

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Ranch House March 2019

1	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Group Campus Stroll 12:00PM Lunch 1:00PM Movie (State Fair) 2:00PM Healthy Snack 2:30PM Puzzles 3:30PM Clean Up 5:00PM Dinner	2	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise with Music 12:00PM Lunch 1:00PM Movie (Funny Girl) 2:00PM Healthy Snack 2:30PM Volleyball 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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3	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Travelogue 11:15AM Exercise 12:00PM Lunch 1:00PM Movie (Mary Poppins) 2:00PM Healthy Snack 2:30PM Meditation Coloring 5:00PM Dinner
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4	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise 12:00PM Lunch 1:00PM Movie (The King and I) 2:00PM Tea Party 3:30PM Clean up 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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5	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Sing-a-long 12:00PM Lunch 1:00PM Movie (High Society) 2:00PM Healthy Snack 2:30PM Breakfast Scramble 3:30PM Judith Kjos (Piano)
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6	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM Movie (Guy and Doll) 2:00PM Healthy Snack 2:30PM Movie and Snack 5:00PM Dinner 6:00 Meditation & Aromatherapy
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7	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Balloon Toss 12:00PM Lunch 1:00PM Movie (Into the Woods) 2:00PM Healthy Snack 2:30PM Paddle Balloon Game 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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8	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Group Campus Stroll 12:00PM Lunch 1:00PM Movie (An American in Pairs) 2:00PM Snack 2:30PM St. Patrick's Day Craft 3:30PM Clean Up 5:00PM Dinner
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9	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM The Andy Griffith Show 2:00PM Healthy Snack 2:30PM Question Ball Exercise 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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10	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Travelogue 11:15 Exercise 12:00PM Lunch 1:00PM Meditation & Aromatherapy 2:00PM Snack 2:30PM Patio Game 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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11	8:00AM Breakfast News Headlines 9:30AM Morning Chores 10:30AM Relaxation Ball Exercise 12:00PM Lunch 1:00PM Movie 2:00PM Snack 2:30PM Color Matching 5:00PM Dinner 6:00 Meditation & Aromatherapy
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12	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Sing Along 12:00PM Lunch 1:00PM Movie 2:00PM Snack 2:30PM Balloon Toss 3:30PM Mark Bosserman (Piano) 5:00PM Dinner
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13	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM Movie (Driving Miss Daisy) 2:00PM Healthy Snack 2:30PM Exercise 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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14	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and What's in the Bag Game 12:00PM Lunch 1:00PM Movie 2:00PM Healthy Snack 2:30PM Green Smoothie 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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15	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Group Campus Stroll 12:00PM Lunch 1:00PM Movie 2:00PM Healthy Snack 2:30PM St. Patrick's Day Party 3:30PM Clean Up 5:00PM Dinner
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16	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM Movie (Singing in the Rain) 2:00PM Healthy Snack 2:30PM Water Painting 3:30PM Clean Up 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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17	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Travelogue 11:15 Exercise 12:00PM Lunch 1:00PM Movie (The Wizard of Oz) 2:00PM Healthy Snack 2:30PM Paddle Balloon Game 5:00PM Dinner
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18	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Volleyball 12:00PM Lunch 1:00PM Movie (My Fair Lady) 2:00PM Tea Party 3:30PM Clean Up 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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19	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Sing-a-long 12:00PM Lunch 1:00PM Movie (Breakfast at Tiffany's) 2:00PM Healthy Snack 2:30PM Painting 3:30PM Clean Up 5:00PM Dinner
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20	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM Movie (Stranger on a Train) 2:00PM Healthy Snack 2:30PM Question Ball Exercise 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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21	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Balloon Toss 12:00PM Lunch 1:00PM Meditation and Aromatherapy 2:00PM Healthy Snack 2:30PM Travel Club 3:30PM Little Taste Of the World 5:00PM Dinner
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22	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Group Campus Stroll 12:00PM Lunch 1:00PM Movie (Indiana Jones) 2:00PM Healthy Snack 2:30PM Travel Club 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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23	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bowling 12:00PM Lunch 1:00PM Meditation and Aromatherapy 2:00PM Healthy Snack 2:30PM Meditation Coloring 3:30PM Clean Up 5:00PM Dinner
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24	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Travelogue 11:15 Exercise 12:00PM Lunch 1:00PM Movie (The Sound of Music) 2:00PM Healthy Snack 2:30PM Patio Game 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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25	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Balloon Toss 12:00PM Lunch 1:00PM Movie (Fiddler on The Roof) 2:00PM Healthy Snack 2:30PM Breakfast Scramble 3:30PM Clean Up 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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26	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Sing-a-long 12:00PM Lunch 1:00PM Movie (Oklahoma!) 2:00PM Healthy Snack 2:30PM Word Puzzles 3:30PM Gil Gunderson (Piano) 5:00PM Dinner
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27	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Bingo 12:00PM Lunch 1:00PM Meditation & Aromatherapy 2:00PM Healthy Snack 2:30PM Movie (Star is Born 1945's) 5:00PM Dinner 6:00PM Meditation & Aromatherapy
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28	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Relaxation Ball Exercise 12:00PM Lunch 1:00PM Movie (Annie) 2:00PM Healthy Snack 2:30PM Cooking: Deviled Egg 3:30PM Clean Up 5:00PM Dinner
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29	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Group Campus Stroll 12:00PM Lunch 1:00PM Moving Art 2:00PM Healthy Snack 2:30PM Christa's Birthday Party 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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30	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Exercise and Sing-a-long 12:00PM Lunch 1:00PM The Andy Griffith Show 2:00PM Healthy Snack 2:30PM Parachute Exercise 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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31	8:00AM Breakfast and News Headlines 9:30AM Morning Chores 10:30AM Travelogue 11:15 Exercise 12:00PM Lunch 1:00PM Movie (Westside Side Story) 2:00PM Healthy Snack 2:30PM Volleyball 5:00PM Dinner 6:00PM Meditation and Aromatherapy
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Reminders:
3/5 Family Meeting in the Gamble Room (Commons Building) at 4:00pm.
3/31 Christa's Birthday
Hydration times: Mealtimes, 10am, & 3pm Daily.



*****ACTIVITIES MAY VARY***
 DEPENDING ON RESIDENT
 PREFERENCES & PARTICIPATION.**

April 2019

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				