

The Sylvestery Memory Care

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:00 AM Daily Chronicles - SO - In 10:10 AM Online Catholic Service - SO - Sp 10:45 AM Chair Yoga with Ying - SO - Ph 11:15 AM Online Nondenominational Church Service- SO - Sp 1:30 PM Seated Stretches - SO - Ph 2:00 PM Movie Matinee - SO - Ph 3:00 PM Active Game - SO - Ph 3:30 PM Memory Match - SO - In 4:00 PM Happy Hands Spa- CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Trivia - SO - So 10:30 AM Bingo - SO - So 11:00 AM Music with Roberta - SO - So 1:30 PM Armchair Travel - SO - So 2:00 PM Chair Exercise with OG Fitness - SO - Ph 2:30 PM Snacks Social - DR - So 3:00 PM Creative Corner - CR - In	10:00 AM Daily Chronicles - SO - In 10:15 AM Morning Stretch - SO - Ph 10:45 AM Music Circle - SO - So 11:15 AM Shake Loose a Memory - LR - So 1:30 PM Active Game - SO - So 2:00 PM Comedy Club - SO - So 2:30 PM Guitarist Tender Polman - SO - So 3:30 PM Whiteboard Games - SO - In 3:45 PM Color Me Calm - CR - In 4:00 PM Hand Massages - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Walk & Roll - HA - Ph 10:30 AM Morning Story - LR - In 1:30 PM Active Game - SO - In 2:00 PM Chair Exercise- SO - Ph 2:30 PM Happy Hour - DR - So 3:00 PM Whiteboard Games - SO - In 3:15 PM Sing-Alongs with Tony - SO - So 4:00 PM Happy Hands Spa - CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Name 10 - SO - In 10:45 AM Music Circle - SO - So 11:15 AM Strength & Flexibility - SO - Ph 11:15 AM Sensory Sensations - SO - So 1:30 PM Hymns with Chaplain Scott - SO - Sp 2:00 PM Baking Bunch: St. Patty's Day Cookies - DR - So 3:00 PM Famous Faces - SO - In 4:00 PM Individual Visits - Rm - So	10:00 AM Daily Chronicles - SO - In 11:00 AM Sing-Along - SO - In 11:00 AM Communion with Fr. Melmer - LR - Sp 1:30 PM Seated Exercise - SO - So 2:30 PM Accordionist Dave Lovins - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Whiteboard Games - SO - In 3:30 PM Puzzle Club - DR - In 4:00 PM Stories by the Fireplace - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Chair Aerobics - SO - Ph 10:30 AM Family Feud - SO - In 11:00 AM Stories by the Fireplace - LR - So 1:30 PM Bingo - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Penny Ante - LR - So 4:00 PM Individual Visits - Rm - So
8 – Daylight Saving Time	9	10	11	12	13	14
10:00 AM Daily Chronicles - SO - In 10:10 AM Online Catholic Service - SO - Sp 10:45 AM Chair Yoga with Ying - SO - Ph 11:15 AM Online Nondenominational Church Service- SO - Sp 1:30 PM Seated Stretches - SO - Ph 2:00 PM Movie Matinee - SO - Ph 3:00 PM Active Game - SO - Ph 3:30 PM Memory Match - SO - In 4:00 PM Happy Hands Spa - CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Trivia - SO - So 10:30 AM Bingo - SO - So 1:30 PM Armchair Travel - SO - So 2:00 PM Chair Exercise with OG Fitness - SO - Ph 2:30 PM Snacks Social - DR - So 3:00 PM Creative Corner - CR - In	10:00 AM Daily Chronicles - SO - In 10:15 AM Morning Stretch - SO - Ph 10:45 AM Music Circle - SO - So 11:15 AM Shake Loose a Memory - LR - So 1:30 PM Active Game - SO - So 2:00 PM Comedy Club - SO - So 2:30 PM Pianist Jim West - SO - So 2:30 PM Mocktail Hour - SO - So 3:00 PM Whiteboard Games - SO - In 3:00 PM Color Me Calm - CR - In 4:00 PM Hand Massages - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Walk & Roll - HA - Ph 10:30 AM Morning Story - LR - In 1:30 PM Active Game - SO - In 2:00 