

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Redstone Highlands – Greensburg Skilled Nursing (SNF)

			<p>9:30 Resistance Training - 957 1 10:00 Ring Toss - 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Keno – 2D</p>	<p>9:30 Better Balance - 957 2 10:00 Morning Reflection - 957 10:00 Reading Group – 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Hall Cart: Oreo cookies &amp; milk</p>	<p>9:30 Resistance Training - 957 3 10:00 Let's Get Moving – 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 3-in-a-Row Bingo – 2D</p>	<p>1:00 Movie Matinee - 957 <i>Lyle, Lyle, Crocodile</i> PG – 1h46m</p>
<p>2:30 Interfaith Service - C</p>	<p>5 9:30 Better Balance – 957 10:00 Morning Reflection - 957 10:00 IN2L Games – 2E 10:45 Chaplain's Corner- 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Card Game – 2D 3:00 Music by Gary Stewart - C/957</p> <p>Purim Begins</p>	<p>6 9:30 Resistance Training - 957 7 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 1:45 Rosary Prayers – C/957 2:00 Nail Polish – 2 3:00 Best Loved Hymns - 957 6:00 Evening Game Time – 2D</p>	<p>8 9:30 Better Balance – 957 10:00 Ring Toss - 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Keno – 2D</p>	<p>9 9:30 Resistance Training - 957 10:00 Morning Reflection - 957 10:00 Twister Bean Bag Toss – 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Hall Cart: Potato Chips</p>	<p>10 9:30 Better Balance – 957 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957</p>	<p>11 10:00 IN2L Games – 2D 1:00 Movie Matinee - 957 <i>Hachi: A Dog's Tale</i> G – 1h33m 2:00 3-in-a-Row Bingo – 2D</p>
<p>10:00 Catholic Communion Service - C 2:30 Interfaith Service - C</p> <p>Daylight Saving Time Begins</p>	<p>12 9:30 Resistance Training - 957 10:00 Morning Reflection – 957 10:00 IN2L Games – 2E 10:45 Chaplain's Corner- 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Horseracing Game – 2D 3:00 Music by Roadhouse Willie - C/957</p>	<p>13 9:30 Better Balance – 957 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 1:45 Rosary Prayers – C/957 2:00 Nail Polish – 2 3:00 Best Loved Hymns - 957 6:00 Evening Game Time – 2D</p>	<p>14 9:30 Resistance Training - 957 10:00 Ring Toss - 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Keno – 2D</p>	<p>15 9:30 Better Balance - 957 10:00 Morning Reflection - 957 10:00 Reading Group – 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Chaplain's Corner – 1 2:00 Hall Cart: Watergate Fluff Salad</p>	<p>16 9:30 Resistance Training - 957 10:00 Let's Get Moving – 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 3-in-a-Row Bingo – 2D</p> <p>St. Patrick's Day</p>	<p>17 1:00 Movie Matinee - 957 <i>True Spirit</i> PG – 1h49m</p>
<p>2:30 Interfaith Service - C</p>	<p>19 9:30 Better Balance – 957 10:00 Morning Reflection - 957 10:00 IN2L Games – 2E 10:45 Chaplain's Corner- 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Card Game – 2D 3:00 Music by Chuck Vita - C/957</p> <p>Spring Begins</p>	<p>20 9:30 Resistance Training - 957 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 1:45 Rosary Prayers – C/957 2:00 Nail Polish – 2 2:15 Catholic Communion Service - C 3:00 Best Loved Hymns - 957 6:00 Evening Game Time – 2D</p>	<p>21 9:30 Better Balance – 957 10:00 Ring Toss - 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Keno – 2D</p> <p>Ramadan Begins</p>	<p>22 9:30 Resistance Training - 957 10:00 Morning Reflection - 957 10:00 Twister Bean Bag Toss – 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Hall Cart: Cloud Salad</p>	<p>23 9:30 Better Balance – 957 10:00 Let's Get Moving – 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 3-in-a-Row Bingo – 2D</p>	<p>24 1:00 Movie Matinee - 957 <i>Twins</i> PG – 1h46m</p>
<p>2:30 Interfaith Service - C</p>	<p>26 10:30 Resistance Training - 957 10:00 Morning Reflection – 957 10:00 IN2L Games – 2E 10:45 Chaplain's Corner- 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Horseracing Game – 2D 3:00 Music by Lynn DeFalco - C/957</p>	<p>27 9:30 Better Balance – 957 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 1:45 Rosary Prayers – C/957 2:00 Nail Polish – 2 3:00 Best Loved Hymns - 957 6:00 Evening Game Time – 2D</p>	<p>28 9:30 Resistance Training - 957 10:00 Ring Toss - 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 Keno – 2D</p>	<p>29 9:30 Better Balance - 957 10:00 Morning Reflection - 957 10:00 Reading Group – 2E 11:00 Muscles in Motion - 957 1:00 Exercise Video - 957 2:00 Hall Cart: Graham Cracker Pudding Cake</p>	<p>30 9:30 Resistance Training - 957 10:00 Let's Get Moving – 2E 11:00 Move &amp; Grove - 957 1:00 Exercise Video - 957 2:00 3-in-a-Row Bingo – 2D</p>	<p>31 <b>Location Key:</b> 2D = 2nd Flr Dining Room 2E = 2nd Flr Elevator Tower Lounge C = Chapel 957 = Channel 957</p>

**TUNE-IN TO CHANNEL 957** Activities in **BLUE** can be watched on Channel 957 - Activities are subject to change.