the Intruder		Please ask for leisure supplies – puzzles, books, art, movies, cards, etc.		0900 Chair Exercises – Senior TV Channel 4 & Virtual Travels @ 1300		Individual Trivia, Skype, Reminiscing & Visits ongoing!	
We Can Do It! women's history year History Women's History Month		Read, watch a movie, catch a sports game, clutter clean your room...lots you can do		Skype visits available with your loved ones! See Jen or Susan		Wash Hands! Wear Masks! We Can Do It!		LOCATION PT- Patio AT- Activity Room TV- TV Lounge PR- Valor Piano Lounge		Remember to Wear your Mask Please!		Keep Calm & Practice Social Distancing! We appreciate you & Want to keep you well!	