Tesserra Activities Calendar

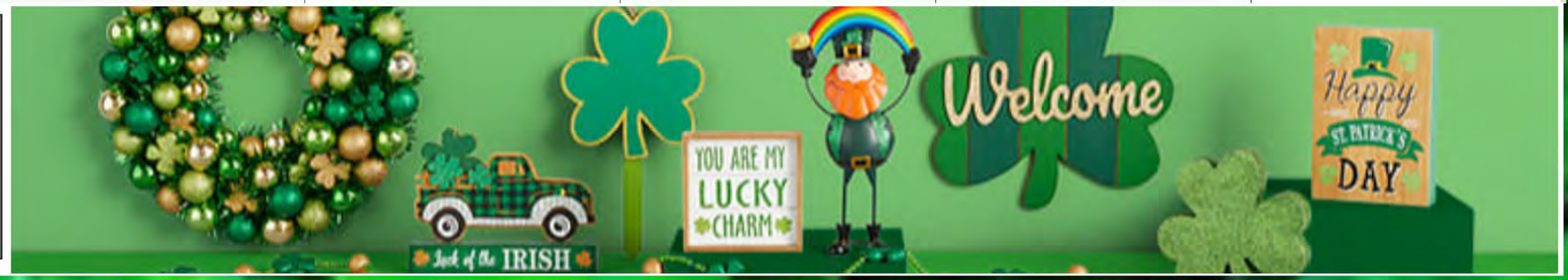
March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Legend **MCN** Memory Care North **MCS** Memory Care South **WCY** We Come to You			1 10am Zumba & Yoga (MCS) 10:30am Daily Chronicle (MCS) 10:45am Picture This! (MCS) 11am Sing a Long (MCS) 1pm Parachute Madness (MCS) 1:30pm Bake it! (MCS) 2:30pm Goodie Social (MCS) 3pm Picture Bingo (MCS) 4pm Walking Club (WCY)	2 10am Exercise It! (MCN) 10:30am Daily Chronicle (MCN) 10:45am What's The Phrase? (MCN) 11am Make Some Noise! (MCN) 1pm Jumbo Soccer (MCN) 1:30pm Jewelry Making (MCN) 1:30pm Songs By Heart (MCN) 3pm 5 Senses (MCN) 3:30pm Balloon Toss (MCN) 4pm Travel Tales (MCN)	3 10am Stretch It Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Creative Writing (MCS) 11am Categories (MCS) 1pm Brain Busters (MCS) 1:30pm Bean Bag Toss (MCS) 2pm Sunshine Florida (MCS) 3pm World Wild Life Day (MCS) 3:30pm Happy Hands (MCS) 4pm Walking Club (WCY)	4 10am Move to Music (MCS) 10:30am Daily Chronicle (MCS) 10:45am What's The Phrase? (MCS) 11am Happy Birthday Chicago! (MCS) 1pm Sing Along (MCS) 1:30pm Balloon Toss (MCS) 2pm Bingo! & Mindfulness (MCS) 3pm Paint a Canvas (MCS) 4pm Short Stories (MCS)
5 10am Commit To Be Fit (MCN) 10:30am Daily Chronicle (MCN) 10:45am This or That? (MCN) 11am Categories (MCN) 1pm Art Appreciation (MCN) 1:30pm Bean Bag Toss (MCN) 2pm Movie Matinee (MCN) 4pm Walking Club (WCY)	6 10am Stretch it Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Name that Tune (MCS) 11am Make Some Noise (MCS) 1pm Jumbo Soccer (MCS) 1:30pm Sing a Long (MCS) 2pm Craft Time (MCS) 3pm Finish The Phrase (MCS) 3:30pm Spelling Bee (MCS) 4pm Tea Party (MCS)	7 10am Morning Exercise (MCN) 10:30am Daily Chronicle (MCN) 10:45am What's the Phrase? (MCN) 11am Sort it Out (MCN) 1pm Chair Yoga (MCN) 1:30pm Balloon Toss (MCN) 2pm Karaoke (MCN) 3pm Lucky Charms Treat Making (MCN) 4pm Lucky Trivia (MCN)	8 10am Zumba & Yoga (MCS) 10:30am Daily Chronicle (MCS) 10:45am Women's Day Trivia (MCS) 11am Sing a Long (MCS) 1pm Parachute Madness (MCS) 1:30pm Bake it! (MCS) 2:30pm Goodie Social (MCS) 3pm Picture Bingo (MCS) 4pm Walking Club (WCY)	9 10am Exercise It! (MCN) 10:30am Daily Chronicle (MCN) 10:45am Daily Dose of Internet (MCN) 11am Make Some Noise! (MCN) 1pm Hoops Session (MCN) 1:30pm What're