



Rooted in Wellness



PROSPECT-WOODWARD
at Hillside Village Keene

Memory Care Life Enrichment Calendar

March 2021

Our 8 Dimensions of Wellness Color Key

Physical

Environmental

Intellectual




Social

Spiritual

Emotional



Health Services

Vocational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:00 Woodworking Group</p> <p>10:00 Laughter is the Best Medicine</p> <p>11:00 Hand Hygiene for lunch</p> <p>1:30 Give a Compliment, Take a Compliment.</p> <p>2:00 Martini Monday</p> <p>3:00 Brain Quest</p> <p>3:30 Sensory Stimulation The Five Senses</p> <p>4:00 Hand Hygiene for Dinner</p> <p>11:00 Relaxing Sleep Music Resident TV's</p> <p style="text-align: center;">World Compliment Day</p>	<p>10:30 Daily Word, News & Views Coffee Social</p> <p>10:15 Milo Zoom Visit</p> <p>10:30 Sports Trivia</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Exercise Class</p> <p>2:00 Read Across America with Charles Butterfield</p> <p>2:30 Afternoon Tea</p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Movie</p> <p>11:00 Relaxing Sleep Music Resident's TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:30 What's in the Box?</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Exercise Class</p> <p>2:30 Opera Club: Turandot</p> <p>3:00 Word Games</p> <p>4:00 Hand Hygiene for Dinner</p> <p>6:30 Movie</p> <p>11:00 Relaxing Sleep Music Resident's TVs</p> 	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:00 Classical Hour: Wolfgang Mozart</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Natural Nail Care</p> <p>2:30 Garden Club Identify this Flower</p> <p>4:00 Hand Hygiene for Dinner</p> <p>8:15 Movie</p> <p>11:00 Relaxing Sleep Music Resident's TVs</p>	<p>10:30 Daily Word, News & Views Coffee Social</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 B-I-N-G-O!</p> <p>3:30 Book Club: <i>The DOG Really Did THAT?</i></p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Film <i>Viewers' Choice</i></p> <p>8:00 Relaxing Sleep Music Resident TVs</p>  <p style="text-align: center;">National Cheese Doodle Day!</p>	<p>10:00 Art & Activities</p> <p>11:00 Hand Hygiene for Lunch</p> <p>12:00 Midday Music Songs</p> <p>2:30 Reminiscing: <i>Favorite Teachers</i></p> <p>3:30 Parlor Games</p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Film <i>Viewers' Choice</i></p> <p>5:30 Silly Saturday</p> <p>8:15 Movie</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs</p> <p>10:15 Get Moving Exercise Class</p> <p>10:00 Sunday Service Catholic Mass Resident TVs</p> <p>11:00 Hand Hygiene for Lunch</p> <p>3:00 B-I-N-G-O!</p> <p>3:00 Movie</p> <p>4:00 Hand Hygiene for Dinner</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:30 Laughter is the Best Medicine</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Women Who Made History Discussion</p> <p>2:30 Garden Club Planning Session</p> <p>3:00 Brain Quest</p> <p>3:30 Sensory Stimulation Class: <i>The Five Senses</i></p> <p>4:00 Hand Hygiene for Dinner</p> <div data-bbox="532 1002 708 1228" data-label="Image"> </div> <p>National Women's Day</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:15 Milo the Dog Zoom Visit</p> <p>10:30 Hero Dog Stories</p> <p>11:00 Hand for Hygiene for Lunch</p> <p>1:30 Exercise Class</p> <p>2:00 Afternoon Tea</p> <p>3:00 Natural Nail Care</p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Movie Viewer's Choice</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Exercise Class</p> <p>2:30 Opera Club: <i>Pagliacci</i></p> <p>3:00 Reminiscing – Winter Sports & Activities</p> <p>4:00 Hand Hygiene for Dinner</p> <p>6:30 Movie Resident TVs</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:00 Classical Hour <i>Antonio Vivaldi</i></p> <p>10:30 It's for the Birds</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Exercise Class</p> <p>2:30 Natural Nail Care</p> <p>4:00 Hand Hygiene For Dinner</p> <p>8:15 Movie Resident TVs</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>10:30 Daily Word, News & Views Coffee Social</p> <p>10:30 Reminiscing</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 B-I-N-G-O!</p> <p>3:30 Book Club: <i>The DOG Really Did THAT?