

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

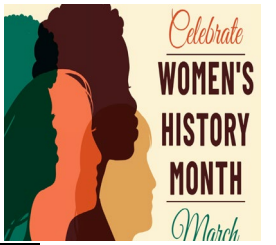
MARCH 2023

Activities Coordinator: Diana Reyes
 Activities Specialist: Kathleen Munoz
 Activities Specialist: Rachely Vasquez



			1 9:00 ESPN morning show 10:00 Brain Teasers 10:30 Karaoke 1:00 Exercise Group 1:30 Knitting Club	2 10:00 Balance Class 10:30 Painting Class 1:00 Brain Teasers 1:30 Gardening Club	3 10:00 Indoor Walk and Stretch 10:30 Bingo 1:00 Jeopardy 1:30 Spa Manicures
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5 Purim Begins	6 10:00 Indoor Walk and Stretch 10:30 Loteria- Fall Prevention 1:00 Name that Tune 1:30 Cornhole Championship	7 10:00 Chair Yoga 10:30 Arts & Crafts 1:00 Trivia Group 1:30 Karaoke	8 10:00 Brain Teasers 10:30 Show and Tell 1:00 Strength Class 1:30 Movie and Popcorn	9 9:00 ESPN morning show 10:00 Balance Class 10:30 Shuffle Board 1:00 Jeopardy 1:30 Spa Manicures	10 10:00 Guided Relaxation 10:30 Bingo 1:00 Dicebreaker Game 1:30 Sip and Paint Class
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12 Saving Time Begins	13 9:00 ESPN morning show 10:00 Trivia Group 10:30 Chair Yoga 1:00 Show and Tell 1:30 Bingo	14 10:00 Strength Class 10:30 Karaoke 1:00 Audio Book Reading Group 1:30 Spa Manicures	15 10:00 Brain Teasers 10:30 Karaoke 1:00 Stretch Class 1:30 Gardening club	16 10:00 Balance Class 10:30 Scent Guessing 1:00 Name That Tune 1:30 Movie Matinee and Popcorn	17 9:00 ESPN show 10:00 Indoor Walk and Stretch 10:30 Green Smoothies 1:00 Finding Gold Game 1:30 Karaoke
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19 Spring Begins	20 10:00 Guided Relaxation 10:30 Spa Manicure 1:00 Brain Teasers 1:30 Shuffle Board Tournament	21 10:00 Chair Yoga 10:30 Arts and Crafts 1:00 Scent Guessing 1:30 Bingo	22 10:00 Jeopardy 10:30 Karaoke 1:00 Strength Class 1:30 Crafting for a Cause	23 10:00 Balance Class 10:30 Brain Teasers 1:00 Shuffle Board Tournament 1:30 Gardening Club	24 9:00 ESPN morning show 10:00 Indoor Walk 10:30 Painting Class 1:00 Trivia Group 1:30 Seated Volleyball Tournament
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26 	27 9:00 ESPN morning show 10:00 Arts and Crafts 10:30 Trivia Group 1:00 Balance Class 1:30 Ice Cream Social	28 10:00 Chair Yoga 10:30 Dicebreaker Game 1:00 Sand Sensory Meditation 1:30 Spa Manicures	29 10:00 Brain Teasers 10:30 Karaoke 1:00 Strength Class 1:30 Loteria- Fall Prevention	30 10:00 Balance Class 10:30 Name that Tune 1:00 Scent Guessing 1:30 Bingo	31 10:00 Indoor Walk 10:30 Tea Talk 1:00 Knitting Group 1:30 Karaoke
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All activities and times subject to change.

Central Valley PACE Program Key- Physical Vocational Social Emotional Intellectual

March Activities Descriptions

March 17th Saint Patrick's day- Wear something **GREEN**

Finding Gold Game: Guessing game to find the "gold coins"

Green Smoothies: Enjoy green smoothies in celebration of St. Patrick's day

Show and Tell: We want to get to know YOU! Bring in a small item that describes you and tell us about why it is important to you.

Examples: Trophy, Souvenirs from your travels, Ticket stubs from your favorite concert or sports event, pictures, etc..

Tea Talk: Join us for tea for wellness talks, monthly reflections, positive self-affirmations

Dice-breaker Game: Tell us about yourself by taking turns answering questions about YOU.

Loteria: Everyone is invited to play (or observe) this different form of bingo called Loteria.