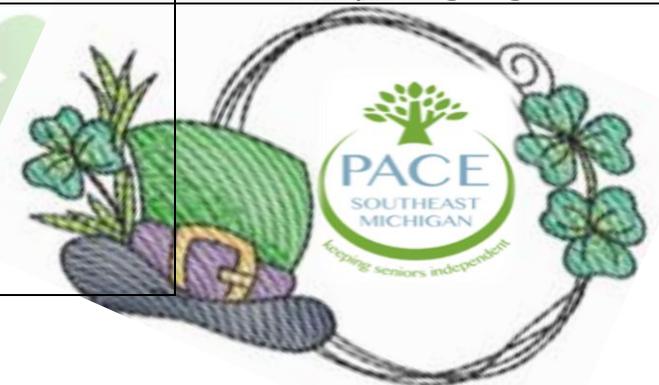


# Life Enrichment – Sterling Heights

## March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Purim (Judaism) 10:00 Hand Care/Spa Day 10:30 Chair Yoga 10:45 Craft Cart 11:30 Calendar Review 1:00 Bingo	<b>3</b> 10:00 Daily Wordle 10:30 Morning Stretches 10:45 <b>Book Club</b> /Coloring Pages 11:30 Calendar Review 1:00 <b>Painting with Lia</b>	<b>4</b> <b>Elderific Salon/AVON</b> 10:00 Salon Sign-Up 10:30 Chair Aerobics 11:00 <b>Tai Chi</b> 11:30 Learn about Holi 1:00 <b>Painting with Lia</b>	<b>5</b> 10:00 Hand Care/Spa Day 10:30 Movement to Music 10:45 Social Work Month 11:30 Bio: Jane Addams 1:00 <b>Dynamic Duo</b> /Bingo	<b>6 Cranbrook Science Museum</b> 10:00 Coffee & Conversation 10:30 Walk 'n' Roll 10:45 Uno 11:30 TED Talk + Discussion 1:00 PACE Spelling Bee
<b>9</b> <b>AVON</b> 10:00 Coffee & Conversation 10:30 Basketball/LE Surveys 10:45 Left Right Center 11:30 Scam Prevention Ed. 1:00 <b>Reptile Zoo Show</b>	<b>10 Walmart/Elderific Salon</b> 10:00 Salon Sign-Up 10:30 Chair Yoga/LE Surveys 10:45 Left Right Center 11:30 Activity Planning 1:00 Conversation Starters	<b>11</b> <b>Wig Party</b> 10:00 Morning Gratitude 10:30 Morning Stretches 10:45 Karaoke 11:30 Activity Planning 1:00 <b>Tina Turner/Euchre</b>	<b>12 Wig Party/Pet Therapy</b> 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Karaoke 11:30 Scam Prevention Educ. 1:00 Nat'l Nutrition Month	<b>13</b> <b>Pop-Up Shop</b> 10:00 Music & Mingle 10:30 Movement to Music 10:45 Craft Cart 11:30 Bio: Ruth Bader Ginsburg 1:00 Nat'l Nutrition Month
<b>16 Walmart/LC Creations</b> 10:00 This Day in History 10:30 Walk 'n' Roll 10:45 <b>St. Patrick's Day Party</b> 11:30 Shamrock Sponge Paint 1:00 <b>Cardio Drumming</b>	<b>17</b> <b>St. Patrick's Day</b> 10:00 Coffee & Conversation 10:30 Ladder Golf/Darts 10:45 <b>St. Patrick's Day Party</b> 11:30 Shamrock Sponge Paint 1:00 <b>R &amp; M Sounds &amp; Co.</b>	<b>18</b> 10:00 March Madness 10:30 <b>Peaches &amp; Greens</b> 10:45 Travel to: Ireland 11:30 Bio: Sister Rosetta Tharpe 1:00 Photo Magnet Craft	<b>19 Olive Garden Outing</b> 10:00 Music & Mingle 10:30 Chair Yoga 10:45 March Trivia/Jeopardy 11:30 Learn about Ramadan 1:00 Photo Magnet Craft	<b>20</b> Spring Equinox/ Eid al-Fitr (Islam) 10:00 Morning Gratitude 10:30 World Frog Day Craft 10:45 <b>Spring Fling</b> 11:30 Morning Stretches 1:00 <b>Dynamic Duo</b> /Bingo
<b>23</b> <b>Low Vision Group</b> 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Guess that TV Tune 11:30 Bio: Julia Child 1:00 <b>Amando</b> /Bingo	<b>24</b> 10:00 Daily Wordle 10:30 Movement to Music 10:45 <b>Seafoam Art w/Kim</b> 11:30 April Outing Sign-Up 1:00 Paper Mosaics	<b>25 Men's Group Outing</b> 10:00 Music & Mingle 10:30 Chair Yoga 10:45 <b>Seafoam Art w/Kim</b> 11:30 April Outing Sign-Up 1:00 Paper Mosaics/ <b>Euchre</b>	<b>26 Pistons Party/Baking Club</b> 10:00 Morning Gratitude 10:30 Basketball 10:45 Nutrition Bingo 11:30 Bio: Isiah Thomas 1:00 Jersey Designing Contest	<b>27 Pistons Party/Craft Club</b> 10:00 This Day in History 10:30 Basketball 10:45 Nutrition Bingo 11:30 Bio: Chauncey Billups 1:00 Jersey Designing Contest
<b>30</b> <i>National Doctors Day</i> 10:00 Daily Wordle 10:30 Movement to Music 10:45 Movie & Popcorn 11:30 Movie & Popcorn 1:00 Movie & Popcorn	<b>31</b> 10:00 Music & Mingle 10:30 Chair Aerobics 11:00 <b>Tai Chi</b> 11:30 Bio: Elizabeth Cady Stanton 1:00 <b>Cardio Drumming</b>	<b>Spring Forward - Sunday, March 8th</b> <b>Bible Study on Thursdays</b> <b>Book Club:</b> Tuesday, March 3 <sup>rd</sup> <b>Craft Club:</b> Friday, March 27 <sup>th</sup> <b>Baking Club:</b> Thursday, March 26 <sup>th</sup> <b>PACE Cookbook Month</b> <b>Women's History Month</b>		



Life Enrichment Therapists: Chelsea Roginski, CTRS: (248) 763-4611  
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