

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2024

Sterling Healthcare & Rehabilitation Center



3

9:15 am – 10:30 am
Daily Chronicle / Music (G,1,2,3)
10:30 am – 11:45 am
Eucharistic Ministers (G,1,2,3)
2:00 pm – 3:00 pm
Worship Service w / Pastor Lenny (2)
2:00 pm – 4:00 pm
Story Time / Music (G,3)
Creative Corner (1)

4

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Sensory : Domestications & Music (G)
Bingo (1)
Fun Facts About Names Day (2)
Story Time / Noodle Ball (3)

5

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:30 pm
Sensory: Little Ones / Discussion (G)
Unique Names Day (1)
Pokeno (2)
Noodle Ball / Music / Story Time (3)

6

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Food Committee / Hallway Music (2)
2:00 pm – 4:30 pm
Sensory : Puppy Party & Art (G)
Learn What Your Name Means (1)
Frosty Treat (G,2,3)

7

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Ball Toss / Music / Aromas (G)
Name Tag Day (1)
Christ Church (2)
Memory Lane / Discussion (3)

8

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Bible Study
2:00 pm – 4:00 pm
Bingo / Movie (1)
Middle Name Pride Day (2)
Timeless Trivia / Exercise (3)
2:00 pm – 5:00 pm
Puppy Love / Music / Exercise (G)

9

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Reminiscing Going Shopping (G)
Looking Good Face Care (1)
Looking Good Hair Care (2)
Looking Good Hand Care (3)

10

9:15 am – 10:30 am
Daily Chronicle / Music (G,1,2,3)
10:30 am – 11:45 am
Eucharistic Ministers (G,1,2,3)
2:00 pm – 3:00 pm
The Blue Church (2)
2:00 pm – 4:00 pm
Balloon Ball / Music (G,3)
History of Ramadan (1)

Ramadan Begins
Daylight Saving Time Begins

11

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Sensory: Name The Tune (G)
Bingo (1,2)
Things That Aren't Anymore (3)

12

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Resident Council / Music & Motion (2)
2:00 pm – 4:00 pm
Sensory: Wildlife / Discussion / Music (G)
Creative Corner (1)
Pokeno (2)
Mamma Mia / Music (3)

13

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Marvin Diamond / Movie (2)
2:00 pm – 4:00 pm
When We Were Kids & Art (G)
Who am I? / Discussion (1)
Let's Go Shopping / Discussion (3)

14

10:00 am – 11:00 am
Music Therapy w / Serge (3)
10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Poker / Trivia (2)
2:00 pm – 4:00 pm
Reminiscing Love & Laughter (G)
Music in Motion / Timeless Trivia (1,3)

15

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
St. Patty's Day Celebration (G,1,2,3)
2:00 pm – 5:00 pm
Teddy Bear Picnic / Music / Exercise (G)

16

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Reminiscing about High Heels (G)
Anagram Saturday (1)
Pokeno (2)
Manicures and Movies (3)

17

9:15 am – 10:30 am
Daily Chronicle / Music (G,1,2,3)
10:30 am – 11:45 am
Eucharistic Ministers (G,1,2,3)
2:00 pm – 3:00 pm
Christ Christian Community Church (2)
2:00 pm – 4:00 pm
Creative Corner (G)
Root Beer Float Anagram (1)
History of St. Patrick's Day / Music (3)

St. Patrick's Day

18

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Sensory : Marching in the Band (G)
Bingo (1,2)
Parachute & Music (3)

19

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Reminiscing Scents & Flowers (G)
Creative Corner (1)
Pokeno (2)
Marching in the Band / Music (3)

Spring Begins

20

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Todd Horn / Movie (2)
2:00 pm – 4:30 pm
Reminiscing Longwood Gardens & Art (G)
Who am I? / Discussion (1)
Opposites Attract / Music (3)

21

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Tasty Treat (G)
Jeopardy / Anagram (1)
Poker / Trivia (2)
Baby Love / Music (3)

22

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Bible Study (2)
2:00 pm – 4:00 pm
Who am I? / Discussion / Music (1)
Chat Pack / Music / Exercise (3)
2:00 pm – 5:00 pm
Creative Corner / Music / Exercise (G)

23

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Reminiscing Flipping Flapjacks (G)
Flapjacks or Pancakes Anagram (1)
Bowling & Music (2)

Purim Begins

24

9:15 am – 10:30 am
Daily Chronicle / Music (G,1,2,3)
10:30 am – 11:45 am
Eucharistic Ministers (G,1,2,3)
2:00 pm – 3:00 pm
Second Baptist Church of Media (2)
2:00 pm – 4:00 pm
Creative Corner / Music (G)
Reminiscing Farm Days (1)
Reminiscing Palm Sunday (3)

Palm Sunday

25

10:00 am – 11:50 am
Music / Picture View / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Reminiscing Grocery Shopping (G)
Bingo (1,2)
Story Time / Noodle Ball (3)

26

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Sensory: The 4 Tastes (G)
Creative Corner (1)
Pokeno (2)
Aroma Appreciation / Chat Pack (3)

27

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Nick Canzanese / Movie (2)
2:00 pm – 4:30 pm
Reminiscing Longwood Gardens & Art (G)
Who am I? / Discussion (1)
Memory Lane / Discussion (3)

28

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Bean Bag Toss (G)
Volleyball (1)
Poker / Trivia (2)
Ball Toss / Aromas / Music (3)

29

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 3:00 pm
Bible Study (2)
2:00 pm – 4:00 pm
Monthly Birthday Celebration (G,1,2,3)

30

10:00 am – 11:50 am
Music / Brain Fitness / Exercise (G)
Trivia / Exercise / Daily Bread (1,2)
Brain Fitness / Exercise / Spiritual (3)
2:00 pm – 4:00 pm
Bean Bag Toss (G)
Tasty Treat (1)
Poker / Trivia (2)
Ball Toss / Aromas / Music (3)

31

9:15 am – 10:30 am
Daily Chronicle / Music (G,1,2,3)
10:30 am – 11:45 am
Eucharistic Ministers (G,1,2,3)
2:00 pm – 3:00 pm
Bingo (G)
Easter Sunday Anagram (1)
Roses From the South (2)
Scents of Days Past (3)

Easter Sunday

Monthly Events:

- Food Committee 03/06
- Christ Church 03/07
- Resident Council 03/12
- Marvin Diamond Entertains 03/13
- Music Therapy w/ Serge 03/14
- St. Patty's Day Celebration 03/15
- Todd Horn Entertains 03/20
- Monthly Birthday Celebration 03/29