

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Gentle Shepherd Ministries (Lutheran) 10:30 Catholic Communion with Vince</p> <p>2:00 BINGO and treats</p>	<p>2</p> <p>9:45 Chair Pilates 10:15 Ring Toss 11:15 Morning Messages</p> <p>2:30 VINE Music</p> <p><small>Purim Begins</small></p>	<p>3</p> <p>9:45 Stretch and Flex 10:00 Bean Bag Twister 11:00 Morning Messages</p> <p>2:00 Banana Cream Pie Day (2nd) Treat and Trivia</p>	<p>4</p> <p>9:45 Rosary 10:00 Catholic Mass</p> <p>2:30 Lutheran Service with Pastor Nelson 3:00 Tabletop Games</p>	<p>5</p> <p>9:45 Morning Move and Groove 10:15 Ba-noodle 11:00 Morning Messages</p> <p>2:00 Annie Oakley Target Practice Games</p>	<p>6</p> <p>9:45 Friday Fit and Flex 10:15 Card Games 11:00 Morning Messages</p> <p>2:00 Bob Stephan Music</p> <p>3:00 Neat Nails</p>	<p>7</p> <p>9:45 Morning Messages 10:00 Dice Games 10:45 Read Chicken Soup for the Soul</p> <p>2:00 Staff Choice Activities</p>
<p>8</p> <p>10:00 Gentle Shepherd Ministries (Lutheran) 10:30 Catholic Communion with Vince</p> <p>2:00 BINGO and treats</p> <p><small>Daylight Saving Time Begins</small></p>	<p>9</p> <p>9:45 Chair Yoga 10:15 Kick-a-cross 11:15 Morning Messages</p> <p>2:00 Suncatcher Craft</p>	<p>10</p> <p>9:45 Stretch and Flex 10:00 Balloon Ball 11:00 Morning Messages</p> <p>2:00 Hosanna Lutheran Service</p>	<p><u>Mass at West</u> 11</p> <p>9:45 Chair Pilates 10:00 Memory Munchers</p> <p>2:00 Tabletop Games 3:00 Memory Munchers</p>	<p>12</p> <p>9:45 Morning Move and Groove 10:15 Dice Games 11:00 Morning Messages</p> <p>11:45 HOOVER visit</p> <p>2:00 Allen and Kyrsten Carlson Music</p>	<p>13</p> <p>9:45 Friday Fit and Flex</p> <p>10:30 Music Memories with Kristen</p> <p>2:00 Paint and Puzzles</p>	<p>14</p> <p>9:45 Morning Messages 10:00 Bean Bag Twister 10:45 Read Chicken Soup for the Soul</p> <p>2:00 Staff Choice Activities</p>
<p>15</p> <p>10:00 Gentle Shepherd Ministries (Lutheran) 10:30 Catholic Communion with Vince</p> <p>2:00 Piano Student Performance</p>	<p>16</p> <p>9:45 Chair Pilates 10:15 Dueling Dominos 11:15 Morning Messages</p> <p>2:00 Alaska SeaLife Center Virtual Tour</p>	<p>17</p> <p>9:45 Stretch and Flex 10:00 Parachute Popcorn 11:00 Morning Messages</p> <p>2:00 St. Pat's Party and Shamrock Shakes</p> <p><small>St. Patrick's Day</small></p>	<p>18</p> <p>9:45 Rosary 10:00 Catholic Mass</p> <p>2:00 Tabletop Games 3:00 Memory Munchers</p>	<p>19</p> <p>9:45 Morning Move and Groove 10:15 Shut the Box Dice 11:00 Morning Messages</p> <p>2:30 Patrick Rasmussen Music</p>	<p>20</p> <p>9:45 Friday Fit and Flex 10:15 Card Games 11:00 Morning Messages</p> <p>2:00 Birthday Bowling</p> <p><small>Spring Begins</small></p>	<p>21</p> <p>9:45 Morning Messages 10:00 Ring Toss 10:45 Read Chicken Soup for the Soul</p> <p>2:00 Staff Choice Activities</p>
<p>22</p> <p>10:00 Gentle Shepherd Ministries (Lutheran) 10:30 Catholic Communion with Vince</p> <p>2:00 TLC Music Performance</p>	<p>23</p> <p>9:45 Chair Yoga 10:15 Finish the Phrase 11:15 Morning Messages</p> <p>2:00 Chip & Dip Social</p>	<p>24</p> <p>9:45 Stretch and Flex 10:00 6,5,4 Dice Game 11:00 Morning Messages</p> <p>2:30 Brian and Dave Music</p>	<p><u>Mass at West</u> 25</p> <p>9:45 Chair Pilates 10:00 Memory Munchers</p> <p>2:30 Lutheran Service with Pastor Soule 3:00 Tabletop Games</p>	<p>26</p> <p>9:45 Morning Move and Groove 10:15 Balloon Battle 11:00 Morning Messages</p> <p>11:45 HOOVER visit</p> <p>2:00 Roll a Rainbow Race</p>	<p>27</p> <p>9:45 Friday Fit and Flex</p> <p>10:30 Music Memories with Kristen</p> <p>2:00 Abstract Canvas Paintings</p>	<p>28</p> <p>9:45 Morning Messages 10:00 Dice games 10:45 Read Chicken Soup for the Soul</p> <p>2:00 Staff Choice Activities</p>
<p>29</p> <p>10:00 Gentle Shepherd Ministries (Lutheran) 10:30 Catholic Communion with Vince</p> <p>2:00 BINGO and treats</p> <p><small>Palm Sunday</small></p>	<p>30</p> <p>9:45 Chair Pilates 10:15 Uno-Card Games 11:15 Morning Messages</p> <p>2:00 Jeopardy and Treats</p>	<p>31</p> <p>9:45 Stretch and Flex 10:00 Shut the Box 11:00 Morning Messages</p> <p>2:00 Door Décor Wreaths</p>	<p>March 2026 Quilting Month and Music Therapist Month</p>			