

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday





# March 2019

## Casa de Flores - Senior Residence



<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:00 <i>The Daily Special Band</i> *FPR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Rusty</i></p> <p>3</p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Crossword Puzzle *AR 1:45 BINGO! *AR 3:00 Home Health Care Made Easy Seminar-hors d'oeuvres provided *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p> <p>4</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 All About Mardi Gras *AR 2:00 Bourbon Street BINGO! *AR 3:30 Mardi Gras Party Featuring: <i>The Mud Skippers</i> *FPR 6:30 Game Night *AR</p> <p>5</p> <p>Mardi Gras</p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 New Resident Welcome *AR 11:15 Knitting with <i>Wanda</i> *MR 2:00 &amp; 2:30 Outing: <i>Rite Aid in MB</i> 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Poker Dice *AR</p> <p>6</p> <p>Ash Wednesday</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Crafters Corner w/<i>Tonya</i> *AR 11:15 BINGO! *AR 2:00 &amp; 2:30 Outing: <i>MB Library</i> 2:00 Dominos *AR 3:00 Frannie's Fountain 6:30 Evening Movie *MT <i>Mardi Gras</i></p> <p>7</p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Liz Douglas</i> *FPR 6:30 Walking Down Memory Lane with <i>Betty Jo</i> *AR</p> <p>8</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>The Last Time I Saw Paris</i></p> <p>9</p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Concert with <i>Amalia</i> *FPR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Invincible</i></p> <p>10</p> <p>Daylight Saving Time Begins</p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Manicures *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p> <p>11</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Town Hall Meeting-All Are Encouraged to Attend *AR 2:00 Scenic Drive: <i>The Irish Hills</i> 2:00 Faces &amp; Places *MT Biography: <i>Alexander Graham Bell</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p> <p>12</p>	<p>9:30 Sit-N-B-Fit *AR 10:45 &amp; 11:15 <i>Cayucos Potluck</i> 11:15 Knitting with <i>Wanda</i> *MR 2:00 Casa Crafts *AR 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 St. Patrick's Irish Concert Featuring: <i>Dave Molloy</i> *FPR</p> <p>13</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Outing: <i>Kohl's in SLO</i> 2:00 Poker Dice *AR 3:00 Frannie's Fountain 6:30 Evening Movie *MT <i>The Quiet Man</i></p> <p>14</p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Julie Beaver</i> *FPR 6:30 Veterans Social Gathering *AR</p> <p>15</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:00 Dog Visit from <i>Woods Humane Society</i> *FPR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>The Quiet Man</i></p> <p>16</p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Truth or Blarney *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Racing Stripes</i></p> <p>17</p> <p>St. Patrick's Day</p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Poetry Writing and Sharing-Acrostic Poetry *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p> <p>18</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Food for Thought with our Dietary Director, <i>Treavor</i> *AR 2:00 Chicken Soup for the Soul *AR 2:00 Faces &amp; Places *MT Biography: <i>Henry Ford</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p> <p>19</p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 Resident Council Meets *AR 11:15 Knitting with <i>Wanda</i> *MR 2:00 Spring has Sprung: We're Planting Flowers *upstairs patio 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Poker Dice *AR</p> <p>20</p> <p>Spring Begins</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Crafters Corner w/<i>Tonya</i> *AR 11:15 BINGO! *AR 2:00 Outing: <i>CVS in SLO</i> 6:30 Evening Movie *MT <i>Finian's Rainbow</i></p> <p>21</p> <p>Purim</p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Jeff Peters</i> *FPR 6:30 Walking Down Memory Lane with <i>Betty Jo</i> *AR</p> <p>22</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 11:45 Caring Canine Visit *FPR 2:00 Afternoon Matinee *MT <i>Finian's Rainbow</i></p> <p>23</p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Brain Strain *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Rooster Cogburn</i></p> <p>24</p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Manicures *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p> <p>25</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Activities Dept. Meeting *AR 2:00 Scenic Drive: <i>Hwy. 58</i> 2:00 Faces &amp; Places *MT Biography: <i>Benjamin Franklin</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p> <p>26</p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 Knitting with <i>Wanda</i> *MR 2:00 Casa's Caring Angels *AR 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Evening Concert Featuring: <i>Rick Tennock</i> *FPR</p> <p>27</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Outing: <i>Trader Joe's in SLO</i> 6:30 Evening Movie *MT <i>Ladies in Lavender</i></p> <p>28</p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Linda &amp; Friends</i> *FPR 6:30 Veterans Social Gathering *AR</p> <p>29</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>Ladies in Lavender</i></p> <p>30</p>

<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Crossword Puzzle *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Finding Buck McHenry</i></p> <p>31</p>
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“In the spring, I have counted 136 different kinds of weather inside of 24 hours.”


- Mark Twain