They Thinkin'? (MCN) 2pm Jewelry Making (MCN) 3pm Chip Chat Day (MCN) 3:30pm Balloon Toss (MCN) 4pm Chill Relaxation (MCN)	10 10am Stretch It Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Creative Writing (MCS) 11am Categories (MCS) 1pm Brain Busters (MCS) 1:30pm Bean Bag Toss (MCS) 2pm Karaoke (MCS) 3pm Spa Time (MCS) 4pm Walking Club (WCY)	11 10am Daily Chronicle (MCS) 10:15am I-Spy (MCS) 10:30am Dance Fitness (MCS) 10:45am What's The Phrase? (MCS) 1pm Chair Yoga (MCS) 1:30pm Sing Along (MCS) 2pm Bingo! & Mindfulness (MCS) 3pm Make a Sundae (MCS) 4pm Trivia (MCS)
12 10am Commit To Be Fit (MCN) 10:30am Daily Chronicle (MCN) 10:45am Never Have I Ever (MCN) 11am Categories (MCN) 1pm Art Appreciation (MCN) 1:30pm Bean Bag Toss (MCN) 2pm Movie Matinee (MCN) 4pm Walking Club (WCY)	13 10am Stretch it Out (MCS) 10:30am Drum Circle With Chris! (MCS) 1pm Daily Chronicle (MCS) 1:15pm Name that Tune (MCS) 1:30pm Jumbo Soccer (MCS) 2pm Sing a Long (MCS) 2:30pm Arts & Carfts (MCS) 3:30pm Finish The Phrase (MCS) 4pm Tea Party (MCS)	14 10am Morning Exercise (MCN) 10:30am Daily Chronicle (MCN) 10:45am What's the Phrase? (MCN) 11am Sort it Out (MCN) 1pm Chair Yoga (MCN) 1:30pm Balloon Toss (MCN) 2pm Sing Along With Kathleen (MCN) 3pm Pi Day! (MCN) 4pm Jumbo Puzzles (MCN)	15 10am Zumba & Yoga (MCS) 10:30am Daily Chronicle (MCS) 10:45am I-Spy (MCS) 11am Sing a Long (MCS) 1pm Parachute Madness (MCS) 1:30pm Bake it! (MCS) 2:30pm Goodie Social (MCS) 3pm Picture Bingo (MCS) 4pm Walking Club (WCY)	16 10am Myra The Therapy Dog! (WCY) 10:15am Exercise It! (MCN) 10:45am Daily Chronicle (MCN) 11am Daily Dose of Internet (MCN) 11:15am Make Some Noise! (MCN) 1pm Hoops Session (MCN) 1:30pm Songs By Heart (MCN) 2:30pm What're They Thinkin'? (MCN) 3pm 5 Senses (MCN) 3:30pm Giant Bowling (MCN) 4pm Chill Relaxation (MCN)	17 10am Stretch It Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Happy St. Patrick's Day (MCS) 11am Categories (MCS) 1pm Brain Busters (MCS) 1:30pm Bean Bag Toss (MCS) 2pm Shamrock Shake Social! (MCS) 3pm Travel To Ireland (MCS) 3:30pm Spa Time (MCS) 4pm Walking Club (WCY)	18 10am Move to Music (MCS) 10:30am Daily Chronicle (MCS) 10:45am What's The Phrase? (MCS) 11am Jazz & Art (MCS) 1pm Chair Yoga (MCS) 1:30pm Sing Along (MCS) 2pm Bingo! & Mindfulness (MCS) 3pm Paint a Canvas (MCS) 4pm Short Stories (MCS)

