

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019



## ECS Memory Care 1 Calendar



<p>9:30 Sitting Exercises <b>12:30 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game</p>	<p><b>9:30 Pinecone Pitch</b> <b>11:00 Catholic Mass CH</b> <b>2:00 Namaste Care</b> 4:00 Emma Jo Visits <b>6:15 Pot O' Gold Door Hanger Craft</b></p>	<p><b>9:00 Flyswatter Balloon Game</b> <b>1:30 Namaste Care</b> 2:30 Relaxation Time Evening Game <small>Mardi Gras</small></p>	<p><b>9:30 Strong Bones Exercise</b> 12:45 Church Service <b>2:00 Namaste Care</b> 3:00 Relaxation Time <b>6:15 Rhyming Ball</b> <small>Ash Wednesday</small></p>	<p><b>9:00 Hallway Walks</b> 2:00 Relaxation Time <b>3:00 Remembering the Luck of the Irish</b> Evening Game</p>	<p><b>10:00 Chair Yoga</b> <b>2:00 Watercolor Weaving</b> 3:00 Relaxation Time <b>6:15 Current Events</b></p>	<p><b>9:30 Target Toss</b> <b>1:00 Pictionary</b> 2:00 Relaxation Time Evening Game</p>
<p>9:30 Sitting Exercises <b>12:30 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game <small>Daylight-Saving Time Begins</small></p>	<p><b>9:30 Strong Bones Exercise</b> <b>1:00 Music by Shari Sarazin (Harp) A</b> 3:00 Relaxation Time 4:00 Emma Jo Visits <b>6:15 St. Patrick's Day Word Puzzle</b></p>	<p><b>10:30 Preschool Visiting</b> 11:00 Rosary <b>2:00 Namaste Care</b> 3:00 Relaxation Time <b>6:15 Penny Ante</b></p>	<p>9:30 Sitting Exercises 12:45 Church Service <b>2:00 Namaste Care</b> 3:00 Relaxation Time <b>6:15 Make Your Point Trivia</b></p>	<p><b>9:00 Hallway Walks</b> 1:00 Irish Trivia w/Carla 2:00 Relaxation Time Evening Game</p>	<p><b>10:00 Chair Yoga</b> 1:30 Relaxation Time <b>2:45 Milkshake Mixer (For Staff and Residents!)</b> <b>6:15 Currents Events</b></p>	<p><b>9:30 Bowling</b> <b>1:00 Balloon Volleyball</b> 2:00 Relaxation Time Evening Game</p>
<p>9:30 Sitting Exercises <b>12:30 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game <small>St. Patrick's Day</small></p>	<p><b>9:30 Three in a Row</b> 2:00 Relaxation Time 4:00 Emma Jo Visits <b>6:15 The Irish Legend Video &amp; Treat</b></p>	<p><b>8:15 Alphabet Ball</b> 11:00 Rosary <b>2:00 Namaste Care</b> 3:00 Relaxation Time <b>6:15 Pass the Four-Leaf Clover</b></p>	<p><b>9:30 Strong Bones Exercise</b> 12:45 Church Service <b>2:00 Dessert of the Month</b> 3:00 Relaxation Time <b>6:15 Create a Story</b> <small>Spring Begins</small></p>	<p><b>9:00 Hallway Walks</b> 1:00 Relaxation Time <b>2:30 Music by Tammy Kolen A</b> Evening Game</p>	<p><b>10:00 Chair Yoga</b> <b>2:00 Flower Canvas Painting</b> 3:00 Relaxation Time <b>6:15 Horse Racing</b></p>	<p><b>9:30 Words With a Word Game</b> <b>1:00 Hangman</b> 2:00 Relaxation Time Evening Game</p>
<p>9:30 Sitting Exercises <b>12:30 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game</p>	<p><b>9:30 Strong Bones Exercise</b> <b>2:00 You Be the Judge!</b> 4:00 Emma Jo Visits <b>6:15 Category Memory Challenge</b></p>	<p><b>8:15 Trivial Trivia!</b> <b>2:00 Namaste Care</b> <b>6:15 Melting Snowman Craft</b></p>	<p><b>9:30 Noodle Hockey</b> 12:45 Church Service 2:00 Relaxation Time <b>3:30 Music by Tom Baker A (Country)</b> <b>6:15 Name 10!</b></p>	<p><b>9:00 Hallway Walks</b> 1:00 Popcorn Toss &amp; Trivia w/Carla <b>2:00 Namaste Care</b> 3:00 Relaxation Time Evening Game</p>	<p><b>10:00 Chair Yoga</b> <b>2:00 S'more Making &amp; Campfire Stories</b> 3:00 Relaxation Time <b>6:15 Penny Pitch</b></p>	<p><b>9:30 Bean Bag Toss</b> <b>1:00 Observation</b> 2:00 Relaxation Time Evening Game</p>

9:30 Sitting Exercises  
**12:30 Hand Massages & Manicures**  
2:00 Relaxation Time  
Evening Game

All programs marked with an "A" will be held in the auditorium (on the second floor across from the library). All other activities will be held on the unit unless otherwise specified.

