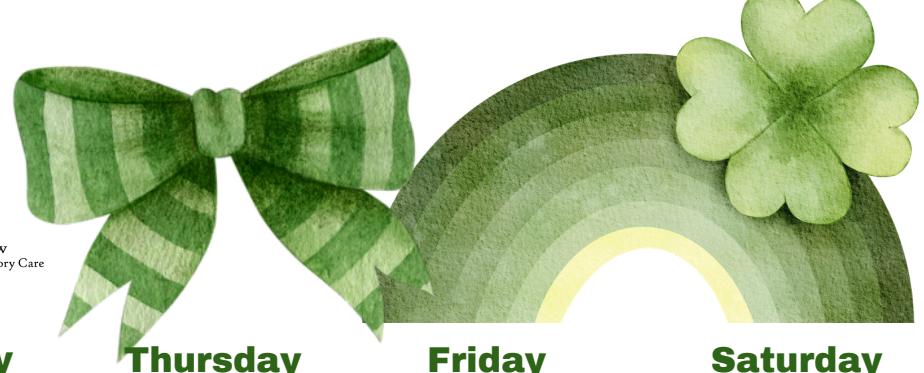


# MARCH 2026

Quail Meadow  
Assisted Living & Memory Care  
North Ogden, UT



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p>1</p> <p>10:30AM Sacrament Meeting 12PM LUNCH 2PM Word Search &amp; Music</p>	<p>2</p> <p>10AM Sit N' Be Fit (MC) 11AM UNO (AL) 12PM LUNCH 1PM BINGO w/ Karen &amp; Rosemary (AL) 2PM March Birthday Celebration!!</p>  	<p>3</p> <p>10AM Sit N' Be Fit (AL) 11AM Skip-O (AL) 12PM LUNCH 1PM Nancy Music Performance 2PM</p> <p>Full Moon</p> 	<p>4</p> <p>10AM Sit N' Be Fit (MC) 11AM Resident Council Meeting (AL) 12PM LUNCH 1PM BINGO (AL) 2PM Spa Day (AL)</p> 	<p>5</p> <p>10AM Sit N' Be Fit (AL) 11AM Ring Toss (MC) 12PM LUNCH 1PM Scenic Drive 2:30PM Board Games w/ CNA Students</p> 	<p>6</p> <p>10AM Sit N' Be Fit (MC) 11AM Left, Right, Center (AL) 12PM LUNCH 1PM BINGO (AL) 2PM One-On-One's w/ Halle &amp; Her Therapy Dogs</p>  	<p>7</p> <p>10AM Music &amp; Coloring 12PM LUNCH 2PM Movie &amp; Relax</p>	
<p>8</p> <p>10:30AM Sacrament Meeting 12PM LUNCH 2PM Word Search &amp; Music</p> <p>DAYLIGHT SAVING TIME</p> 	<p>9</p> <p>10AM Sit N' Be Fit (MC) 11AM UNO (AL) 12PM LUNCH 1PM BINGO w/ Karen &amp; Rosemary (AL) 2PM Fun w/ Brody from A Plus HH &amp; Hospice</p>  	<p>10</p> <p>10AM Sit N' Be Fit (AL) 11AM Skip-O (AL) 12PM LUNCH 1PM Movie &amp; Popcorn (AL) 3PM Board Games w/ CNA Students</p> 	<p>11</p> <p>10AM Exercise w/ Emily from Alta Health Services (AL) 11AM Garbage Card Game 12PM LUNCH 1PM BINGO (AL) 2PM Spa Day (AL)</p>  	<p>12</p> <p>10AM Sit N' Be Fit (AL) 11AM Fun w/ Leesa from Renew HH &amp; Hospice (AL) 12PM LUNCH 1PM Painting Projects (AL) 2:30PM Board Games w/ CNA Students</p> 	<p>13</p> <p>10AM Sit N' Be Fit (MC) 11AM Left, Right, Center (AL) 12PM LUNCH 1PM BINGO (AL) 2PM Diamond Dots (AL)</p> 	<p>14</p> <p>10AM Music &amp; Coloring 12PM LUNCH 2PM Movie &amp; Relax</p>	
<p>15</p> <p>10:30AM Sacrament Meeting 12PM LUNCH 2PM Word Search &amp; Music</p>	<p>16</p> <p>10AM Sit N' Be Fit (MC) 11AM National Panda Day (AL) 12PM LUNCH 1PM BINGO w/ Karen &amp; Rosemary (AL)</p>  	<p>17</p> <p>10AM Sit N' Be Fit (AL) 11AM St. Patrick Day Craft (AL) 12PM LUNCH 2PM St. Patrick Day Party (AL) 3PM Board Games w/ CNA Students</p> <p>ST. PATRICK'S DAY</p> 	<p>18</p> <p>10AM Sit N' Be Fit (MC) 11AM Painting Project (AL) 12PM LUNCH 1PM BINGO w/ Zan from Cascade HH &amp; Hospice 2PM Spa Day (AL)</p>  	<p>19</p> <p>10AM Sit N' Be Fit (AL) 11AM Ring Toss (MC) 12PM LUNCH 1PM Trip to Dollar General</p> 	<p>20</p> <p>10AM Sit N' Be Fit (MC) 11AM World Frog Day (AL) 12PM LUNCH 1PM BINGO (AL) 2PM Diamond Dots (AL)</p> <p>SPRING</p>  	<p>21</p> <p>10AM Music &amp; Coloring 12PM LUNCH 2PM Movie &amp; Relax</p>	
<p>22</p> <p>10:30AM Sacrament Meeting 12PM LUNCH 2PM Word Search &amp; Music</p>	<p>23</p> <p>10AM Sit N' Be Fit (MC) 11AM UNO (AL) 12PM LUNCH 1PM BINGO w/ Karen &amp; Rosemary (AL) 2PM Board Games (AL)</p> 	<p>24</p> <p>10AM Sit N' Be Fit (AL) 11AM Skip-O (AL) 12PM LUNCH 1PM Movie &amp; Popcorn (AL)</p> <p>HAPPY BIRTHDAY KATHY!</p> 	<p>25</p> <p>10AM Sit N' Be Fit (MC) 11AM Painting Project (AL) 12PM LUNCH 1PM BINGO (AL) 2PM Spa Day (AL)</p> 	<p>26</p> <p>10AM Sit N' Be Fit (AL) 11AM Ring Toss (AL) 12PM LUNCH 1PM Planting Project 2PM Board Games w/ CNA Students</p> <p>HAPPY BIRTHDAY NAN!</p> 	<p>27</p> <p>10AM Sit N' Be Fit (MC) 11AM Left, Right, Center (AL) 12PM LUNCH 1PM BINGO (AL) 2PM Diamond Dots (AL)</p> 	<p>28</p> <p>10AM Music &amp; Coloring 12PM LUNCH 2PM Movie &amp; Relax</p>	
<p>29</p> <p>10:30AM Sacrament Meeting 12PM LUNCH 2PM Word Search &amp; Music</p>	<p>30</p> <p>10AM Sit N' Be Fit (MC) 11AM UNO (AL) 12PM LUNCH 1PM BINGO w/ Karen &amp; Rosemary (AL)</p> 	<p>31</p> <p>10AM Sit N' Be Fit (AL) 11AM Skip-O (AL) 12PM LUNCH 1PM Chair Travel to London, England (AL)</p> 	<p>Activities subject to change Bus outing depends on weather</p>				<p>LUCK</p>