

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2023

Sterling Healthcare & Rehabilitation Center

1

9:15 am – 11:50 am
Calendar Review / Music (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Opie's Day (G)
Wiser Now Wednesday (1,2,3)
4:00 pm – 4:45 pm
Bingo (1)

2

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Anniversary of King Kong (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
The Cat in the Hat Day (G)
Banana Cream Pie Day (1,2)
"A Few of My Favorite Things" Day (3)

3

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Alexander Graham Bell's Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Wildlife Symphony (G)
Patrice Hawthorne Entertains (1,2)
Memory Lane (3)

4

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Animals Are Amazing (G)
Resident Run Bingo (1,2)
When We Were Kids! (3)

5

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
10:00 am – 11:30 am
Morning Worship (1,2)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Spiritual Movie (G,3)
Who am I? (1,2)

6

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
The History of Purim (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Name The Tune / Movie (G,3)
What is the Meaning of Your Name? (1,2)
4:00 pm – 4:30 pm
Bingo (1)

Purim Begins

7

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
We are the World Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Food Committee (1,2)
2:00 pm – 4:00 pm
Movie Matinee (G,3)
4:00 pm – 4:45 pm
Manicures Music (G)

8

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
'If At First You Don't Succeed' Day
(G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Brain Fitness (G)
Famous People Who Failed at First (1,2)
Happy Feet (3)
4:00 pm – 4:45 pm
Bingo (1)

9

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Choose Your Words Well Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Sentimental Serenity (G)
Chip Chat Day (1,2)
Name The Tune / Brian Fitness (3)

10

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Clover All Over Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Cooking Beyond the Kitchen: Shamrock Shakes (G,1,2,3)

11

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Timeless Trivia (G,3)
Resident Run Bingo (1,2)

12

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
10:00 am – 11:30 am
Morning Worship (1,2)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Movie (G,3)
The Blue Church (1,2)
3:15-4:00 pm
Residents' Choice (1,2)

Daylight Saving Time Begins

13

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Happy Birthday, Neil Sedaka (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Creative Corner (G,3)
Resident Run Bingo (1,2)

14

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Baseball Cap Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Resident Council (1,2)
2:00 pm – 4:00 pm
Creative Corner (G)
Anagram Tuesday (1,2)
Picture View / Music (3)
4:00 pm – 4:45 pm
Bingo (1)

15

9:15 am – 11:50 am
Devotion / Daily Chronicle / Laughter
Yoga
A Doobie Brothers Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Cooking Beyond the Kitchen:
Poires Belle Helene (G,1,2,3)
4:00 pm – 5:00 pm
Movie Matinee (G,1,2,3)

16

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
The Secret History of Colors (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Rainforest Impressions(G)
Modern Jeopardy (1,2)
National Panda Day (3)

17

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Nat "King" Cole Day / Trivia (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Son of Bigfoot (G)
Lori St. Maur Entertainment (1,2)
World Sleepy Day (3)

St. Patrick's Day

18

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Awkward Moments Day (G)
Resident Run Bingo (1,2)
Spider-Man (3)

19

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
10:00 am – 11:30 am
Morning Worship (1,2)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Religious Movie (G,3)
Christ Christian Community Church (1)

20

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
10 Keys to Happier Living (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Creative Corner (G)
Anagram Tuesday (1,2)
Picture View / Music (3)
4:00 pm – 4:45 pm
Bingo (1)

Spring Begins

21

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Equality and Equity Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Kids Say The Darndest Things (G)
Discussion / Anagram (1,2)
Famous Faces, Famous Places (3)
4:00 pm – 4:45 pm
Brain Fitness / Music (G)

22

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
The History of Ramadan / Trivia (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Baby Love (G)
Anagram (1,2)
What's the Price (3)
4:00 pm – 4:45 pm
Bingo (1)

Ramadan Begins

23

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
National Puppy Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Puppy Party / Music (G)
*Tasting Beyond the Kitchen:
Chips and Dips (1,2)*
Little Ones (3)

24

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Cartoony Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 3:00 pm
Name That Tune (G)
Resident Run Bingo (1,2)
EZ Does It Trivia / Music (3)

25

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Queen of Soul Day (G,3)
Resident Run Bingo (1,2)

26

9:15 am – 11:50 am
Daily Chronicle / Music (G,1,2,3)
10:00 am – 11:30 am
Morning Worship (1,2)
1:00 pm – 1:45 pm
Variety Cart (G,1,2,3)
2:00 pm – 3:00 pm
Timeless Trivia (G,3)
Happy Birthday, Kenny Chesney (1,2)

27

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Creative Corner (G,3)
Cherry Tree (1,2)
Sing in the Rain (3)

28

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Scrub Board Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Creative Corner (G)
Anagram Monday (1,2)
Picture View / Music (3)
4:00 pm – 4:45 pm
Manicures Music (2)

29

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Walmart Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Coca Cola Day (G,1,2,3)
4:00 pm – 4:45 pm
Bingo (1)

30

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Baseball's Official Opening Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Manicures / Movies (G,3)
Texas Hold'em Poker (1,2)

31

9:15 am – 11:50 am
Devotion / Daily Chronicle / Exercise
Alexander Graham Bell's Day (G,1,2,3)
1:00 pm – 1:45 pm
Stopping By (G,1,2,3)
2:00 pm – 4:00 pm
Little Ones (G)
What Am I? (1,2)
Pippi Longstocking (3)

Special Events are bolded in color.
Music Choice played Daily.
Masks must be worn during programs.
Night Programs TBD
Any calendar changes or additions will be posted.

Any calendar questions or concerns, please call the Activities Department at 610-566-1400 x 409