

Arleigh Burke Health Care

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 - SB - Sp 11:00 AM Pianist Roberta - DR - So 11:30 AM Virtual Catholic Service - SB - Sp 1:15 PM Science Corner - PS - So 2:00 PM Sunday Movie Matinee - SB - So 3:00 PM Active Game: Balloon Toss - PS - Ph	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - SB - So 11:00 AM Exercise with OG Fitness - SB - Ph 1:15 PM Documentary Viewing - SB - So 2:00 PM Happy Hands & Nail Spa - PS - So 3:00 PM Karaoke Happy Hour - PS - So 3:30 PM Resident-Led Card Game - 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 Guitarist Tender Polman - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Whiteboard Games - SB - In 11:00 AM Exercise with OG Fitness - SB - Ph 1:30 PM Active Game: Classic Rollers Bowling - SB - Ph 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Board Games - PS - So 4:00 PM Sing-Alongs with Tony Nalker - AL - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM All Resident Meeting - SB - Pu 11:30 AM Documentary Viewing - SB - So 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 - SB - So 10:30 AM Catholic Communion with Fr. Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - PS - So 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Accordionist Dave Lovins - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Music Circle - SB - So 1:15 PM Family Feud - SB - So 2:00 PM Active Game: Classic Rollers Bowling - PS - So 3:00 PM Trivia Happy Hour - PS - So
8 – Daylight Saving Time	9	10	11	12	13	14
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - SB - Sp 11:30 AM Virtual Catholic Service - SB - Sp 1:15 PM Guided Seated Exercise - SB - Ph 2:00 PM Sunday Movie Matinee - SB - So 2:45 PM Tacy Foundation Music Program - AL - So 4:00 PM Active Game: Balloon Toss - PS - Ph	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - SB - So 11:00 AM Exercise with OG Fitness - SB - Ph 1:15 PM Documentary Viewing - SB - So 1:30 PM Leisure Ride - LR - So 2:00 PM Happy Hands & Nail Spa - PS - So 3:00 PM Karaoke Happy Hour - PS - So 3:30 PM Resident-Led Card Game - 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 Pianist Jim West - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Whiteboard Games - SB - In 11:00 AM Exercise with OG Fitness - SB - Ph 1:30 PM Active Game: Classic Rollers Bowling - SB - Ph 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Board Games - PS - So 4:00 PM Sing-Alongs with Tony Nalker - AL - 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 News & Reviews - SB - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - PS - So 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Board Games - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM ACTS Ministry - SB - Sp 1:15 PM Family Feud - SB - So 2:00 PM Active Game: Classic Rollers Bowling - PS - So 3:00 PM Trivia Happy Hour - PS - So
15	16	17 – St. Patrick's Day	18	19	20 – Eid al-Fitr	21
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - SB - Sp 11:30 AM Virtual Catholic Service - SB - Sp 1:15 PM Guided Seated Exercise - SB - Ph 2:00 PM Sunday Movie Matinee - SB - So 3:00 PM Active Game: Balloon Toss - PS - Ph	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - SB - So 11:00 AM Exercise with OG Fitness - SB - Ph 11:30 AM Lunch Bunch - BI - So 1:30 PM Documentary Viewing - SB - So 2:00 PM Happy Hands & Nail Spa - PS - So 3:00 PM Karaoke Happy Hour - PS - So 3:30 PM Resident Guest Speaker - SB - 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	10:00 AM News & Reviews - SB - So 10:30 AM Whiteboard Games - SB - In 11:00 AM Exercise with OG Fitness - SB - Ph 1:30 PM Active Game: Classic Rollers Bowling - SB - Ph 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Sing-Alongs with Tony Nalker - AL - 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 Snail Craft - PS - So 3:00 PM Wine & Cheese - PS - So 3:30 PM Name That Tune - PS - So	10:00 AM News & Reviews - SB - 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 - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Keyboardist Bob Clarks - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Music Circle - SB - So 1:15 PM Family Feud - SB - So 2:00 PM Active Game: Classic Rollers Bowling - PS - So 3:00 PM Trivia Happy Hour - PS - So

Arleigh Burke Health Care

March 2026

22	23	24	25	26	27	28
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - SB - Sp 11:30 AM Virtual Catholic Service - SB - Sp 1:15 PM Guided Seated Exercise - SB - Ph 2:00 PM Sunday Movie Matinee - SB - So 3:00 PM Active Game: Balloon Toss - PS - Ph	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - SB - So 11:00 AM Exercise with OG Fitness - SB - Ph 1:15 PM Hot Cocoa & Donut Social - PS - So 2:00 PM Happy Hands & Nail Spa - PS - So 3:00 PM Karaoke Happy Hour - PS - So 3:30 PM Resident-Led Card Game - 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 HC 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 Music with Vince Borelli - DR - So	10:00 AM News & Reviews - SB - So 10:30 AM Whiteboard Games - SB - In 11:00 AM Exercise with OG Fitness - SB - Ph 1:30 PM Active Game: Classic Rollers Bowling - SB - Ph 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Sing-Alongs with Tony Nalker - AL - 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 - In 3:00 PM Wine & Cheese - PS - So 3:00 PM March Birthday Celebration - PS - So 3:30 PM Name That Tune - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - PS - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Emotional Support Group - MP - Em 2:00 PM Bingo - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Board Games - PS - Em 7:00 PM The Shedkickers Performance - B - So (please note staff will not be onsite during this time)	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM Music Circle - SB - So 1:15 PM Family Feud - SB - So 2:00 PM Active Game: Classic Rollers Bowling - PS - So 3:00 PM Trivia Happy Hour - PS - So
29 – Palm Sunday	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 - SB - Sp 11:30 AM Virtual Catholic Service - SB - Sp 1:15 PM Guided Seated Exercise - SB - Ph 2:00 PM Sunday Movie Matinee - SB - So 3:00 PM Active Game: Balloon Toss - PS - Ph	10:00 AM News & Reviews - SB - So 10:30 AM Active Game: Balloon Toss - SB - So 11:00 AM Exercise with OG Fitness - SB - Ph 1:15 PM Documentary Viewing - SB - So 2:00 PM Happy Hands & Nail Spa - PS - So 3:00 PM Karaoke Happy Hour - PS - So 3:30 PM Resident-Led Card Game - 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	DR – Dining Room (1 st floor) GA – Galley (1 st floor) LI – AL Library (1 st floor) ML – Main Lobby (2 nd floor) LR – Living Room (1 st floor) MP – Multipurpose Room (2 nd floor) PA – Patio (1 st floor) PS – Port Side (2 nd floor, 400 side) SB – Starboard (2 nd floor, 300 side) TH – Theater (1 st floor) B – Kathy Martin Building Ballroom (3 rd floor) CBB – Community Building Boardroom (2 nd floor) BI – Bistro (2 nd floor) HHL – Heritage Hall Lobby	Emotional – Em Health – He Intellectual – In Nutritional – Nu Physical – Ph Purposeful – Pu Social – So Spiritual – 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.	

