
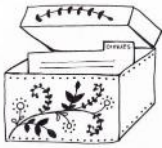



Monday	Tuesday	Wednesday	Thursday	Friday
2 Old Stuff Day 10-11 Reminiscing 11-12 Yoga & Movement 1-2 Music with Flint Long 2-3 March Happenings 3:30 Match Game	3 I Want You to be Happy Day 10-11 Happy Craft 11-12 Anytime Fitness 1-2 Music with David 2-3 Table Games 3:30 Chess & Cards	4 10-11 Hedbanz 11-12 T'ai Chi 1-2 Music with David 2:15 Ask a EMS Chief 3:30 Parlor Games	5 10-11 Art 101 11-12 Yoga Fun 1-2 Music with Flint Long 2-3 Mind Challenge 3:30 What did the Doc say?	6 10-11 Tic-Tac-Toe 11-12 Anytime Fitness 1-2 Sing-A-Long 2-3 Charades 3:30 Puzzle Mania
9 10-11 Word Games 11-12 Yoga & Movement 1-2 Music with Flint Long 2-3 <i>A Pokémon Encounter</i> 3:30 Crafting Surprise	10 10-11 Bible Trivia 11-12 Anytime Fitness 1-2 Music with David 2-3 Let's Make a Deal 3:30 Chess & Checkers	11 10-11 Out of Bounds 11-12 T'ai Chi 1-2 Music with David 2-3 Trivial Pursuit 3:30 Lucky Dice	12 10-11 What a Pair 11-12 Yoga Fun 1-2 Music with Flint Long 2-3 Firemen Games 3:30 Laughter Abounds	13 10-11 Foreign Languages 11-12 Anytime Fitness 1-2 Name that Tune 2-3 Life Changes & Adjustments 3:30 Book Club
16 Everything You do is Right Day 10-11 Go Fish 11-12 Yoga & Movement 1-2 Music with Flint Long 2-3 St. Patrick's Party 3:30 Blacjack	17 St. Patrick's Day  10-11 Jewelry Making 11-12 Anytime Fitness 1-2 Music with David 2-3 St. Patrick History 3:30 Chess & Cards	18 10-11 Chartreuse Titles 11-12 T'ai Chi 1-2 Music with David 2-3 Memory & Music Café 3:30 Yahtzee	19 10-11 Math Matters 11-12 Yoga Fun 1-2 Music with Flint Long 2-3 Photos with Dave 3:30 Shuffleboard	20 10-11 Food Idioms 11-12 Anytime Fitness 1-2 Holly & Nimit Present 2-3 Music Therapy 3:30 Puzzle Mania
23 10-11 Price is Right 11-12 Yoga & Movement 1-2 Music with Flint Long 2-3 Rice Grab 3:30 Dominoes	24 10-11 Alphabet Game 11-12 Anytime Fitness 1-2 Music with David 2-3 Mapping 3:30 Chess & Checkers	25 Pecan Day 10-11 Pecan Poem 11-12 T'ai Chi 1-2 Music with David 2-3 Emily & Friends 3:30 Finish the Quote	26 Spinach Day 10-11 Painting Fun 11-12 Yoga Fun 1-2 Music with Flint Long 2-3 Health Education 3:30 Scrabble	27 10-11 Famous Quotes 11-12 Anytime Fitness 1-2 Music with Brad 2-3 Senior Moments Players 3:30 Book Club
30 10-11 Paper <i>MÂCHÉ</i> 11-12 Yoga & Movement 1-2 Music with Flint Long 2-3 Parlor Games 3:30 Connect Four	31 10-11 Dictionary Fun 11-12 Anytime Fitness 1-2 Music with David 2-3 Bingo 3:30 Chess & Cards	Bring in your favorite recipe for our Recipe Box! 	BIRTHDAYS 3-19 Eileen & Wyatt Earp 3-28 Sam & Reba McEntire Save Your Vision Month 	Wellness Key Cognitive Psychosocial Spiritual Physical Special Event



HIGHLIGHTS & NEWS

Important Dates

Ask A EMS Chief, Grant Hunsucker from Moore County will share some time with us—the 4th at 2:15 PM
 Vaughn and Heidi Whitescarver present A Pokémon Encounter—the 9th at 2:15 PM
 Firemen Games, Aberdeen Fire Dept. visit with a new game—the 12th at 2:15 PM
 Richard Walker presents “Life Changes and Adjustments” - the 13th at 2:15 PM
 Memory and Music Café—the 18th from 3 to 4:30 PM
 David Powers, photographer, presents a spring photo compilation—the 19th at 2:15 PM
 Surprise Presentation with Holly and Nimit—the 20th at 1 PM
 The Senior Moments Players present skits from the 30s, 40s and 50s—the 27th at 2:15 PM

Daily Schedule

8:00-8:30 Welcome!	12:00-1:00 Lunch / Relaxation
8:30-9:30 Coffee with Friends	1:00-2:00 Spiritual Growth
9:30-10:00 Orientation & Snack	2:00-3:00 Cognitive Health
10:00-11:00 Social Activity	3:00-3:30 Break-We say goodbye to our 1/2 day friends.
11:00-12:00 Exercise Group	

March Birthdays

3-19 Eileen
 3-28 Sam

The Retreat Team

Kathryn Doddridge, Executive Director
 Heidi Whitescarver, RN, Nurse Manager
 Karen Koenig, RN, Healthcare Coordinator
 Lois Thompson, Activities Director
 Montana McKeown, Administrative Assistant
 Michelle Yeshulas, Licensed Practical Nurse
 Victoria Willcox, Certified Nurse Aide
 Wendy Chavis, Certified Nurse Aide
 Kim Bronson, Cook

Georgene Fayssoux, Music Therapist
 Rachel Shell, Music Therapist
 Flint Long, Musician/Entertainer
 David McKee, Musician
 Cindy Boals, Yoga and Movement
 Dana Dowell, Anytime Fitness
 Martin Locklear, T'ai Chi Instructor
 Sam Walker and Friends, Spiritual Program

Volunteers:
 Debbi Bassett
 Patricia McDermott
 Kristin Mueller
 Marian Murphy

Thanks to:

SCC Senior Nursing Students

Methodist University Occupational Therapy Students

Carol, SCC Intern

ACTIVITIES ARE SUBJECT TO CHANGE: Activities at The Retreat are purposefully designed with the interests and needs of each of our members in mind. The schedule is predictable to assist with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel more like home.