

# BLUE ROOM | MARCH 2023

Monday

Tuesday

Wednesday

Thursday

Friday

 <p><b>Activity Domain Key</b>                  Physical (P)                  Social (S)                  Cognitive (C)                  Creative (CR)                  Productive Sensory (SE)                  Outdoor (O)                  Nature (N)                  Reflective (R)</p>	<p><b>Happy Birthday!</b></p>  <p><b>Nancy 3/1</b>  <b>David P. 3/1</b>  <b>Nafisa 3/1</b>  <b>Bonnie 3/9</b>  <b>Steven 3/12</b>  <b>Margy 3/13</b>  <b>Gregory 3/14</b>  <b>Patrick 3/22</b>  <b>Gretchen 3/31</b></p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 What's in the Picture w/ Steve (C)                  12:00 Countries Quiz (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Book Club w/ Racheal (S)</b>                  1:15 Armchair Travel: Peru w/ Nancy (S)                  1:45 Chair Yoga (P)                  2:00 Brain Fitness: A to Z Names (C)                  2:30 Table Tennis w/ Tony (P)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Word Search Puzzles (C)                  4:00 Guinness World Record Holders (S)                  4:30 Piano Tunes (SE)                  5:00 Coloring Group (CR)3</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Musical Spotlight: Carol King (S)                  12:00 Name 10 Game (C)  <b>12:30 Lunch (S)</b>  <b>1:15 VR Travel Group w/ Sarah (S)</b>                  1:15 Aerobics of the Mind Trivia (C)(S)                  2:00 Twister Trivia Toss w/ Jack (C)                  2:30 Table Bowling Tournament (P)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Balloon Badminton (P)                  4:00 Combined Rhyming Riddles (S) (C)                  4:30 Noodle Hockey (P)                  5:00 Sing-Along (S) (SE)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)  <b>10:00 Dancing with Garry (S) (P)</b>  <b>11:00 Snack &amp; Social (S)</b>                  11:30 This Day in History (S)(C)                  12:00 Sit and Stretch (P)  <b>12:30 Lunch (S)</b>                  1:15 Color Quiz w/ Jack (C)  <b>2:00 Tai Chi w/ Cynthia (P)</b>                  2:45 Pair Up Puzzles (C)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:15 Prize BINGO (S)                  4:00 Active Stations &amp; 1:1 (S) (C) (CR)                  4:30 Name That Tune (S)                  5:00 Faces &amp; Places (C)</p>
<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Women's History Discussion w/ Cora (S)                  12:00 US Capital Cities Quiz (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Activity Planning Committee (S)</b>                  1:15 The Match Game w/ Gloria (S)                  1:45 Chair Yoga (P)                  2:00 Family Feud Game (C)(S)                  2:30 Partner Up Puzzles w/ Nancy (C)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:15 Candy BINGO (C)                  4:00 Combined Sing-Along (S) (SE)                  4:30 Active Game (P)                  5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Get to Know You Jenga (C)                  12:00 Aromatherapy: Café Theme (SE)  <b>12:30 Lunch (S)</b>  <b>1:15 Walking Club w/ Miranda (S)(N)(O)</b>                  1:15 Dancing Through the Decades w Dell (P)                  1:45 Chair Yoga (P)                  2:00 Craft Corner: Lucky Key Chains (CR)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:15 Word Search Puzzle (SE)                  4:00 Combined Bowling w/ Myrtle (P)                  4:30 What If... (S)                  5:00 Name 5 (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Famous Faces Trivia (C)                  12:00 Categories Trivia w/ Steve (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Book Club w/ Racheal (S)</b>                  1:15 History of Tea w/ Muriel (SE)                  2:00 Chair Yoga (P)                  2:30 Travelogue: Bizarre Destinations (S)  <b>3:00 Piano Jams w/ Andrew (SE)</b>                  3:15 Best of Americas Got Talent (S)                  4:00 Combined Noodle Hockey (P)                  4:30 Piano Tunes (SE)                  5:00 Coloring Group (CR)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Sight &amp; Sounds: DMV Area (S)                  12:00 Quickfire Trivia w/ Tony (C)  <b>12:30 Lunch (S)</b>                  1:15 Sights &amp; Sounds: Hawaii (SE)                  1:45 Chair Yoga (P)                  2:00 Great Minds Memory Game (C)                  2:30 Bowling Tournament w/ Tony (P)  <b>3:00 Afternoon Music and Snack Social(S)</b>                  3:15 Armchair Travelers: New Orleans (S)                  4:00 Combined Letter Quiz (C)                  4:30 Balloon Badminton (P)                  5:00 Name 5 (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)  <b>10:00 Violin w/ Anthony (SE)</b>  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Categories Trivia (C)                  12:00 Chair Exercise (P)  <b>12:30 Lunch (S)</b>                  1:15 Travelogue: Switzerland w/ Muriel (S)                  1:45 Sit &amp; Stretch (P)                  2:00 Hollywood Stars Game (S)                  2:45 Where in the World Quiz (C)(S)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:15 Reminisce: First Dates (R)                  4:00 Combined Tabletop Puzzles (P)                  4:30 Piano Tunes (SE)                  5:00 Coloring Group (CR)</p>