PM Chair Exercise- SO - Ph 2:30 PM Happy Hour - DR - So 3:00 PM Whiteboard Games - SO - In 3:15 PM Sing-Alongs with Tony - SO - So 4:00 PM Happy Hands Spa- CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Name 10 - SO - In 10:45 AM Music Circle - SO - So 11:15 AM Strength & Flexibility - SO - Ph 11:15 AM Sensory Sensations - SO - So 1:30 PM Hymns with Chaplain Scott - SO - Sp 2:00 PM Baking Bunch - DR - So 3:00 PM Famous Faces - SO - In 4:00 PM Individual Visits - Rm - So	10:00 AM Daily Chronicles - SO - In 11:00 AM Sing-Along - SO - In 1:15 PM Music with Jerry Roman - SO - So 1:30 PM Seated Exercise - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Whiteboard Games - SO - In 3:30 PM Puzzle Club - DR - In 4:00 PM Stories by the Fireplace - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Chair Aerobics - SO - Ph 10:30 AM Family Feud - SO - In 11:00 AM Stories by the Fireplace - LR - So 1:30 PM Bingo - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Penny Ante - LR - So 4:00 PM Individual Visits - Rm - So
15	16	17 – Saint Patrick's Day	18	19	20 – Eid al Fitr	21
10:00 AM Daily Chronicles - SO - In 10:10 AM Online Catholic Service - SO - Sp 10:45 AM Chair Yoga with Ying - SO - Ph 11:15 AM Online Nondenominational Church Service- SO - Sp 1:30 PM Seated Stretches - SO - Ph 2:00 PM Movie Matinee - SO - Ph 3:00 PM Active Game - SO - Ph 3:30 PM Memory Match - SO - In 4:00 PM Happy Hands Spa - CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Trivia - SO - So 10:30 AM Bingo - SO - So 11:00 AM Music with Roberta - SO - So 1:00 PM Monthly Special Outing - CA - So 1:30 PM Armchair Travel - SO - So 2:00 PM Chair Exercise with OG Fitness - SO - Ph 2:30 PM Snacks Social - DR - So 3:00 PM Creative Corner - CR - In	10:00 AM Daily Chronicles - SO - In 10:15 AM Morning Stretch - SO - Ph 10:45 AM Music Circle - SO - So 11:15 AM Shake Loose a Memory - LR - So 1:30 PM Active Game - SO - So 2:00 PM Comedy Club - SO - So 2:30 PM Mocktail Hour - SO - So 3:00 PM Whiteboard Games - SO - In 3:00 PM Color Me Calm - CR - In 4:00 PM Hand Massages - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Walk & Roll - HA - Ph 10:30 AM Morning Story - LR - In 12:00 PM Bistro Bunch - BI - So 1:30 PM Active Game - SO - In 2:00 PM Chair Exercise - SO - Ph 2:30 PM Happy Hour - DR - So 3:00 PM Whiteboard Games - SO - In 3:15 PM Sing-Alongs with Tony - SO - So 4:00 PM Happy Hands Spa- CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Name 10 - SO - In 10:45 AM Music Circle - SO - So 11:15 AM Strength & Flexibility - SO - Ph 11:30 AM Sensory Sensations - SO - So 1:30 PM Hymns with Chaplain Scott - SO - Sp 2:00 PM Baking Bunch - DR - So 3:00 PM Famous Faces - SO - In 4:00 PM Individual Visits - Rm - So	10:00 AM Daily Chronicles - SO - In 11:00 AM Sing-Along - SO - In 11:00 AM Communion with Fr. Melmer - LR - Sp 1:30 PM Seated Exercise - SO - So 2:30 PM Music with Bob Clarks - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Whiteboard Games - SO - In 3:30 PM Puzzle Club - DR - In 4:00 PM Stories by the Fireplace - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Chair Aerobics - SO - Ph 10:30 AM Family Feud - SO - In 11:00 AM Stories by the Fireplace - LR - So 1:30 PM Bingo - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Penny Ante - LR - So 4:00 PM Individual Visits - Rm - So

The Sylvestery Memory Care

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
