

# Arleigh Burke Assisted Living

# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:00 AM Pianist Roberta - DR - So 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Happy Hour & Trivia - PS - So 4:00 PM Guitarist Tender Polman - DR - So	10:00 AM Intro Spanish - TH - In 10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing-Alongs with Tony Nalker - DR - So 7:00 PM Guest Speaker Rick Davis - CBB - So (Staff will not be onsite)	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:30 AM All Resident Meeting - LR - No 1:00 PM Pianist Jerry Roman - DR - So 2:00 PM Shamrock Memory Match - PS - So 3:00 PM Wine & Cheese - PS - So 3:30 PM Name That Tune - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Father Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Accordionist Dave Lovins - DR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
<b>8 – Daylight Saving Time</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 2:45 PM Tacy Foundation Music Program - DR - So 4:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Leisure Ride - AL - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 11:30 AM AL Lunch Bunch - BI - So 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Pianist Jim West - DR - So	10:00 AM Insight Memory Care Presentation - B - So 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Creative Corner - GA - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing-Alongs with Tony Nalker - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Jeopardy - SB - So 11:30 AM Documentary Viewing - SB - So 2:00 PM Creative Corner: Appreciation Shamrock craft - PS - So 3:00 PM Wine & Cheese - PS - So 3:30 PM Name That Tune - PS - So	10:00 AM Insight Memory Care Presentation - B - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM ACTS Ministry - SB - Sp 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
<b>15</b>	<b>16</b>	<b>17 – Saint Patrick's Day</b>	<b>18</b>	<b>19</b>	<b>20 – Eid al-Fitr</b>	<b>21</b>
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Shenandoah Run Concert - B - So 3:15 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:30 AM Lunch Bunch - BI - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:00 PM Guess the Number of Coins Game - PS - So 3:00 PM Trivia Happy Hour - PS - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Sing-Alongs with Tony Nalker - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Jeopardy - SB - So 11:30 AM Documentary Viewing - SB - So 2:00 PM Creative Corner: Spring Snial Craft - PS - So 3:00 PM Wine & Cheese - PS - So 3:30 PM Name That Tune - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Fr. Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:00PM Alzheimer's Campaign Kick-Off Bake Sale - HHL - So 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Music with Bob Clarks - DR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:15 PM Hot Cocoa & Donut Social - LR - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Music with Vince Borelli - DR - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Creative Corner - GA - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing-Alongs with Tony Nalker - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Pianist Roberta - DR - So 1:30 PM Jeopardy - SB - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Wine & Cheese - PS - So 3:00 PM March Birthday Celebration - PS - So 3:30 PM Name That Tune - PS - So 7:00 PM McLean HS Jazz Band - B - So (please note staff will not be onsite during this time)	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Emotional Support Group - MP - Em 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 7:00 PM The Shedkickers Performance - B - So (please note staff will not be onsite during this time)	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
29	30	31	Location Key	Dimensions of Wellness	Please Note	
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Trivia Happy Hour - PS - So	<b>DR</b> – Dining Room (1 <sup>st</sup> floor) <b>GA</b> – Galley (1 <sup>st</sup> floor) <b>LI</b> – AL Library (1 <sup>st</sup> floor) <b>ML</b> – Main Lobby (2 <sup>nd</sup> floor) <b>LR</b> – Living Room (1 <sup>st</sup> floor) <b>MP</b> – Multipurpose Room (2 <sup>nd</sup> floor) <b>PA</b> – Patio (1 <sup>st</sup> floor) <b>PS</b> – Port Side (2 <sup>nd</sup> floor, 400 side) <b>SB</b> – Starboard (2 <sup>nd</sup> floor, 300 side) <b>TH</b> – Theater (1 <sup>st</sup> floor) <b>B</b> – Kathy Martin Building Ballroom (3 <sup>rd</sup> floor) <b>CBB</b> – Community Building Boardroom (2 <sup>nd</sup> floor) <b>BI</b> – Bistro (2 <sup>nd</sup> floor) <b>HHL</b> – Heritage Hall Lobby	<b>Emotional</b> – Em <b>Health</b> – He <b>Intellectual</b> – In <b>Nutritional</b> – Nu <b>Physical</b> – Ph <b>Purposeful</b> – Pu <b>Social</b> – So <b>Spiritual</b> – Sp	All life enrichment programs are subject to change based on the needs and desires of our residents. Outdoor programs and outings are weather dependent.	



Visits from Zena will now take place every Thursday at 10:00 a.m. in the Starboard.