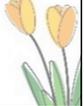
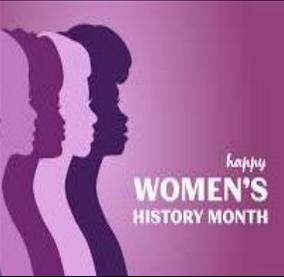
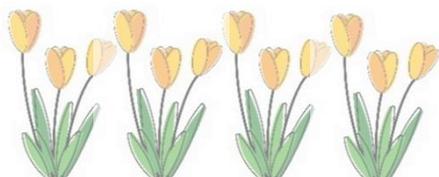


Life Enrichment – Southfield

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Purim (Judaism) 10:15 Coffee & Converse 10:45 Seated Stretching 11:00 Spa Day 12:00 March Trivia 1:30 Dance w/ Deblon	3 Lady V Creative Tees \$ 10:15 Coffee & Converse 10:45 855 Education 11:00 Spa Day 12:00 Memory Maps 1:00 Tai Chi w/ Mary Ann	4 Holi (Hinduism) 10:15 Coffee & Converse 10:45 Seated Exercise 11:00 3D Flower Craft 12:00 Cal. Review/Requests 1:15 Dance w/ Duo	5 Mary Kay \$ 10:15 Coffee & Converse 10:45 Cal. Review/Requests 11:00 Bingo 12:00 Karaoke 1:30 Big Balloon Bop	6 Sweet Fruit \$ 10:15 Coffee & Converse 10:45 Seated Exercise 11:00 Tabletop Games 12:00 855 Education 1:30 Math Gym
9 10:15 SL Michelle Obama 10:45 Hot Tea Bar 11:00 Hustle w/ Sheri 12:00 Women's History 1:30 Name That Tune	10 10:15 SL Kamala Harris 10:45 Ladder Toss 11:00 Bday w/ "Elvis" 12:00 iN2L Choice 1:30 Pokeno	11 Avon \$ 10:15 SL Ruth Bader G. 10:45 Cornhole 11:00 Bday w/ MCS 12:00 in2L Choice 1:30 SFD Garden Planning	12 African Clothing \$ 10:15 SL Princess Diana 10:45 Afro Beats Exercise 11:00 Bag Decorating 12:00 Karaoke 1:30 SFD Garden Planning	13 Sweet Fruit \$ 10:15 SL Julia Roberts 10:45 Ladder Toss 11:00 Women Bingo 12:00 Name 5 Game 1:15 Dance W/ DJ Silk
16 10:15 Breakfast Tunes 10:45 March Madness 11:00 St. Patty's Painting 12:00 Learn About the Power of Nutrition W/ RD 1:30 Jeopardy	17 St. Patrick's Day Hands of Grace \$ 10:15 Sham-Rock-Out 10:45 Musical Movement 11:00 Party w/ Deblon 12:00 St. Patty's Day Bingo 1:30 Lucky Charm Bracelets	18 Nikola's Outing \$ 10:15 Breakfast Jams 10:45 March Madness 11:00 Tabletop Games 12:00 Sip & Charcuterie 1:30 Name That Tune	19 Avon \$ 10:15 DJ LEA 10:45 March Madness 11:00 <small>Puzzle Race/ Men's Group</small> 12:00 Name 5 Game 1:30 Family Feud	20 Spring Equinox/Eid al-Fitr (Islam) 10:15 DJ LEA 10:45 March Madness 11:00 Tai Chi Class 12:00 Spring Trivia 1:30 Spring Fling w/ Amando 
23 10:15 Talk & Tunes 10:45 Coffee & News 11:00 Paper Flower Craft 12:00 This or That 1:30 Big Balloon Bop	24 Marcus Hair Salon \$ 10:15 Talk & Tunes 10:45 Coffee & News 11:00 Brews & Tattoos 12:00 Higher or Lower 1:15 Dance w/ Duo	25 10:15 Talk & Tunes 10:45 Musical Movement 11:00 Snack Shop/Movie 12:00 Name 5 Game 1:30 iN2L - Game	26 10:15 Talk & Tunes 10:45 Breathing Exercise 11:00 Snack Shop 12:00 Name That Tune 1:30 Tabletop Games	27 10:15 Talk & Tunes 10:45 Coffee & News 11:00 Dance w/ Ladon 12:00 Memory Maps 1:30 Big Balloon Bop
30 Seaworld Carry Out\$ 10:15 Music & Mingle 10:45 Ladder Toss 11:00 Tie Pillows 12:00 iN2L Word Grid 1:30 Meditation	31 Walmart Outing \$ 10:15 Music & Mingle 10:45 Song Requests 11:00 Spring Jewelry Making 12:00 This or That 1:30 Big Balloon Bop			



Life Enrichment Therapists: Lily Hargrave-Thomas, CTRS: (313) 480-3332
 Trevon Green, ADC: (248) 532-822

