



**Carlow**

**March 2020**

**Donegal**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Activity Baskets available on Carlow and Donegal</i>	2 10:00 Qi Gong (RR) 2:00 Music w/Bill Louvat (LR)	3 9:15 Exercise (RR) 10:00 music w/ Earl Bickford (LR) 2:00 Catholic Communion (LR)	4 10:00 Music w/ John Whitmore (LR) 1:30 The Jubilees (LR) 6:00 Mr Rogers Movie (LR)	5 9:15 Exercise (RR) 10:00 Shelter Visits (RR) 1:30 Walmart Trip	6 10:00 Music w/ Sharon Wright (LR) 1:30 Craft/family Tree (RR)	7 10:00 Bingo (RR) 1:30 Creative Workshop (RR)
8 <i>Activity Baskets available on Carlow and Donegal</i>	9 9:30 Dollar Store 10:00 Qi Gong (LR) 2:00 Plant Herbs (LR)	10 10:00 Spirituality Group w/Terry (LR) 2:00 Terry Swett (LR) 4:00 Pizza Party (RR)	11 10:00 Rosary w/ Rita (LR) 11:30 Out to Eat 6:00 Craft Night (RR)	12 9:15 Exercise 10:30 Walmart & Lunch 2:00 Birthday Social (RR)	13 10:00 Zumba w/ Becky (LR) 10:00 Art w/ Nancy (RR) 2:00 Music w/ Louis Philip (LR)	14 10:00 Bingo (RR) 2:00 Bible Study (LR)
15 <i>Activity Baskets available on Carlow and Donegal</i>	16 9:30 Decorate Walkers & Shakes 10:00 Qi Gong (LR) 2:00 Irish Music w/ Present Company (LR)	17 9:00 Decorate 10:00 Saint Patty's Day Parade 2:00 Catholic Communion (LR) 3:00 Memory Game (LR)	18 9:15 Exercise 10:00 Music w/ John Whitmore (LR) 2:00 Music w/ Ron Bergeron (LR) 6:00 Spring Fling Dance (LR)	19 9:15 Exercise 10:00 Music w/ Jerry LaChance (LR) 2:00 Music w/ Sammy Angel (LR)	20 10:00 Poems w/ Pre school (LR) 1:30 Maple Syrup Sundaes in Carlow Dining room 3:00 Resident Council Meeting (RR)	21 10:00 Bingo (RR) 2:00 Bible Study (LR)
22 <i>Activity Baskets available on Carlow and Donegal</i>	23 9:30 Trip to Library 10:00 Qi Gong (LR) 2:00 Music w/ Jose Duddy (LR)	24 9:30 Dollar Store 2:00 National Chip & Dip Day! Chip & Salsa w/ Cocktails (RR)	25 9:15 Exercise (LR) 2:00 Prayer Service with The Salvation Army	26 8:30 Donuts & Coffee \$2.00 10:00 Protestant Service (LR) 1:00 Fielders Choice	27 10:00 Zumba w/ Becky (LR) 10:00 Art w/ Nancy (RR) 2:00 Music w/ Barry Wood (LR)	28 10:00 Bingo (RR) 2:00 Bible Study (LR)
29 <i>Activity Baskets available on Carlow and Donegal</i>	30 9:00 Manicures 10:00 Qi Gong (LR) 2:00 Music w/ Chris Heard (LR)	31 9:15 Exercise 10:00 Stamp Group (RR) 4:00 Bistro Night (RR)	<b>Check your boards for any changes</b>	<p><b>St. Patrick's Day</b></p>		