

Life Enrichment – Westland

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Purim (Judaism) 10:15 Monthly Gazette 10:45 Senior Stretches 11:00 Card/ Board Games 1:00 Spiritual Wellness 1:30 Calendar Review/ Request	3 Avon \$ 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Craft 1:00 Spiritual Wellness 1:30 Calendar Review/ Request	4 Holi (Hinduism) Mary Kay \$ 10:15 Coffee & Converse 10:45 Chair Exercise 11:00 You Pick Leisure 1:00 Bible Study 1:30 IN2L	5 Ollie's Outing \$ 10:15 Sip & Socialize 10:45 Fitness Fun 11:00 Jewelry Making 1:00 Bible Study 1:30 Bingo	6 Papparazzi Jewelry \$ 10:15 Talk & TV 10:45 Move & Groove 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Sing w/ Silk
9 10:15 Talk & TV 10:45 Table Top Drumming 11:00 Craft 1:00 Spiritual Wellness 1:30 Steel Drums Show	10 Fords Garage \$, Joy of Choc \$ 10:15 Daily Chronicle 10:45 Senior Stretches 11:00 Uno Hour 1:00 Spiritual Wellness 1:30 Movie	11 Sweet Fruit \$ 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Velvet Art/ Scam Edu. 1:00 Bible Study 1:30 Bingo	12 Divine Cre8tions \$ 10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Canvas Painting/ Scam Edu. 1:00 Bible Study 1:30 Shake it w/ Sheri	13 10:15 Sip & Socialize 10:45 Fitness Fun 11:00 Tie Pillow Craft 1:00 Spiritual Wellness 1:30 IN2L
16 Avon \$ 10:15 Sip & Socialize 10:45 Fitness Fun 11:00 Word Puzzles/Jewelry Making 1:00 Spiritual Wellness 1:30 Bingo Switch	17 St. Patrick's Day, Wear Green 10:15 Talk & TV 10:45 Move & Groove 11:00 St. Patrick's Day Craft 1:00 Spiritual Wellness 1:30 St. Patrick's Day Party	18 10:15 Daily Chronicle 10:45 Senior Stretches 11:00 Crochet Club 1:00 Bible Study 1:30 Art Therapy	19 Mission BBQ Men's Outing 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Card/Board Games 1:00 Bible Study 1:30 Movie Matinee	20 Spring Equinox/ Eid al-Fitr (Islam) 10:15 Coffee & Converse 10:45 Table Top Drumming 11:00 Spring Craft 1:00 Spiritual Wellness 1:30 Spring Fling w/ DJ Mike
23 Lady V Creative Tee's \$ 10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Manicures 1:00 Spiritual Wellness 1:30 Nutrition Edu. w/ Emily	24 Dollar Tree Outing \$ 10:15 Sip & Socialize 10:45 Table Top Drumming 11:00 Manicures/Jewelry Making 1:00 Spiritual Wellness 1:30 Karaoke	25 10:15 Talk & TV 10:45 Move & Groove 11:00 Craft 1:00 Bible Study 1:30 Trivia	26 Divine Cre8tions \$ 10:15 Daily Chronicle 10:45 Senior Stretches 11:00 Ppt Edu./Uno Hour 1:00 Bible Study 12:30-2:30 Caricature Artist	27 Sweet Fruit \$ 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Ppt Edu./Crochet Club 1:00 Spiritual Wellness 1:30 Bingo
30 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Painting 1:00 Spiritual Wellness 1:30 Jeopardy	31 10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Monthly Birthday Party	National Nutritional Month Spring Forward – Sunday, March 8th Aisha's Salon: Thursday & Friday, Sign Up \$ *activities are subject to change		

Life Enrichment Therapist: Julia Gaglio, CTRS (313) 500-2032
 Life Enrichment Assistants: Alberta & Jean
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