

Life Enrichment – March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Read Across America Day 10:00 Coffee Chronicles America 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Cat in the Hat Theater 1:00 Leisure time</p> <p> PARTICIPANT</p>	<p>3 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Participant Rights Edu./ Cal Review 1:00 Leisure & music</p>	<p>4 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Move & groove 11:00 Calendar Review 1:00 Music Time</p> <p>WELCOME</p>	<p>5 Carry out (Tubby's) 10:00 Coffee & conversation 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Craft corner 1:00 Raffle/Leisure time.</p> <p>WEEK </p>	<p>6 Carryout (Tubby's)/ FUN DAY FRIDAY 10:00 Sip & Chat 10:30 Spiritual Wellness 10:45 Senior Sneakers 11:00 Gametime 1:00 Memory Lane Music</p>
<p>9 10:00 Sip & Chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Crafts 1:00 Leisure Time</p>	<p>10 Popcorn lover's day! 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Leisure Time 1:00 Popcorn/Music</p>	<p>11 Ross outing 10:00 News & Coffee 10:30 Spiritual Wellness 10:45 Chair Exercises 11:00 Participant Rights Edu. / 1:00 Bingo</p>	<p>12 Ross outing 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Chair Exercise 1:00 R&B music</p>	<p>13 Marcus (Elderific Beauty Salon) 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Craft time 1:00 DJ Deb Request</p>
<p>16 St. Patrick's Day 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft corner 1:00 St. Patrick's Day Party</p>	<p>17 St. Patrick's Day 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft corner 1:00 St. Patrick's Day Party</p>	<p>18 Walmart Trip 10:00 Coffee & Chat 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft corner 1:00 80's music</p>	<p>19 Walmart Trip 10:00 Coffee & Chat 10:30 Spiritual Wellness 10:45 Craft corner 11:00 Participant Rights Edu. 1:00 Bingo</p>	<p>20 Karaoke 10:00 Chat & coffee 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft Corner 1:00 Leisure time</p>
<p>23 National Chill & dip Nation 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Move & Groove 11:00 Craft corner 1:00 Movie</p>	<p>24 10:00 Coffee & conversation 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Tuesday Trivia 1:00 Leisure time</p>	<p>25 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 Participant Rights Edu./ 11:00 Bowling 1:00 Trivia</p>	<p>26 EPT GLAMMY'S 10:00 Sip & chat 10:30 Black carpet Entry 10:45 Preshow 11:00 Glammy/ DJ Ivan 1:00 Glammy's Afterparty</p>	<p>27 HAT DAY 10:00 Chat & Coffee 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft Seniors 1:00 Bingo</p>
<p>30 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Craft corner 1:00 Movie & popcorn</p>	<p>31 Marcus (Elderific Beauty Salon) /Back in the day 10:00 Back in the day 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Trivia Tuesday 1:00 Leisure time</p>	<p>Final day to sign up for outing: Monday 3/2/2026 & Monday 3/9/2026 Spring Forward - Sunday, March 8th</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>March is National Nutrition Month</p>  </div>  </div>		

ACTIVITIES ARE SUBJECT TO CHANGE

Life Enrichment Therapist: Keisha Howard (248)-520-3763
 Life Enrichment Assistants: Deborah Bentley, Melkia Huey, Martha Dickerson, Felicia Perkins

--	--	--	--

