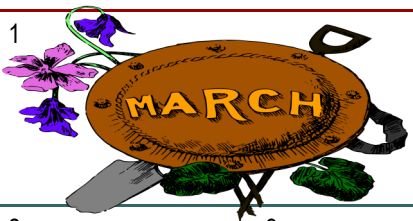




ZCC CARE SENIOR LIVING

Activities March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1 9 am—stretching 1: 15—Scheduled outing 3 pm—walk and talk 4PM Word games 6PM March Birthday	3 9 am newspaper, news 10 am balance exercise 2pm —singing 3pm —4pm park walk 6PM TV, video	4 9 am newspaper, news 10 am walk in park 2pm library or senior ctr For bingo 6 pm puzzles, reading	5 9 am newspaper, news 10 am chair exercise 2pm brain word games 1pm old time movies 6 pm bingo	6 9:30 stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, reading 7 pm resident free time	7 9 am newspaper, news 10 am chair exercises 2 pm old time radio 4 pm word games 6 pm bingo	8 9 am newspaper, news 10 am balance exercise 2 pm crafts 4pm Local volunteer's 6 pm Evening movie
 Spring forward! Set your clocks ahead one hour this Sunday.	10 9 am newspaper, news 10 am balance exercise 2pm —singing 3pm —4pm park walk 6PM TV, video	11 9 am news TV and read 10 am mobility exercise 1-4 appointments 6pm sing a long 7pm TV and reading	12 9 am newspaper, new 10 am group exercise 2pm library or senior ctr Resident free time 6 pm puzzles, reading	13 9 am newspaper, news 10 am chair exercises 1pm Volunteer visit 4pm walk in park 6 pm board game & cards	14 9 am newspaper, news 10 am mobility exercise 2pm crafts 3pm free time, Word games	15 9 am news, 10 am balance exercise 2 pm crafts 4pm Local volunteer's 6 pm Evening movie
16 9:30 stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, reading 7 pm resident free time		18 9:30 newspaper, news 10:30 Music listening 2pm: baking cookies 6 pm puzzles, reading 7pm free time	19 9 am news TV and read 10 am stretching 2PM free time 4pm old time radio 6 pm bingo 7pm Famous names		21 9 am newspaper, news 10 am group exercise 2pm library or senior ctr Resident free time 6 pm puzzles, reading	22 9am stretching, chair Exercises 10AM Resident choice 2PM patio exercise 6P Music videos
23/30 9 am newspaper, news 10 am chair exercises 2 pm old time radio 4 pm word games 6 pm bingo	24/31 9 am chair exercises 10 am walk in park 2pm gardening/patio 3pm walk and talk 6pm word games	25 9 am newspaper, news 10 am chair aerobics 2pm library or senior ctr 6 pm stretching 7 pm Word scramble	26 9 am newspaper, news 10 am chair aerobics 2pm library or senior ctr 6 pm stretching 7 pm Famous names	27 9:30 stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, reading Music videos	28 9 am newspaper, news 10 am walk and stretch 2pm patio activities 3pm old time radio 6 pm evening movie	29 :9AM stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, reading 7 pm resident free time

