

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2019

## Peregrine Senior Living at Clifton Park

							10:00 Move to the Music/CH 1 11:00 Morning Prayer/SL 1:00 Small Group/CH 2:00 Brain Games/BL 3:30 March Bingo/BDR 6:00 Sing Along/BL	2 10:00 Coffee & Daily News/TS 11:00 Morning Exercise/CH 2:00 Mardi Gras Creative Arts/BDR 3:30 Finishing Lines/BL 6:00 Manicures/SDR
10:30 Catholic Church/CH 3 2:00 Episcopal Church/CH 3:30 Clue Trivia/BL 6:00 Popcorn & Movie Night/BL	4 10:00 Morning Exercise/CH 11:00 Follow the Money/BL 2:00 Who am I?/BL 3:30 Bingo/BDR 6:00 Discussion & Pet Therapy/BL	5 10:00 Sit & Be Fit/CH 11:00 Bible Study/CH 2:00 Mardi Gras Discussion/BL 3:30 Resident Council/SL 6:00 Mardi Gras Puzzles & Pet Therapy/SL <small>Mardi Gras</small>	6 10:30 Ash Wednesday Service/CH 2:00 Piano Music with Cole/BDR 3:30 Three Suits Bingo/SDR 6:00 Reminisce & Pet Therapy/BL <small>4th Wednesday</small>	7 10:00 Weight Lifting/CH 11:00 Swiss steak and Hobo Stew/SL 1:00 Small Group/CH 2:00 Piano Music with Beverly/BDR 3:30 Deal or No Deal/BL 6:00 Music Bingo/BDR	8 10:00 Move to the Music/CH 11:00 Bible Study/CH 1:00 Small Group/CH 2:00 Balloon Badminton/SDR 3:30 March Bingo/BDR 6:00 Sing Along/BL	9 10:00 Coffee & Daily News/TS 11:00 Morning Exercise/CH 2:00 Creative Arts/BDR 3:30 Star of the Month – Ann-Margret/SL 6:00 Manicures/SDR		
10:30 Catholic Church/CH 10 2:00 Methodist Church/CH 3:30 Famous Folks/BL 6:00 Popcorn & Movie Night/BL <small>Daylight Saving Time Begins</small>	11 10:00 Stretching/CH 11:00 Parachute/SDR 2:00 Stephan Bowman's Talk on Saint Patrick's Day!/TS 3:30 Bingo/BDR 6:00 Discussion & Pet Therapy/BL	12 10:00 Chair Dancing/CH 11:00 Hymn Sing/CH 2:00 Irish Sing Along/BL 3:30 Patty O'Sax – Saxophone playing Leprechaun/TS 6:00 Trivia Night & Pet Therapy/SL	13 10:00 Waking Up/CH 11:00 Edelweiss/BL 2:00 Mind Benders/BL 3:30 Three Suits Bingo/SDR 6:00 Reminisce & Pet Therapy/BL	14 10:00 Group Exercise/CH 11:00 Drama Club: A Friend in Need/BL 1:00 Small Group/CH 2:00 Lucky Shamrock Kisses Craft/BDR 3:30 Mind Benders/BL 6:00 Music Bingo/BDR	15 10:00 Sit & Be Fit/CH 11:00 Name that Irish Tune/SL 1:00 Small Group/CH 1:30 Irish Music with Gary/TS 3:30 March Bingo/BDR 6:00 Sing Along/BL	16 10:00 Saint Patrick's Hangman/BL 11:00 Morning Exercise/CH 1:00-3:00 Movie Outing 2:00 Irish Creative Arts/BDR 3:30 Famous Irish Folks/BL 6:00 Manicures/SDR		
10:30 Catholic Church/CH 17 1:30 St. Patrick's Day Discussion/BL 2:30 Truth or Blarney/BL 3:30 Irish Cloggers!/TS 6:00 St. Patrick Day Puzzles/BL <small>St. Patrick's Day</small>	18 10:00 Weight Lifting/CH 11:00 Food for Thought: Fondue/SL 2:00 Dance Party/SDR 3:30 Bingo/BDR 6:00 Discussion & Pet Therapy/BL	19 10:00 Hiking the Alps-Exercise Routine/CH 11:00 Bible Study/CH 2:00 Guitar Music with Jeff/TS 3:30 Jeopardy Trivia/BL 6:00 Trivia Night & Pet Therapy/SL	20 10:00 Stretching/CH 11:00 Short Story/SL 2:00 Music with Guytonno/SDR 3:30 Three Suits Bingo/SDR 6:00 Reminisce & Pet Therapy/BL <small>Spring Begins</small>	21 10:00 Move to the Music/CH 11:00 Swiss Alpine Rockery and Edelweiss/BL 1:00 Small Group/CH 2:00 Flying Spring Birds/BDR 3:30 Learning about Purim/BL 6:00 Music Bingo/BDR <small>Purim</small>	22 10:00 Chair Dancing/CH 11:00 Bible Study/CH 1:00 Small Group/CH 2:00 Color by Number/SDR 3:30 March Bingo/BDR 6:00 Sing Along/BL	23 10:00 Coffee & Daily News/TS 11:00 Morning Exercise/CH 2:00 Creative Arts/BDR 3:30 Remembering the Luck of the Irish/SL 6:00 Manicures/SDR		
10:30 Catholic Church/CH 24 2:00 Methodist Church/CH 3:30 Trivia/BL 6:00 Popcorn & Movie Night/BL	25 10:00 Exercise Class/CH 11:00 Swiss Army Knife Discussion/BL 2:00 Cooking Club/SDR 3:30 Bingo/BDR 6:00 Discussion & Pet Therapy/BL	26 10:00 Stretch & Flex/CH 11:00 In Search of Heidi/SL 2:00 Switzerland Scavenger Hunt/SL 3:30 Pitch & Catch/SDR 6:00 Trivia Night & Pet Therapy/BL	27 10:00 Sit & Be Fit/CH 11:00 Can you picture this?/SL 2:00 Caption this/SL 3:30 Three Suits Bingo/SDR 6:00 Reminisce & Pet Therapy/BL	28 10:00 Morning Movement/CH 11:00 Prince of Peace Church/CH 1:00 Small Group/CH 2:00 Painting Party!/BDR 3:30 Bean Bag Toss/SDR 6:00 Music Bingo/BDR	29 10:00 Group Exercise/CH 11:00 The Sounds of Switzerland/SL 1:00 Small Group/CH 2:00 Stories/BL 3:30 March Bingo/BDR 6:00 Sing Along/BL	30 10:00 Coffee & Daily News/TS 11:00 Morning Exercise/CH 1:00-3:00 Movie Outing 2:00 Creative Arts/BDR 3:30 Pitch & Catch/SDR 6:00 Manicures/SDR		
10:30 Catholic Church/CH 31 2:00 What am I?/BL 3:30 You be the Judge/BL 6:00 Popcorn & Movie Night/BL	All Activities are led by Activities Staff, Resident care staff, and volunteers. All Activities are subject to change. Please contact Shannon Horan with questions (518) 371-2200. Snack served daily at 10:30am, 3:00pm, and 7:00pm. BDR- Bayside Dining Room SDR- Seaside Dining Room BL- Bayside Living Room SL- Seaside Living Room TS- Town Square CH- Chapel							

