




# Allegiance Recreation Therapy – March 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1		2		Wear Red 3		4	
<b>Skype calls available family and friends</b>		<b>Zoom with friends</b>		<b>Low Vision Low Hearing Update Assistance is available.</b>		0800 Chair Exercise 1000 Chauffeur Express 1400 Matinee 		 0800 Chair Exercise 1000 Piano Music 1400		 0800 Exercise 1000 Homemade Soup Corn and Shrimp 1400 Bingo! CC		Games, cards, books puzzles and other leisure resources are available 1300 Virtual Travels	
5		6		7		8		9		Wear Red 10		11	
 0830 Individual 0900 Catholic Service CH 1030 Protestant Svc CH		 0800 Exercise 0900 Cookie Trivia 1330 Oreo Cookie Malts		 0900 Writing for News 1000 Chair Exercise 1330 Bingo!		 0800 Exercise 1130 Cookout 1400 Matinee 		 0800 Chair Exercise 1000 Drumming 1330 Rockin on da Porch		 0830 Wal-Mart and Lunch Trip 1400 Bingo! CC		 0900 Chair Exercise 1000 Royal Pet Visit IR 1800 Movie	
12		13		14		15		16		St Patrick's Day 17		18	
 0830 Individual Visits 0900 Catholic Service CH 1030 Protestant Svc CH		 0800 Chair Exercise PR 0900 Crosswords 1330 Rolling Craps!!		 0900 What's Happening! Recreation Planning 1000 Chair Exercise 1330 Bingo!		 0800 Chair Exercise 0900 Coffee Club and a Special Guest! 1400 Matinee		  0800 Exercise 1000 Irish Piano Music 1330 Cart Rides		 0800 Exercise FR 1000 St Patrick's Irish Gathering 1100 "Doo-Littles Irish" Parade		Games, cards, books puzzles and other leisure resources are available 1300 Virtual Travels	
19		20		21		22		23		Wear Red 24		25	
 0830 Individual 0900 Catholic Service CH 1030 Protestant Svc CH		0800 Exercise 0900 Art Projects 1300 "Pictionary" by Design		  1000 Chair Exercise 1130 Monthly Birthday Lunch 1330 Bingo! PR		 0800 Chair Exercise Ch 4 0900 Coffee Club for Recreation News! 1400 Matinee		 0800 Chair Exercise 1000 Women's History Music PM Cooper		 0800 Exercise FR 0900 Old time Railroader TR 1800 Movie		 0900 Chair Exercise 1000 Royal Pet Visit IR 1800 Movie	
26		27		28		29		30		National Crayon Day! 31			
 0830 Individual Visits 0900 Catholic Service CH 1030 Protestant Svc CH		 0800 Chair Exercise 0900 Peanut Butter Trivia 1330 Ice Cream Social PR		 0900 Creative Art My Life Book PR 1000 Chair Exercise PR 1330 Bingo!		 0800 Chair Exercise Ch 0900 Coffee Club for Recreation News! 1400 Matinee		 900 Nature Walks 1400 CC Variety Show		 0800 Exercise 0900 Doodle Art Melts Lunch on the Patio		Games, cards, books puzzles and other leisure resources are available 1300 Virtual	
LOCATION KEY AT = Activity Room CC = Community CH Chapel		F = Front Entrance IR = In Room PT = Patio PR- Piano Room		TV = TV Lounge TH = Theater Ch = Church FL Front Lobby		Leisure supplies and resources please call <b>897- 4432</b>		Channel 4 Senior TV Virtual Travels 1300, 2100 Movie 1800		4 Senior TV Quarterly Memorial 0845, 1200, 2230		Dry Bar Comedy 0700, 1600, 2300 Exercise 0900	