

LIFE ENRICHMENT CALENDAR

March 2020

SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 10am & 11am, Wed. @ 10am & 11am
- Bridge Group: Mon. & Wed. @ 1:30pm
- Golf Group: Mon. @ 1:30pm & Thurs. @ 10am
- Meet Me at MoMA: Fri. @ 1:30
- Music Therapy: Wed. @ 11:00am, Thurs. @ 2:00 pm.
- Noon Tunes: 5, 6, 11, 13, 16, 17, 24, 26 & 30
- Pet Therapy: Wed. @ 2:30- 3:30 pm

SENIOR SCHOLARS

Specially curated topics from News Currents Senior and Ted Talks, plus guest speakers, including UNC-Charlotte professors and experts from Charlotte Mecklenburg Public Library, are part of the line-up for our expanded weekly Senior Scholars. T-W-Th

HEALTH TOPIC

Genesis Health Topic & Description: This month Genesis will discuss the importance of limiting salt intake in foods to better improve one's health.

ICON & LOCATION KEY

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| AR = ART & CRAFT ROOM | PT = PUTTING GREEN |
| CP = COVERED PORCH | PB = BAR & LOUNGE |
| DR = DINING & GAMING ROOM | LB = LIBRARY |
| TK = THERAPY KITCHEN | TH = THEATRE |
| OD = OUTDOORS | LR = LIVING ROOM |
| TR = TRANQUILITY ROOM | |

- COGNITIVE
 ● PHYSICAL
 ● PSYCHO-SOCIAL

ACTIVITIES ARE SUBJECT TO CHANGE

Each day at The Ivey is intentionally designed with the preferences, interests and needs of each of our members in mind. The schedule is predictable to help with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel like home.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ John ● TH 02:30p-03:30p Categories ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	3 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Roy ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music Fun	4 ● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● TH 01:30p-02:30p Art Appreciation ● TH 02:30p-03:30p Finish the Line ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	5 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Famous Faces ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun	6 ● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Music w/ Christine ● TH 02:30p-03:30p Categories ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction
9 ● TH 10:00a-11:00a Yoga ● DR 11:00a-11:45a Music w/ John ● TH 01:30p-02:30p 100 Words ● DR 02:30p-03:30p Music Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge	10 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Piano w/ Ethan ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia	11 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Sketch Class ● TH 02:30p-03:30p Travel w/ Willene ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	12 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Trivia ● DR 04:00p-05:00p Irish Dancers ● LR 05:00p-05:30p Music Fun	13 ● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Balloon Volleyball ● DR 02:30p-03:30p Pi Day Social ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing
16 ● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p 100 Words ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	17 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Genesis Health ● TH 01:30p-02:30p Irish Trivia ● DR 02:30p-03:30p St. Patricks Day Party ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia	18 ● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● TH 01:30p-02:30p Art Appreciation ● DR 02:30p-03:30p Music Bingo ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	19 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Jeopardy ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun	20 ● TH 10:00a-11:00a Genesis Exercise ● DR 11:00a-11:45a Music w/ John ● TH 01:30p-02:30p Balloon Volleyball ● TH 02:30p-03:30p Spiritual Time ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction
23 ● TH 10:00a-11:00a Yoga ● DR 11:00a-11:45a Jazz w/ Nicci ● TH 01:30p-02:30p Finish the Line ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge	24 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Roy ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music fun	25 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Sketch Class ● DR 02:30p-03:30p Music w/ Emily & Christina ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	26 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Alphabetics ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Music Fun	27 ● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ John ● TH 02:30p-03:30p Crosswords ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing
30 ● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p 100 Words ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	31 ● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Mad Libs ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia	Member Birthdays ● 3/04 - Mila H. ● 3/05 - Kathy L. ● 3/10 - Anita H. ● 3/14 - Marguerite M. ● 3/20 - Peter M. ● 3/22 - Ann F.	Staff Birthdays ● 3/21 - Libby G.	Join us in celebrating St. Patrick's Day with a special performance by dancers from the Walsh Kelley School of Irish Dancing on Thursday the 12th @ 4:00pm!