<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Secret Word Puzzle w/ Sheila (C)                  12:00 Name 10 (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Spiritual Group (S)</b>                  1:15 Conversation Starters w/ Gloria (S)                  1:45 Chair Yoga (P)                  2:00 Dancing Through the Decades w/ Dell (R)  <b>2:00 Men's Club w/ Bill (S)</b>                  2:30 What Animal Is It? (C)  <b>3:00 Afternoon Music and Snack Social(S)</b>                  3:15 Candy BINGO (C)                  4:00 Combined Sing-Along (S) (SE)                  4:30 Active Game (P)                  5:00 Balloon Toss &amp; Tunes (SE) (P)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>  <b>11:30 12:30 Lunch (S)</b>  <b>1:15 Walking Club w/ Miranda (S)(N)(O)</b>                  1:15 Musical Spotlight: Fleetwood Mac (S)                  1:45 Sit &amp; Stretch Yoga (P)                  2:00 Craft: Stained Glass w/ Shelia (CR)                  2:30 Name 10 Game w/ Joe (C)  <b>3:00 Pi Day Pie Tasting (S)</b>                  4:00 Corn Hole Tournament (P)                  4:30 Landmark Quiz (C)                  5:00 Group Discussion (S)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Evolution of Radio (S)                  12:00 Categories Trivia (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Book Club w/ Racheal (S)</b>                  1:15 Family Feud Game (S)(C)                  1:45 Sit &amp; Stretch w/ Tony (P)                  2:00 Tangram Puzzles w/ Jack (C)                  2:30 Alphabet Quiz w/ Tom (C)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Table Tennis Tournament (P)                  4:00 Active Stations &amp; 1:1 (S) (C) (CR)                  4:30 Name That Tune (S)                  5:00 Faces &amp; Places (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Price Is Right Game (S)                  12:00 Potluck Quiz (C)  <b>12:30 Lunch (S)</b>  <b>1:15 VR Travel Group w/ Sarah (S)</b>                  1:15 The Match Game (C)                  1:45 Chair Yoga (P)                  2:00 Partner Up Puzzles w/ Augustine (C)                  2:30 Balloon Badminton (P)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Guess Who Game (S)                  4:00 Combined Prize BINGO (C)                  4:30 Our Favorite Music Videos (S)                  5:00 Sing-Along (S) (SE)</p>	<p><b>WEAR GREEN DAY</b></p> <p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)  <b>10:00 Dancing w/ Garrey (P) (S)</b>  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Finish the Phrase w/ David (C)                  12:00 Dialect Discussion: How Do You Say? (S)  <b>12:30 Lunch (S)</b>  <b>1:15 Spiritual Social Club (R)</b>                  1:15 Reaction Experiment w/ Doug (S)(C)                  1:45 Chair Yoga (P)                  2:00 Geography Quiz w/ Greg (C)  <b>3:00 St. Patrick's Day Social (S)</b>                  3:15 Dog Breeds of the World w/ Sheryl (S)                  3:30 TV Spotlight: The Golden Girls (S)                  4:00 Castle Crash Game (P)(S)                  4:30 Tabletop games (C) (S)                  5:00 Tabletop Puzzles (P)</p> 
<p><b>FIRST DAY OF SPRING</b></p> <p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Jenga Trivia Game w/ Joe (C)                  12:00 50 States &amp; Capitals (C)  <b>12:30 Lunch (S)</b>                  1:15 Craft: Spring Vision Board w/ Cora (CR)                  1:45 Chair Yoga (P)  <b>2:00 Activity Planning Committee (S)</b>                  2:30 Jeopardy (C)(S)  <b>3:00 First Day of Spring Social (S)</b>                  4:00 Most Famous Musicals (S)                  4:30 Corn Hole Tournament (P)                  5:00 Music &amp; Movement (SE) (P)</p> 	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Discuss &amp; Recall: Spring Gardening (R)                  12:00 Aroma Therapy Towels (S) (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Walking Club w/ Miranda (S)(N)(O)</b>                  1:15 Women's History Guessing Game (C) (S)                  1:45 Chair Yoga (P)                  2:00 Incredible Technology w/ Tom (S)                  2:30 Jeopardy (C)(S)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  4:00 Calming Coloring (CR)                  4:30 Corn Hole Tournament (P)                  5:00 Music &amp; Movement (SE) (P)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Musical Spotlight: David Bowie (S)                  12:00 Name 10 w/ Helen (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Drama Club w/ Racheal (S)</b>                  1:15 You be the Judge w/ Steve (S)                  1:45 Chair Yoga (P)                  2:00 Step by Step Art w/ Yvonne (CR)  <b>3:00 Piano Jams w/ Andrew (SE)</b>                  4:00 Combined Bowling w/ Vernelle (P)                  4:30 What If... (S)                  5:00 Name 5 (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Meet the Puppies Memory Game (C)                  12:00 Target Toss Trivia (P)(C)  <b>12:30 Lunch (S)</b>  <b>1:15 Music Therapy w/ Melanie (SE)</b>                  1:30 Academy Awards Trivia (S)(C)                  2:30 What' In the Picture Game (C)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:15 Explore Yellowstone National Park (S)                  4:00 Combined Rhyming Riddles (S) (C)                  4:30 Noodle Hockey (P)                  5:00 Sing-a long (S) (SE)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Musical Spotlight: Michael Jackson (S)                  12:00 Chair Exercise (P)  <b>12:30 Lunch (S)</b>                  1:15 Travelogue: Philippines w/ Tony (S)                  1:45 Sit &amp; Stretch (P)  <b>2:00 Tai Chi w/ Cynthia (P)</b>                  2:30 Target Darts w/ Garry (P)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  4:00 Name That Tune (S)                  4:30 Sing a Long Songs (S)                  5:00 Coloring Group (CR)</p>
<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Categories Trivia (C)                  12:00 Chair Exercise (P)  <b>12:30 Lunch (S)</b>                  1:15 Ka-Blab Category Game (C)                  1:45 Sit &amp; Stretch w/ Steve (P)                  2:00 Sights &amp; Sounds: New York w/ Sheryl (SE)                  2:30 Mystery Guessing Game w/ Greg (S)  <b>3:00 Afternoon Music and Snack Social (S)</b>                  3:30 Best of Kids Say the Darndest Things (S)                  4:00 Darts Competition (P)                  4:30 Piano Tunes (SE)                  5:00 Coloring Group (CR)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Partner Up Puzzles w Muriel (C)                  12:00 Letter A Quiz (C)  <b>12:30 Lunch (S)</b>  <b>1:15 Walking Club w/ Miranda (S)(N)(O)</b>                  1:15 Music Spotlight: 60's Hits w/ Terry (S)                  1:45 Chair Yoga (P)                  2:00 Craft: Singing in The Rain Paintings (CR)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:30 Active Stations (SE)                  4:00 Sing a Long Songs (S)                  4:30 What If... (S)                  5:00 Name 5 (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Extraordinary Sculptures (S)  <b>12:30 Lunch (S)</b>                  1:15 Star Spotlight: Doris Day (S) (C)                  1:45 Active Exercises (P)                  2:00 Discuss &amp; Recall w/ Ruth: How Dating Has Changed (S)(R)                  2:30 Brain Exercises w/ Greg (C)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Prize BINGO (C)                  4:00 Discussion: Favorite Desserts (S)                  4:00 Cornhole (P)                  4:30 Combined 70's Sing-Along (SE)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)                  10:00 This Day in History (S) (C)                  10:30 Chair Exercise (P)                  10:45 Brain Game (C)  <b>11:00 Snack &amp; Social (S)</b>                  11:30 Potluck Quiz (C)                  12:00 Modern Musicals: Wicked (SE) (C)  <b>12:30 Lunch (S)</b>                  1:15 Jeopardy: American Folklore (S)                  1:45 Sit &amp; Stretch w/ Yvonne (P)                  2:00 Travelogue: Sydney (S)                  2:30 Craft: Australian Dot Art (CR)  <b>3:00 Afternoon Music &amp; Snack Social (S)</b>                  3:15 Tabletop Games (C) (S)                  4:00 Combined Letter Quiz (C)                  4:30 Balloon Badminton (P)                  5:00 Name 5 (C)</p>	<p>7:30 Music Reflections (SE)                  8:00 Coffee &amp; Chat (S)                  8:30 Current Events Discussion (C)                  9:00 Group Brain Games (C)                  9:30 Music Selections &amp; Puzzles (SE) (C)  <b>10:00 Music &amp; Dancing w/ Brian (S)(P)</b>  <b>11:00 Snack &amp; Social (S)</b>                  11:30 This Day in History (S) (C)                  12:00 Chair Exercise (P)  <b>12:30 Lunch (S)</b>                  1:15 Duck, Duck, Moose Game (C)                  1:45 Sit &amp; Stretch (P)                  2:00 Craft: Stencil Painting (CR)  <b>3:00 Combined Birthday Celebration (S)</b>                  4:00 Combined Tabletop Puzzles (P)                  4:30 Piano Tunes (SE)                  5:00 Coloring Group (CR)</p> 