

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Atterdag Assisted Living Monthly Calendar

			8:00 Coffee & Morning News 9:00 Writing Class 10:00 Exercise Class 11:00 Conversations w/Pastor Chris (IL LR) 1:30 Yoga 3:00 Bingo	8:00 Morning Horoscope 10:00 Exercise Class 1:00 Adult Coloring 1:30 Falconeer Show (Care Center Parking) 3:30 Trivia Hour	9:30 Buellton Shopping 10:00 Exercise Class 1:00 Tech Tutoring (IL LR) 1:00 Tai Chi 2:00 Handwork Club 3:00	8:30 Saturday Morning News 10:00 Chair Yoga Cancelled 12:45 Shopping at Walmart 1:00 Movie Matinee 3:30 Nail Spa
8:45 Church Rides 9:15 Bethania Church Live Stream 10:00 YouTube Exercise video 1:00 Blackjack (IL LR) 3:30 ALB Bingo	8:30 Coffee & Chats 10:00 Exercise for All 12:45 Adult Coloring 1:00 Tai-Chi 3:00 Armchair Travel <small>Purim Begins</small>	8:00 Morning Horoscope 9:30 Mass w/Father Peter (care center) 10:00 I AM Bible Study 10:00 Exercise for ALL 11:30 Lunch & Piano Bob 1:30 Local Shopping 4:00 Auxiliary meeting	8:00 Coffee & Morning News 9:00 Writing Class 9:30 Bible Study 10:00 Exercise Class 1:30 Yoga 3:00 Bingo	8:00 Morning Horoscope 10:00 Exercise for ALL 12:45 Trivia Hour (IL LR) 1:00 Adult Coloring 3:30 Reminisce	9:30 Buellton Shopping 10:00 Exercise Class 1:00 Tai -Chi 2:00 Handwork Club 2:30 Irish Dancer (Comm. Center)	8:30 Saturday Morning News 10:00 Chair Yoga 1:00 Movie Matinee 3:30 Nail Spa
8:45 Church Rides 9:15 Bethania Church Live Stream 10:00 YouTube Exercise video 1:00 Concert at Bethania 3:30 ALB Bingo <small>Daylight Saving Time Begins</small>	8:30 Coffee & Chats 10:00 Exercise Class 10:00 Grief Group (Atter. Lounge bld.14) 12:45 Adult Coloring 1:00 Tai-Chi 3:00 Armchair Travel	8:00 Morning Horoscope 10:00 I AM Bible Study 10:00 Exercise for ALL 11:30 Lunch & Piano Bob 1:30 Country Ride 3:30 Reminisce	8:00 Coffee & Morning News 9:00 Writing Class 10:00 Exercise Class 1:30 Yoga 3:00 Bingo 3:30 Music w/Kevin Fox 4:30 Birthday Diner	8:00 Morning Horoscope 10:00 Exercise for ALL 12:45 Trivia Hour 1:00 Adult Coloring 2:30 Love on a Leash 3:30 Reminisce	<b>St. Patrick's Day</b> 9:30 Buellton Shopping 10:00 Exercise Class 1:00 Tai-Chi 1:00 Tech Tutoring (IL LR) 2:00 Handwork Club 3:00 St. Patrick's Happy Trivia & treats <small>St. Patrick's Day</small>	8:30 Saturday Morning News 10:00 Chair Yoga 12:45 Trivia Hour (IL LR) 1:00 Movie Matinee 3:30 Nail Spa
8:45 Church Rides 9:15 Bethania Church Live Stream 10:00 YouTube Exercise video 3:30 ALB Bingo	<b>Spring Begins</b> 8:30 Coffee & Chats 10:00 Exercise for All 12:45 Adult Coloring 1:00 Tai-Chi 3:00 Armchair <small>Spring Begins</small>	<b>National Strawberry Day</b> 8:00 Morning Horoscope 10:00 I AM Bible Study 10:00 Exercise for ALL 11:30 Lunch & Piano Bob 1:30 Room Visits 3:00 Strawberry Tasting	8:00 Coffee & Morning News 9:00 Writing Class 9:30 Bible Study 10:00 Exercise Class 1:30 Yoga 3:00 Bingo <small>Ramadan Begins</small>	<b>National Chip &amp; Dip Day</b> 8:00 Morning Horoscope 10:00 Exercise for ALL 1:00 Travels w/Art & Barbara (IL LR) 3:30 Reminisce	9:30 Buellton Shopping 10:00 Exercise Class 12:00 Carrot Cake tasting 1:00 Tech Tutoring (IL LR) 2:00 Handwork Club 3:00 Blackjack (IL LR)	8:30 Saturday Morning News 10:00 Chair Yoga 1:00 Movie Matinee 3:30 Nail Spa
8:45 Church Ride 9:15 Bethania Church Live Stream 10:00 YouTube Exercise video 3:30 ALB Bingo	8:30 Coffee & Chats 10:00 Exercise Class 10:00 Grief Group (Atter. Lounge bld. 14) 12:45 Adult Coloring 1:00 Tai-Chi 3:00 Armchair Travel <small>Spring Begins</small>	8:00 Morning Horoscope 10:00 I AM Bible Study 10:00 Exercise for ALL 11:30 Lunch & Piano Bob 1:30 Local Shopping 3:30 Reminisce	8:00 Coffee & Morning News 9:00 Writing Class 10:00 Exercise Class 1:30 Yoga 3:00 Bingo Extravaganza	8:00 Morning Horoscope 10:00 Exercise for ALL 12:45 Trivia Hour (IL LR) 1:00 Adult Coloring 1:30 Falconeer Show 3:30 Trivia Hour	9:30 Buellton Shopping 10:00 Exercise Class 1:00 Tai-Chi 1:00 Tech Tutoring (IL LR) 2:00 Handwork Club 3:00	

\*ALL ACTIVITIES ARE SUBJECT TO CHANGE WITH OUT NOTICE\*