

2021



Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Programs: Sheridan 2 Groups: RED Sheridan 3 Groups: GREEN ** All groups will be held in unit Dining Room **	1 10am Calendar Distro March Saying: “In like a Lion, Out like a Lamb”	2 1pm Virtual Family Visits 2pm Roving Activity Cart  James Rollins	3 Self-Directed Leisure Ideas: ~ Play Solitaire ~ Read a book, magazine, Newspaper ~ Puzzles (Crossword, Jigsaw, Word Search)	4 1:30pm Roving Beverage Cart 2:30pm Virtual Family Visits	5 Self-Directed Leisure Ideas: ~ Call Family or Friends ~ Go on a walk/stroll around the unit ~ Weather nice? Go Outside	6 Self-Directed Leisure Ideas: ~ Watch a Movie or Television ~ Arts & Crafts ~ Try Something NEW
7 Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20	8 March Trivia: Which historical figure was assassinated on the Ides of March? Answer: Julius Caesar	9 1:30pm Roving Snack Cart 	10 Self-Directed Leisure Ideas: ~ Watch a Movie or Television ~ Read a book, magazine, Newspaper ~ Puzzles (Crossword, Jigsaw, Word Search)	11 1:30pm Roving Beverage Cart 	12  Peter O'Brien Did You Know? In 1916, Germany became the first country to officially adopt Daylight Savings Time.	13 BEFORE you go to bed tonight: 
14 Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20	15 Beware the Ides of March	16 1:00pm Virtual Family Visits 2pm Roving Activity Cart	17 11:30am St. Patrick's Day Roving Beer Cart 	18 1:30pm Roving Beverage Cart 2:30pm Virtual Family Visits	19 9am Activity Cart- Sh2 9:30am Activity Cart- Sh3 10am Tablet Time 1:30pm Roving Ice Cream Cart	20 9am News Review-Sh3 9:30am News Review-Sh2 1pm Room Visits / Virtual Family Visits 2:30pm Beverage Cart
21 Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20	22 	23 9am Beverage Cart 9:45am Room Visits/Leisure Stroll - Sh3 1:30pm 20 Questions-Sh2 2:15pm Tablet Time-Sh2	24 9:15am Spelling Bee-Sh3 9:45am Roving Sing A Long- Sh3 10:15am Roving Sing A Long- Sh2 1:30pm IDT Meeting	25 9am Beverage Cart 9:45am Room Visits/Leisure Stroll- Sh2 1:30pm Spelling Bee-Sh2 2:30pm Brain Games- Sh3	26 9am Activity Cart- Sh2 9:30am Activity Cart- Sh3 10am Tablet Time 1:30pm Roving Snack Cart	27 9am News Review-Sh3 1pm Room Visits / Virtual Family Visits 2:30pm Beverage Cart
28 Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20	29 GUESS THE RIDDLE? What is seen in the middle of March and April that can't be seen at the beginning or end of either month? 	30 9am Beverage Cart 9:45am Room Visits/Leisure Stroll - Sh3 1pm Virtual Family Visits 1:30pm 20 Questions-Sh3	31 9:15am Calendar Distro 9:45am Morning Stretch- Sh3 10am Morning Stretch- Sh2 1:30pm IDT Meeting		Amanda will be on leave until March 16th. If you need assistance, please contact Annemarie Wilson.	Amanda Jensem, CTRS, Recreation Therapist 202-541-7721 <hr/> Annemarie Wilson, MS, CTRS, Recreation Therapy Supervisor 202-541-7626