10:00 AM Daily Chronicles - SO - In 10:10 AM Online Catholic Service - SO - Sp 10:45 AM Chair Yoga with Ying - SO - Ph 11:15 AM Online Nondenominational Church Service - SO - Sp 1:30 PM Seated Stretches - SO - Ph 2:00 PM Movie Matinee - SO - Ph 3:00 PM Active Game - SO - Ph 3:30 PM Memory Match - SO - In 4:00 PM Happy Hands Spa - CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Trivia - SO - So 10:30 AM Bingo - SO - So 1:30 PM Armchair Travel - SO - So 2:00 PM Chair Exercise with OG Fitness - SO - Ph 2:30 PM Snacks Social - DR - So 3:00 PM Creative Corner - CR - In 3:30 PM Hot Cocoa Social - SO - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Morning Stretch - SO - Ph 10:45 AM Music Circle - SO - So 11:15 AM Shake Loose a Memory - LR - So 1:30 PM Active Game - SO - So 2:00 PM Comedy Club - SO - So 2:30 PM Music & Mocktails with Vince B - SO - So 2:30 PM Mocktail Hour - SO - So 3:00 PM Whiteboard Games - SO - In 3:00 PM Color Me Calm - CR - In 4:00 PM Hand Massages - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Walk & Roll - HA - Ph 10:30 AM Morning Story - LR - In 1:30 PM Active Game - SO - In 2:00 PM Chair Exercise - SO - Ph 2:30 PM Happy Hour - DR - So 3:00 PM Whiteboard Games - SO - In 3:15 PM Sing-Alongs with Tony - SO - So 4:00 PM Happy Hands Spa- CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Name 10 - SO - In 10:45 AM Music Circle - SO - So 11:15 AM Strength & Flexibility - SO - Ph 11:15 AM Sensory Sensations - SO - So 1:30 PM Hymns with Chaplain Scott - SO - Sp 2:00 PM Baking Bunch - DR - So 2:00 PM March Birthday Celebration - DR - So 3:00 PM Famous Faces - SO - In 4:00 PM Individual Visits - Rm - So	10:00 AM Daily Chronicles - SO - In 11:00 AM Sing-Along - SO - In 1:30 PM Seated Exercise - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Whiteboard Games - SO - In 3:30 PM Puzzle Club - DR - In 4:00 PM Stories by the Fireplace - LR - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Chair Aerobics - SO - Ph 10:30 AM Family Feud - SO - In 11:00 AM Stories by the Fireplace - LR - So 1:30 PM Bingo - SO - So 2:30 PM Snacks Social - DR - So 3:00 PM Penny Ante - LR - So 4:00 PM Individual Visits - Rm - So
29 – Palm Sunday	30	31	Location Key	Dimensions of Wellness	Please Note	
10:00 AM Daily Chronicles - SO - In 10:10 AM Online Catholic Service - SO - Sp 10:45 AM Chair Yoga with Ying - SO - Ph 11:15 AM Online Nondenominational Church Service - SO - Sp 1:30 PM Seated Stretches - SO - Ph 2:00 PM Movie Matinee - SO - Ph 3:00 PM Active Game - SO - Ph 3:30 PM Memory Match - SO - In 4:00 PM Happy Hands Spa - CA - So	10:00 AM Daily Chronicles - SO - In 10:15 AM Trivia - SO - So 10:30 AM Bingo - SO - So 1:30 PM Armchair Travel - SO - So 2:00 PM Chair Exercise with OG Fitness - SO - Ph 2:30 PM Snacks Social - DR - So 3:00 PM Creative Corner - CR - In	10:00 AM Daily Chronicles - SO - In 10:15 AM Morning Stretch - SO - Ph 10:45 AM Music Circle - SO - So 11:15 AM Shake Loose a Memory - LR - So 1:30 PM Active Game - SO - So 2:00 PM Comedy Club - SO - So 2:30 PM Mocktail Hour - SO - So 3:00 PM Whiteboard Games - SO - In 3:00 PM Color Me Calm - CR - In 4:00 PM Hand Massages - LR - So	CAF – Rose Café CR – Craft Room DR – Dining Room HA – Main Hallway L - Library LR – Living Room PAT – Patio SO – Solarium PHD – PH Dining Room Rm – Room BI - Bistro	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. MARCH 17 	