

# LIFE ENRICHMENT CALENDAR

## March 2019

### SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 9am & 10am, Wed. @ 10am & 11am
- Golf Group: Mon. @ 1:30pm & Thurs. @ 10am
- Meet Me at MoMA: Fri. @ 1:30
- Music Therapy: Mon. @ 1:30pm, Wed. @ 11 am, Thurs. @ 11am.
- Musical Performance by John Lewis: 1, 4, 6, 8, 11, 13, 15, 18, 19, 22, 25, 27, & 29
- Pet Therapy: Wed. @ 3:30-4:30
- Tai Chi: Fri. @ 2:30
- Small Yoga Group: Thurs. @ 1:30

### 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

- AR = ART & CRAFT ROOM
- CP = COVERED PORCH
- DR = DINING & GAMING ROOM
- TK = THERAPY KITCHEN
- OD = OUTDOORS
- TR = TRANQUILITY ROOM
- PT = PUTTING GREEN
- PB = BAR & LOUNGE
- LB = LIBRARY
- TH = THEATRE
- LR = LIVING 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
<p><b>Member Birthdays</b></p> <ul style="list-style-type: none"> <li>3/19 - Millie M</li> <li>3/19 - Lacoitha G</li> <li>3/30 - Nancy C</li> <li>3/31 - Ken H</li> </ul>	<p><b>Staff Birthdays</b></p> <ul style="list-style-type: none"> <li>3/21 - Libby S.</li> </ul>	<p><b>Senior Scholars</b> 3 days each week! Tuesday Wednesday Thursday 1:30!</p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Genesis Exercise</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Balloon Volleyball</li> <li>TH 02:30p-03:30p Crosswords</li> <li>DR 04:00p-05:00p Colored Pencil Art</li> <li>LR 05:00p-05:30p Fact or Fiction</li> </ul>
<p><b>4</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Yoga</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Wheel of Fortune</li> <li>DR 02:30p-03:30p Bingo</li> <li>TH 04:00p-05:00p Sing Along</li> <li>LR 05:00p-05:30p Finish the Line</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>TH 01:30p-02:30p <b>Sketch Class</b></li> <li>DR 02:30p-03:30p Café Ivey</li> <li>TH 04:00p-05:00p Chat Pack</li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>DR 01:30p-02:30p <b>Music w/ John</b></li> <li>TH 02:30p-03:30p 100 words</li> <li>TH 04:00p-05:00p Word Cookies</li> <li>LR 05:00p-05:30p Would You Rather</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>TH 01:30p-02:30p Famous Faces</li> <li>TH 02:30p-03:30p Chair Dancing</li> <li>TH 04:00p-05:00p News Currents</li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Genesis Exercise</b></li> <li>TH 11:00a-11:45a Morning Musings</li> <li>DR 01:30p-02:30p <b>Music w/ Ellen</b></li> <li>TH 02:30p-03:30p Musical Hang Man</li> <li>DR 04:00p-05:00p Colored Pencil Art</li> <li>LR 05:00p-05:30p Reminiscing</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Yoga</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Family Feud</li> <li>DR 02:30p-03:30p Bingo</li> <li>TH 04:00p-05:00p Sing Along</li> <li>LR 05:00p-05:30p You Be the Judge</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a <b>Genesis Health</b></li> <li>TH 01:30p-02:30p <b>Art Appreciation</b></li> <li>TH 02:30p-03:30p Café Ivey</li> <li>TH 04:00p-05:00p News Currents</li> <li>LR 05:00p-05:30p Trivia</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>DR 11:00a-11:45a <b>Music w/ Tom</b></li> <li>DR 01:30p-02:30p <b>Music w/ John</b></li> <li>TH 02:30p-03:30p Hang Man</li> <li>TH 04:00p-05:00p Word Cookies</li> <li>LR 05:00p-05:30p Would You Rather</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>TH 01:30p-02:30p Who Am I?</li> <li>TH 02:30p-03:30p Musical Hang Man</li> <li>DR 04:00p-05:00p <b>Irish Dancers</b></li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Genesis Exercise</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Name That Tune</li> <li>TH 02:30p-03:30p Irish Humor</li> <li>DR 04:00p-05:00p Colored Pencil Art</li> <li>LR 05:00p-05:30p Irish Trivia</li> </ul>
<p><b>18</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Yoga</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Wheel of Fortune</li> <li>DR 02:30p-03:30p Bingo</li> <li>TH 04:00p-05:00p Sing Along</li> <li>LR 05:00p-05:30p Finish the Line</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>DR 01:30p-02:30p <b>Music w/ John</b></li> <li>TH 02:30p-03:30p Alphabetics</li> <li>TH 04:00p-05:00p Chat Pack</li> <li>LR 05:00p-05:30p Trivia</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>TH 01:30p-02:30p <b>Sketch Class</b></li> <li>TH 02:30p-03:30p Finish the Line</li> <li>TH 04:00p-05:00p Word Cookies</li> <li>LR 05:00p-05:30p Would You Rather</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>LR 01:30p-02:30p Basketball Toss</li> <li>TH 02:30p-03:30p Music Group</li> <li>TH 04:00p-05:00p News Currents</li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Genesis Exercise</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Bogle</li> <li>TH 02:30p-03:30p Spiritual Time</li> <li>DR 04:00p-05:00p Colored Pencil Art</li> <li>LR 05:00p-05:30p Reminiscing</li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Yoga</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Family Feud</li> <li>DR 02:30p-03:30p Bingo</li> <li>TH 04:00p-05:00p Sing Along</li> <li>LR 05:00p-05:30p You Be the Judge</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>LR 01:30p-02:30p Ring Toss</li> <li>TH 02:30p-03:30p Musical Hang Man</li> <li>TH 04:00p-05:00p News Currents</li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p <b>Art Appreciation</b></li> <li>TH 02:30p-03:30p Hang Man</li> <li>TH 04:00p-05:00p Word Cookies</li> <li>LR 05:00p-05:30p Would You Rather</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a Exercise</li> <li>TH 11:00a-11:45a Morning Musings</li> <li>LR 01:30p-02:30p Golf</li> <li>DR 02:30p-03:30p Art in Action</li> <li>TH 04:00p-05:00p Word Cookies</li> <li>LR 05:00p-05:30p Music Fun</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>TH 10:00a-11:00a <b>Genesis Exercise</b></li> <li>DR 11:00a-11:45a <b>Music w/ John</b></li> <li>TH 01:30p-02:30p Balloon Volleyball</li> <li>TH 02:30p-03:30p Alphabetics</li> <li>DR 04:00p-05:00p Colored Pencil Art</li> <li>LR 05:00p-05:30p Fact or Fiction</li> </ul>