



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Wellness Key</i> Cognitive Psychosocial Spiritual Physical Special Event</p>	<p>*Snacks are served at 10AM and 2PM*</p>	<p><i>Mardi Gras 3/5</i> <i>Ash Wednesday 3/6</i> <i>St. Patrick's Day 3/17</i> <i>Earth Day 3/20</i></p>	<p>HAPPY BIRTHDAY TO: 3/3 Gretchen 3/21 Ann 3/28 Sam</p>	<p>1 10-11 Welcome March!!! 11-12 Stretching with Heidi 1-2 Weekend Hope 2-3 Wii 3-4 Puzzle Mania</p>
<p>4 Mardi Gras Party 10-11 Masking Craft 11-12 Yoga & Movement 1-2 Music with David 2-3 Mardi Gras Trivia 3-4 Chess & Cards</p>	<p>5 Fat Tuesday 10-11 Ring Toss 11-12 Thankful For? 1-2 Card Choice 2-3 Gardening 3-4 Bingo Mania</p>	<p>6 10-11 Ash Wednesday Facts 11-12 Range of Motion 1-2 Music Surprise 2-3 Art Expressions 3-4 Sequence</p>	<p>7 10-11 Don't Spill the Beans 11-12 Yoga & Movement 1-2 Song Trivia 2-3 Music Therapy 3-4 Pictionary</p>	<p>8 10-11 Sequence 11-12 Basketball 1-2 Weekend Hope 2-3 Price is Right 3-4 Book Club</p>
<p>11 10-11 Crocheting 11-12 Yoga & Movement 1-2 Music with Flint 2-3 Spotlight on Health 3-4 Chess & Checkers</p>	<p>12 10-11 Resistance Bands 11-12 Thankful For? 1-2 Bible Trivia 2-3 Jenga 3-4 Bingo Mania</p>	<p>13 10-11 Trivial Pursuit 11-12 Hand Exercises 1-2 Music Surprise 2-3 Family Feud 3-4 Who Said That?</p>	<p>14 10-11 Movie Posters 11-12 Yoga Fun 1-2 Who Said That? 2-3 Music Therapy 3-4 Penny Ante</p>	<p>15  Craft 10-11  Craft 11-12 Hand Ball 1-2 Weekend Hope 2-3 Brain Fitness 3-4 Puzzle Mania</p>
<p>18 St. Patty Party 10-11 Cooking with Kim 11-12 Yoga & Movement 1-2 Music Therapy 2-3 Fam/Mem Council 3-4 Chess & Cards</p>	<p>19 10-11 On the Green 11-12 Thankful For? 1-2 Sing-A-Long 2-3 Connect Four 3-4 Bingo Mania</p>	<p>20 Earth Day 10-11 Earth Trivia 11-12 Movin to Motown 1-2 Music Therapy 2-3 Art Expressions 3-4 Memory & Music Cafe</p>	<p>21 10-11 Trivia 11-12 Yoga Fun 1-2 Music Therapy 2-3 Games with Kristen 3-4 Black Jack</p>	<p>22 10-11 Hed Banz 11-12 Sit and be Fit 1-2 Weekend Hope 2-3 Life 3-4 Book Club</p>
<p>25 10-11 Getting to Know You 11-12 Yoga & Movement 1-2 Music Therapy 2-3 Cities of the World 3-4 Chess & Checkers</p>	<p>26 10-11 Flickin Chicken 11-12 Thankful For? 1-2 Battleship 2-3 Wii 3-4 Bingo Mania</p>	<p>27 10-11 Word Games 11-12 Parachute 1-2 Music Therapy 2-3 Hang Man 3-4 Fact or Fiction</p>	<p>28 10-11 Mapping Fun 11-12 Yoga Fun 1-2 Music Therapy 2-3 Bingo with Karen 3-4 Brain Fitness</p>	<p>29 10-11 Craft Surprise 11-12 Praise Moves 1-2 Weekend Hope 2-3 Scrabble 3-4 Puzzle Mania</p>

Important Dates

Special Features– Entertainment by Flint Monday the 11th at 1 PM
 The Memory & Music Café the 20th at 3 PM—see attached flyer. Kick off event featuring Mr. Flint Long
Music Therapist– Every Monday, Wednesday and Thursday at 1 PM after lunch
Family Member Council– Monday the 18th at 2 PM
Health Education– Monday the 11th at 2 PM

Daily Schedule

7:30-8:30 Welcome!	1:00-2:00 Spiritual Growth
8:30-9:30 Coffee with Friends	2:00-3:00 Cognitive Health
9:30-10:00 Orientation & Snack	3:00-4:00 Games
10:00-11:00 Social Activity	4:00-5:00 Relax ~ See you Soon!
11:00-12:00 Exercise Group	
12:00-1:00 Lunch / Relaxation	

March Birthdays

Gretchen 3/3
 Ann 3/21
 Sam 3/28

Celebrating on
 Monday, March 18

The Retreat Team

Kathryn Doddridge, Executive Director
 Montana McKeown, Administrative Assistant
 Heidi Whitescarver, Nurse Manager
 Karen Koenig, Healthcare Coordinator
 Lois Thompson, Activities Director
 Rachel Shell, Music Therapist
 Victoria Willcox, Certified Nurse Aide
 Wendy Chavis, Certified Nurse Aide
 Kim Bronson, Cook
 Cindy Boles, Yoga & Movement
 Kristen Mueller, Volunteer
 Marian Murphy, Volunteer
 Patricia McDermott, Volunteer
 Debbi Bassett, Volunteer

Additional Services

Massage
 Beautician
 Physical Therapy





A welcoming place for individuals with Alzheimer's disease, dementia, brain disorders and mild cognitive impairment and their family member or friend to gather in fellowship.



PROGRAM DATES:

MARCH 20 | MAY 15 | JULY 17 | SEPTEMBER 18 | NOVEMBER 20
3 - 4:30 P.M.

QUESTIONS?

910.585.6757

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