</i></p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Film <i>Viewers' Choice</i></p> <p>11:00 Relaxing Sleep Music Resident TVs</p> <div data-bbox="1803 952 2033 1300" data-label="Image"> </div>	<p>10:00 Art & Activities</p> <p>11:00 Hand Hygiene for Lunch</p> <p>12:00 Midday Music Songs</p> <p>2:30 Reminiscing: <i>St. Patrick's Day Traditions</i></p> <p>3:30 Parlor Games</p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Film <i>Viewers' Choice</i></p> <p>5:30 Silly Saturday</p> <p>8:15 Movie Resident TVs</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:15 Get Moving Exercise Class 10:00 Sunday Service Catholic Resident TVs 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O 3:00 Movie 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Woodworking Group 11:00 Hand Hygiene for Lunch 1:30 Zoom Exercises with trainer Gretchen 2:00 Men's Club: Corn Hole Competition 3:00 Brain Quest 3:30 Sensory Stimulation Class: <i>The Five Senses</i> 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: right;">  <p>Happy Birthday Bob!</p> </div>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo the Dog Zoom Visit 11:00 Hand Hygiene for Lunch 2:00 Afternoon Tea 4:00 Hand Hygiene for Dinner 5:30 Feature Movie Viewer's Choice 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:00 Baking Club: <i>Irish Soda Bread</i> 11:00 Hand Hygiene For Lunch 2:30 Irish Coffee Social 2:30 Opera Club: <i>Irish Operas</i> 3:00 Sensory Stimulation Class: <i>The Five Senses</i> 4:00 Hand Hygiene for Dinner 6:30 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  </div>	<p>9:30 Daily Word, News & Views Coffee Social 10:00 Classical Hour <i>Mozart</i> 11:00 Hand Hygiene Lunch 3:00 Natural Nail Care 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>10:30 Daily Word, News & Views Coffee Social 10:45 Laughter is the Best Medicine 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O! 4:00 Book Club: <i>The DOG Really Did THAT?</i> 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>LOL Laughter is the Best Medicine</p> <p>National Laughter Day!</p> </div>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 2:30 Reminiscing: <i>Pets growing up</i> 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:00 Sunday Service Catholic Mass Resident TVs 10:15 Get Moving Exercise Class 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O! 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Woodworking Group 11:00 Hand Hygiene for Lunch 1:30 Zoom Exercises with trainer Gretchen 2:00 Martini Monday 2:30 Men's Club Planning Session 3:30 Brain Quest 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo the Dog Zoom Visit 11:00 Hand Hygiene for Lunch 1:00 Resident Council 2:00 Afternoon Tea 3:00 Funny Puppy Videos 4:00 Hand Hygiene for Dinner 5:30 Feature Movie Viewer's Choice 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>National Puppy Day!</p> </div>	<p>9:30 Daily Word, News & Views Coffee Social 9:45 Rosary Group 11:00 Hand Hygiene for Lunch 2:00 HCS Spiritual Service: Themed readings, discussions & songs 3:00 Natural Nail Care 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>National Chocolate Covered Raisin Day!</p> </div>	<p>9:30 Daily Word, News & Views Coffee Social 10:00 Classical Hour <i>Chopin</i> 11:00 Hand Hygiene for Lunch 2:00 Happy Hour! 3:00 Natural Nail Care 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>10:30 Daily Word, News & Views Coffee Social 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 2:30 Book Club: <i>The DOG Really Did THAT?</i> 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 2:30 Reminiscing: <i>Childhood Games</i> 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs</p> <p>10:00 Sunday Service Catholic Mass Resident TVs</p> <p>10:15 Get Moving Exercise Class</p> <p>11:00 Hand Hygiene for Lunch</p> <p>12:00 Midday Music Songs</p> <p>3:00 Cornhole</p> <p>4:00 Hand Hygiene for Dinner</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:30 Woodworking Group</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:30 Zoom Exercises with trainer Gretchen</p> <p>2:00 Men's Club: Corn Hole Competition</p> <p>3:00 Brain Quest</p> <p>3:30 Sensory Stimulation Class: <i>The Five Senses</i></p> <p>4:00 Hand Hygiene for Dinner</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:15 Milo the Dog Zoom Visit</p> <p>11:00 Hand Hygiene for Lunch</p> <p>1:00 Resident Council</p> <p>2:00 Afternoon Tea</p> <p>3:00 Travelogue: <i>Ireland</i></p> <p>4:00 Hand Hygiene for Dinner</p> <p>5:30 Feature Movie Viewer's Choice</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social</p> <p>10:00 Poetry Hour: <i>Robert Frost</i></p> <p>11:00 Hand Hygiene For Lunch</p> <p>2:30 Opera Club: Rigoletto</p> <p>3:00 Crayola Art Competition</p> <p>4:00 Hand Hygiene for Dinner</p> <p>6:30 Movie Resident TVs</p> <p>11:00 Relaxing Sleep Music Resident TV's</p> <div data-bbox="1131 1016 1421 1210" data-label="Image"> </div> <p style="text-align: center;">National Crayon Day!</p>	<p>Activities are subject to Change based on Covid-19 restrictions</p> <p>Zoom Family Meetings are Scheduled throughout the month for all residents.</p>		