






# Discovery and Harmony Activity Calendar

## March 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Note: If an activity is only scheduled for Discovery group you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups.</b></p>	<p><b>1 Mardi Gras</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 Name that Tune <b>H</b> 11:00 Trivia Tuesday 11:25 Self Care Patio Stroll 11:40 Balloon &amp; Ball Exercises 12:00 Lunch and Social Hour 1:00 Celebrate Mardi Gras</p>	<p><b>2 Dr. Seuss's Birthday</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 Welcome March Activities <b>H</b> 11:00 Word Game Wednesday 11:25 Self Care Patio Stroll 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Dr. Seuss Reminisce <b>H</b> 1:00 <u>Birthdays Bash: Celebrate Pamela</u></p>	<p><b>3 World Wild Life Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Animal Match game 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 1:00 Animal Facts &amp; Quizzes 1:30 Animal videos</p>	<p><b>4 Marching Music Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 <u>Skirball Museum Tour</u> <b>H</b> 11:00 <u>Spring Tree Art w/ Jo</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 1:00 Musical Movement 1:30 Marching Band Videos</p>	
<p><b>7 Alexander Graham Bell Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Discuss Alexander Graham Bell 11:40 Move and Groove Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Name that Tune <b>H</b> 1:00 Movement Monday</p>	<p><b>8 International Women's Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Trivia Tuesday: Women's Day 11:25 Self Care Patio Stroll 11:40 Sittercises 12:00 Lunch and Social Hour 1:00 <u>Phil on the Guitar</u> </p>	<p><b>9 Dolphin Awareness Month</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Word Game Wednesday 11:25 Self Care Patio Stroll 11:40 Balloon &amp; Ball Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Dolphin Facts &amp; Video <b>H</b> 1:00 <u>Birthdays Bash: Celebrate Ed</u></p>	<p><b>10 Popcorn Lovers' Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 <u>Show n Tell: Memorabilia</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 1:00 <u>Birthdays Bash: Celebrate Pat &amp; Nala</u> 1:45 Enjoy Puff Popcorn for Snack</p>	<p><b>11 Middle Name Pride Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Middle Name Game 11:25 Self Care Patio Stroll 11:40 Fitness Friday 12:00 Lunch and Social Hour 1:00 <u>Show n Tell: Memorabilia</u></p>	
<p><b>14 Learn about Butterflies Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Butterfly Facts and Video 11:40 Move and Groove Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Fill in the blank: Expressions <b>H</b> 1:00 Movement Monday: Basketball</p>	<p><b>15 March Madness</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 Slot Ball Challenge <b>H</b> 11:00 Trivia Tuesday 11:25 Self Care Patio Stroll 11:40 Balloon &amp; Ball Exercises 12:00 Lunch and Social Hour 1:00 Fill in the blank: Songs 1:00 Basketball talk w/ Brittany</p>	<p><b>16 National Panda Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 10:45 <u>Garden Club on the Patio</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 1:00 Panda Facts &amp; Discussion 1:30 Panda Video</p>	<p><b>17 St. Patrick's Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 St. Patrick's Day Festivities 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 1:00 <u>Make Green Smoothies!</u> 1:30 Enjoy Snack and Trivia</p>	<p><b>18 National Lacy Cookie Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 <u>Bake Lacy Cookies</u> 11:25 Self Care Patio Stroll 11:40 Fitness Friday 12:00 Lunch and Social Hour <b>D</b> 1:00 Travel to Ireland <b>H</b> 1:00 <u>Memory Box w/ Jo</u></p>	
<p><b>21 World Poetry Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Famous Poets &amp; Poems 11:30 <u>Yoga w/ Beth</u> 12:00 Lunch and Social Hour <b>D</b> 1:00 Welcome Spring Activity <b>H</b> 1:00 Movement Monday: Golf</p>	<p><b>22 World Water Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 Water Anagram &amp; Word Scramble <b>H</b> 11:00 Trivia Tuesday 11:30 <u>Yoga w/ Beth</u> 12:00 Lunch and Social Hour <b>D</b> 1:00 Under the Sea Bingo &amp; Facts <b>H</b> 1:00 Ocean Themed Tactile Sensory</p>	<p><b>23 World Meteorological Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 <u>Japan Travel Show w/ Alicia</u> 11:40 Balloon &amp; Ball Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Nature Bingo &amp; Facts <b>H</b> 1:00 Nature Walk on Patio &amp; Reminisce</p>	<p><b>24 National Umbrella Month</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion <b>D</b> 11:00 Umbrella Group Art Poster <b>H</b> 11:00 <u>Pictionary w/ Gracia</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Travel to Greece <b>H</b> 1:00 What's in the box?</p>	<p><b>25 National Nutrition Month</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 <u>Cooking w/ Gracia &amp; Lia</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 1:00 <u>Phil on the Guitar</u> </p>	<p>Yoga w/ Beth will be 2x a month For March she is scheduled Monday 3/21 &amp; Tuesday 3/22</p> <p><i>Chair Yoga</i></p> 
<p><b>28 Respect Your Cat Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Cat Facts &amp; Trivia 11:40 Move and Groove Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Balloon Swat: Main room <b>H</b> 1:00 Movement Monday</p>	<p><b>29 World Piano Day</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Trivia Tuesday: Music 11:25 Self Care Patio Stroll 11:40 Balloon &amp; Ball Exercises 12:00 Lunch and Social Hour 1:00 <u>Succulent Propagating w/ Mike</u></p>	<p><b>30 National Peanut Month</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 Peanut Taste &amp; Talk 11:30 Word Game Wednesday 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 1:00 <u>Group Paint Project on the patio</u> 1:00 Table Top Activities</p>	<p><b>31 National Crafting Month</b></p> <p>10:00 Coffee Klatch 10:30 News &amp; Discussion 11:00 <u>Garden Craft on patio</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour <b>D</b> 1:00 Golf Putt Challenge <b>H</b> 1:00 <u>Tactile Sensory Activity w/ Jo</u></p>	 <p>3/3 Pamela M. 3/9 Ed B. 3/13 Pat C. 3/13 Nala (the dog)</p> 	