

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 The Church of Jesus Christ of Latter-day Saints Sacrament Meeting (AL)	2 10:00 Sit & Fit 10:30 Shopping Trip (Walmart) 2:00 Birthday Bingo 3:00 Fingernail Painting	3 10:00 Sit & Fit 10:30 Game of LCR 2:00 Craft 3:00 Gospel Doctrine Class	4 10:00 Strength Training 10:30 Flower Arranging (For Dining Room) 2:30 Get to Know You 3:00 Indoor Walking Club	5 10:00 Sit & Fit 11:00 Nina on Piano 2:00 Ladder Ball 3:00 Who, What, Where, When	6 10:00 Sit & Fit 10:30 Bingo at Draper Senior Center 2:00 Oreo Taste Test (National Oreo Day) 3:00 Movie (LR) Happy Birthday Betty	7 8:15 Breakfast 12:15 Lunch 5:15 Dinner Cranium Crunches (Nurse's station)
8 10:00 The Church of Jesus Christ of Latter-day Saints Sacrament Meeting (AL) <small>Daylight Saving Time Begins</small>	9 10:00 Sit & Fit 10:30 Shopping Trip (Harmon's) 2:00 Bingo 3:00 Fingernail Painting <small>Purim Begins</small>	10 10:00 Sit & Fit 10:30 Fun & Games 2:00 Book Club 3:00 Gospel Doctrine Class	11 10:00 Resident Council 11:00 Musical Performance- Singing Duo 2:30 Bowling Happy Birthday Marian	12 10:00 Sit & Fit 10:30 Bocce Ball 2:00 Cooking Demo 3:00 Game "Truth or Blareny" 4:00 Music & More	13 10:00 Sit & Fit 10:30 Scenic Ride 2:00 Bingo 3:00 Movie (LR)	14 8:15 Breakfast 12:15 Lunch 5:15 Dinner Cranium Crunches (Nurse's station)
15 10:00 The Church of Jesus Christ of Latter-day Saints Sacrament Meeting (AL)	16 10:00 Sit & Fit 10:30 Shopping Trip (Harmon's) 2:00 St Patrick's Bingo 3:00 Trivia	17 10:00 Sit & Fit 10:30 Nurses Corner 2:00 Clover all Over-Card Game 3:00 Gospel Doctrine Class <small>St. Patrick's Day</small>	18 10:00 Strength Training 10:30 Temple Trip 2:30 Jeopardy 3:00 Indoor Walking Club	19 10:00 Sit & Fit 10:30 Corn Hole 1:30 Dr Humphrey 2:00 Nerf Fun Target Practice 3:30 Bob Shorten on Piano <small>Spring Begins</small>	20 10:00 Sit & Fit 10:30 Scenic Ride 2:00 Bingo 3:00 Movie (LR)	21 8:15 Breakfast 12:15 Lunch 5:15 Dinner Cranium Crunches (Nurse's station)
22 10:00 The Church of Jesus Christ of Latter-day Saints Sacrament Meeting (AL)	23 10:00 Sit & Fit 10:30 Shopping Trip (Walmart) 2:00 Bingo 3:00 Fingernail Painting	24 10:00 Sit & Fit 10:30 Game of Quiddler 1:30 Trip to the Movie Theatre (Sign up with Suzanne) 3:00 Gospel Doctrine Class	25 10:00 Strength Training 10:30 Cooking with Karla 2:30 Bowling Cooking with Karla	26 10:00 Sit & Fit 10:30 Corn Hole 2:00 Dice Game 3:00 Name That Tune 4:00 Music & More	27 10:00 Sit & Fit 10:30 Scenic Ride 2:00 Bingo 3:00 The Signing Cowboy	28 8:15 Breakfast 12:15 Lunch 5:15 Dinner Cranium Crunches (Nurse's station)
29 10:00 The Church of Jesus Christ of Latter-day Saints Sacrament Meeting (AL)	30 10:00 Sit & Fit 10:30 Shopping Trip (Harmon's) 2:00 Bingo 3:00 Fingernail Painting	31 10:00 Sit & Fit 10:30 "Name That Name" Game 2:00 Craft 3:00 Gospel Doctrine Class	<h1>March 2020</h1> <h2>Ashford Assisted Living Activities</h2> <p>Breakfast 8:15 Lunch 12:15 Dinner 5:15</p>			

It is our goal to follow the calendar as outlined, however activities are subject to change without notice