

March 2026

Aldersly Memory Care Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 9:30 Once Upon a Circle Story Time (MC) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch 1:30 LifeCare Stations Walk (MC) 2:30 Brain Games (MC) 3:30 Afternoon Walks w/ Wubi 3:30 Daily Movie Time (MC) 5:00 Dinner 	<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 10:30 Exercise w/ Ruth (ALRA) 12:00 Lunch 1:30 LifeCare Stations Walk (MC) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner 	<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 10:30 Music w/ Leslie 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch 1:30 LifeCare Stations Walk (MC) 2:00 Bingo! (MCRA) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner 	<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 10:00 Morning Scenic Drive 10:45 Story Time w/ Molly (MC) 12:00 Lunch 1:30 LifeCare Stations Walk (MC) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 3:30 Sing w/ Gerry (HH) 5:00 Dinner 	<ul style="list-style-type: none"> AD Room Visit's w/ Leah (GRACIES DPG) 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 10:00 Music W/Peter 12:00 Lunch 1:15 Tai Chi w/ AL (ALRA) 1:30 LifeCare Stations Walk (MC) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner 	<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 9:30 Catholic Communion Service St. Raphael's Church (HH) 10:00 Fresh Flower Arrangements Class (ALRA) 10:45 Story Time w/ Molly (MC) 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch 1:30 Lets Navigate w/ Marie 1:30 LifeCare Stations Walk (MC) 2:00 Manicures w/ Gracie (ALRA) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 3:30 Musical afternoon w/ Mads Tolling (HH) 5:00 Dinner 	<ul style="list-style-type: none"> 8:00 Breakfast (MC) 9:00 The Daily Perk Round Up (MCRA) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch 1:30 LifeCare Stations Walk (MC) 2:30 Brain Games (MC) 3:30 Daily Movie Time (MC) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner
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- ### Activity Types
- Arts and Crafts
 - Emotional
 - Entertainment
 - Intellectual
 - Outing
 - Physical
 - Presentation
 - Social
 - Spiritual

- ### Locations
- MDR = Main Dining Room
 - HH = Hendrix Hall
 - 3FL = 3 Floor Lounge
 - Cafe = Cafe
 - BR = Board Room
 - SAR = Skagen Activity Room
 - RT = Roof Top
 - MSS = Mission Street Sidewalk
 - ALRA = Assisted Living Rec Area
 - MCRA = Memory Care Rec Area
 - ECA = Extended Care Area
 - BBL = Bocce Ball Lawn
 - AL = Assisted Living
 - MC = Memory Care
 - EC = Extended Care

Happy Birthday!

RESIDENT BIRTHDAYS

- CONNIE GILL | AL | 3/08
- ACKIE ARGYRES | AL | 3/11
- CAROL WILSON | AL | 3/14
- MARSTIN TALLANT | AL | 3/17
- MARIUM MUNJEE | IL | 3/17
- MICHEAL HARRINGTON | MC | 3/17
- VICTORIA FORRESTER | IL | 3/18
- KEN DAVIS | MC | 3/26
- PAT RUSSELL | IL | 3/28
- PEGGY WOODRING | AL | 3/29
- DANIELE PEREZ-VENERO | AL | 3/31