Questions? Please see Hannah Wieser, Life Enrichment Coordinator (608)-791-2713 [hwieser@eaglecreslife.org](mailto:hwieser@eaglecreslife.org)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019

## ECS Memory Care 2 Calendar

<p><b>9:30 Target Toss</b> 3 <b>10:00 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game</p>	<p><b>10:00 Pinecone Pitch</b> 4 <b>11:00 Catholic Mass CH</b> <b>3:00 Namaste Care</b> 4:00 Emma Jo Visits <b>5:30 Pot O' Gold Door Hanger Craft</b></p>	<p><b>10:00 Flyswatter</b> 5 <b>Balloon Game</b> 1:00 Relaxation Time <b>2:15 Namaste Care</b> Evening Game <small>Mardi Gras</small></p>	<p><b>10:00 Active Game</b> 6 12:45 Church Service MC1 2:00 Relaxation Time <b>3:00 Namaste Care</b> <b>5:30 Rhyming Ball</b></p>	<p><b>10:00 Hallway Walks</b> 7 2:00 Relaxation Time <b>3:00 Remembering the Luck of the Irish MC1</b> Evening Game</p>	<p><b>10:00 Chair Yoga</b> 8 <b>MC1</b> 2:00 Movie &amp; Popcorn <b>5:30 Shamrock Craft</b> LE gone 1-4pm.</p>	<p>9:30 Sitting Exercises <b>2:00 Pictionary</b> 3:00 Relaxation Time Evening Game</p>
<p><b>9:30 Hallway Walks</b> 9 <b>10:00 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game <small>Daylight Saving Time Begins</small></p>	<p><b>10:00 Active Game</b> 11 <b>1:00 Music by Shari Sarazin (Harp) A</b> 2:00 Relaxation Time 4:00 Emma Jo Visits <b>5:30 St. Patrick's Day Coloring Pages</b></p>	<p><b>10:30 Preschool</b> 12 <b>Visiting MC1</b> 11:00 Rosary MC1 2:00 Relaxation Time <b>3:00 Namaste Care</b> Evening Game</p>	<p>10:00 Sitting Exercises 13 12:45 Church Service MC1 2:00 Relaxation Time <b>3:00 Namaste Care</b> <b>5:30 Make Your Point Trivia!</b></p>	<p><b>10:00 Hallway Walks</b> 14 1:00 Irish Trivia w/Carla MC1 3:00 Relaxation Time Evening Game</p>	<p><b>10:00 Chair Yoga</b> 15 <b>MC1</b> 1:30 Relaxation Time <b>2:45 Milkshake Mixer! (For staff and residents!)</b> <b>5:30 Current Events</b></p>	<p>9:30 Sitting Exercises <b>2:00 Balloon Volleyball</b> 3:00 Relaxation Time Evening Game</p>
<p><b>9:30 Bowling</b> 17 <b>10:00 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game <small>St. Patrick's Day</small></p>	<p><b>10:00 Three in a Row</b> 18 3:00 Relaxation Time 4:00 Emma Jo Visits <b>5:30 The Irish Legend Video &amp; Treat</b></p>	<p><b>10:15 Alphabet B</b> 19 11:00 Rosary MC1 2:00 Relaxation Time <b>3:00 Namaste Care</b> <b>5:30 Pass the Four-Leaf Clover</b></p>	<p><b>10:00 Active Game</b> 20 12:45 Church Service MC1 2:00 Relaxation Time <b>3:00 Dessert of the month</b> <b>5:30 Create A Story</b> <small>Spring Begins</small></p>	<p><b>10:00 Hallway Walks</b> 21 1:30 Relaxation Time <b>2:30 Music by Tammy Kolen A</b> Evening Game</p>	<p><b>10:00 Chair Yoga</b> 22 <b>MC1</b> 2:00 Relaxation Time <b>3:00 Flower Canvas Painting</b> <b>5:30 Horse Racing</b></p>	<p>9:30 Sitting Exercises <b>2:00 Hangman</b> 3:00 Relaxation Time Evening Game</p>
<p><b>9:30 Words With a Word Game</b> 24 <b>10:00 Hand Massages &amp; Manicures</b> 2:00 Relaxation Time Evening Game</p>	<p><b>10:00 Toss Across</b> 25 2:00 Relaxation Time <b>3:00 Namaste Care</b> 4:00 Emma Jo Visits <b>5:30 Category Memory Challenge</b></p>	<p><b>10:15 Trivial Trivia</b> 26 2:00 Relaxation Time <b>3:00 Namaste Care</b> <b>5:30 Melting Snowman Craft</b></p>	<p><b>10:00 Noodle Hockey</b> 27 12:45 Church Service MC1 2:00 Relaxation Time <b>3:30 Music by Tom Baker (Country) A</b> <b>5:30 Name 10!</b></p>	<p><b>10:00 Hallway Walks</b> 28 1:00 Popcorn Toss &amp; Trivia w/Carla MC1 2:00 Relaxation Time <b>3:00 Namaste Care</b> Evening Game</p>	<p><b>10:00 Chair Yoga</b> 29 <b>MC1</b> 2:00 Relaxation Time <b>3:00 S'more Making and Campfire Stories</b> <b>5:30 Penny Pitch</b></p>	<p>9:30 Sitting Exercises <b>2:00 Observation</b> 3:00 Relaxation Time Evening Game</p>

All programs marked with an "A" will be held in the auditorium (on the second floor across from the library). All other activities will be held on the unit unless otherwise specified.

Programs with an MC1 after them will be held in Memory Care 1.

Questions? Please see Hannah Wieser, Life Enrichment Coordinator (608)-791-2713 [hwieser@eaglecrestlife.org](mailto:hwieser@eaglecrestlife.org)