Tesserra Activities Calendar

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10am Commit To Be Fit (MCN) 10:30am Daily Chronicle (MCN) 10:45am Chocolate Caramel Day (MCN) 11am Categories (MCN) 1pm Art Appreciation (MCN) 1:30pm Bean Bag Toss (MCN) 2pm Movie Matinee (MCN) 4pm Walking Club (WCY)	20 10am Stretch it Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Name that Tune (MCS) 11am Make Some Noise (MCS) 1pm Jumbo Soccer (MCS) 1:30pm Sing a Long (MCS) 2pm First Day of Spring! (MCS) 2:30pm Garden Club! (MCS) 3pm Finish The Phrase (MCS) 3:30pm Spelling Bee (MCS) 4pm Tea Party (MCS)	21 10am Morning Exercise (MCN) 10:30am Daily Chronicle (MCN) 10:45am What's the Phrase? (MCN) 11am Sort it Out (MCN) 1pm Chair Yoga (MCN) 1:30pm Balloon Toss (MCN) 2pm Karaoke (MCN) 3pm Fragrance Day (MCN) 4pm Jumbo Puzzles (MCN)	22 10am Zumba & Yoga (MCS) 10:30am Daily Chronicle (MCS) 10:45am Bubbles in your H2O (MCS) 11am Sing a Long (MCS) 1pm Parachute Madness (MCS) 1:30pm Chocolate Cover Raisins (MCS) 2:30pm Goodie Social (MCS) 3pm Picture Bingo (MCS) 4pm Walking Club (WCY)	23 10am Exercise It! (MCN) 10:30am Daily Chronicle (MCN) 10:45am Daily Dose of Internet (MCN) 11am Make Some Noise! (MCN) 1pm Brain Busters (MCN) 1:30pm Hoops Session (MCN) 2pm Jewelry Making (MCN) 3pm 5 Senses (MCN) 3:30pm Balloon Toss (MCN) 4pm Chill Relaxation (MCN)	24 10am Stretch It Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Creative Writing (MCS) 11am Categories (MCS) 1pm Brain Busters (MCS) 1:30pm Bean Bag Toss (MCS) 2pm Janet & Grant The Pupper!! (MCS) 3:30pm Spa Time (MCS) 4pm Walking Club (WCY)	25 10am Daily Chronicle (MCS) 10:15am I-Spy (MCS) 10:30am Dance Fitness (MCS) 10:45am What's The Phrase? (MCS) 11am Potato Chip Month (MCS) 1pm Chair Yoga (MCS) 1:30pm Sing Along (MCS) 2pm Bingo! & Mindfulness (MCS) 3pm Make a Sundae (MCS) 4pm Trivia (MCS)
26 10am Commit To Be Fit (MCN) 10:30am Daily Chronicle (MCN) 10:45am Riddle Me This (MCN) 11am Categories (MCN) 1pm Make Your Holiday (MCN) 1:30pm Bean Bag Toss (MCN) 2pm Singin' In The Rain (MCN) 4pm Walking Club (WCY)	27 10am Stretch it Out (MCS) 10:30am Music Therapy With Nancy! (MCS) 1:15pm Daily Chronicle (MCS) 1:30pm Jumbo Soccer (MCS) 2pm Sing a Long (MCS) 2:30pm Arts & Carfts (MCS) 3:30pm Finish The Phrase (MCS) 4pm Tea Party (MCS)	28 10am Morning Exercise (MCN) 10:30am Daily Chronicle (MCN) 10:45am What's the Phrase? (MCN) 11am Sort it Out (MCN) 1pm Chair Yoga (MCN) 1:30pm Balloon Toss (MCN) 2pm Karaoke (MCN) 3pm Poetry Session (MCN) 4pm Jumbo Puzzles (MCN)	29 10am Zumba & Yoga (MCS) 10:30am Daily Chronicle (MCS) 11am Sing a Long (MCS) 1pm Parachute Madness (MCS) 1:30pm Bake it! (MCS) 2pm Coca Cola Day (MCS) 2:30pm Goodie Social (MCS) 3pm Picture Bingo (MCS) 4pm Walking Club (WCY)	30 10am Exercise It! (MCN) 10:30am Daily Chronicle (MCN) 10:45am Daily Dose of Internet (MCN) 11am Make Some Noise! (MCN) 1pm Brain Busters (MCN) 1:30pm Hoops Session (MCN) 2pm Beer & Tattoo Social (MCN) 3pm 5 Senses (MCN) 3:30pm Giant Bowling (MCN) 4pm Chill Relaxation (MCN)	31 10am Stretch It Out (MCS) 10:30am Daily Chronicle (MCS) 10:45am Creative Writing (MCS) 11am Categories (MCS) 1pm Baseball Opening Day! (MCS) 2pm Brain Busters (MCS) 2:30pm Bean Bag Toss (MCS) 3pm Spa Time (MCS) 4pm Walking Club (WCY)	

Location Legend

MCN Memory Care North
MCS Memory Care South
WCY We Come to You