

March 2020

MT. ALVERNO RECREATION

Celebrating Women's History Month

MT. ALVERNO CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 9:30am News to Consider 10:00am Pass and Share/hymns 11:00am Mass -C 11:45am Name that! Guessing Games 1:30pm Poke no-AR followed by social 3:00pm Word Games/Solo Puzzles 4:00pm Comedy Greats *no evening program	<b>2</b> 9:00am Morning Talk Shows 9:30am Meditation 10:15am Good News 11:30am Chair Kickball 11:30am Therapeutic Art 1:30pm Brain Games 2:30pm Growing 3:30pm Small Group Contests 4:00pm Educational TV 6:30pm Audio Book Club-RL 3	<b>3</b> 9:00am Talk Shows 9:30am Mass -C+ 9:30am Meditative Music 10:15am News Brief, Riddles, & Rhymes 10:30-12:30 Scrabble, Dominos 10:30am Chair Aerobics 11:30am At the Track WORLD WILDLIFE DAY 1:30pm Music Request 2:00pm YOGA w. Margaret 3:00pm Tabletop Fun: Science 4:00pm Wild Life TV 6:30pm-Bingo -GB	<b>4</b> 9:00am Morning Talk Shows 9:30am Meditative Balance 10:15am News Brief 10:30am Crafting w/ Barbara 10:30-11:30am-Gail's Pet Therapy 12:00pm Brain Gymnastics 1:30pm Name that Tune Dance 2:30pm Rock N' Bowl 3:30pm Roving Ice Cream Dart Cart 3:30pm Gratitude Journals 4:00pm Comedy "Hour" *no evening program	<b>5</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief 10:30am Chair Zumba 11:30am Traditional Trivia & solo puzzles & mandalas 1:30pm Cards & Dice Club 2:30pm Spa Manicures & Music 3:30pm Dog Therapy & Stories 4:00pm Travel Log 4:00pm Reminisce/Decorate 6:30pm The Frog Princess on the big screen- GB	<b>6</b> 9:00am Morning Talk Shows 9:30am Morning Movement 10:15am News Brief 10:30AM Warwick D. Care Songs & Storytime 11:30am What's in the Bag? Trivia & Quick! Finish the Line 1:30pm Bingo-AR 2:30pm Happy Hour (AR) approx. 3:00pm Walking Club 3:30pm Remember When... 4:00pm History Show "The Crown" 6:30pm TGIF Movie- RL 2	<b>7</b> 9:30am Meditation 10:15am News Brief 10:30am Shuffleboard 11:30am Pictionary/Puzzles 1:30pm JERSEY BOYS on the big screen- GB 3:30pm Film Reflection 4:00pm Recorded Live *no evening program	
<b>8</b> 9:30am News to Consider 10:00am Pass and Share/hymns DAYLIGHT SAVINGS TIME 11:00am Mass -C 11:45am Name that! Guessing Games INTERNATIONAL WOMEN'S DAY 1:30pm Women in Religion Trivia 2:00pm Interfaith Healing Service 3:00pm Int'l Women's Social 4:00pm Female Comedy Greats *no evening program	<b>9</b> 9:00am Morning Talk Shows 9:30am Meditation 10:15am Good News 10:30am Balloon Volleyball 11:30am Therapeutic Art 1:30pm Brain Games 2:30pm Culinary 3:30pm Small Group Contests 4:00pm Educational TV 6:30pm Audio Book Club-RL 3	<b>10</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief, Riddles, & Rhymes 10:30-12:30 Scrabble, Dominos 10:30am Chair Body Pump Fit 11:30am At the Track 1:30pm Music Request -AR 2:00pm Resident Council Meeting Activity Room 3:30pm Tabletop Fun: Build 4:00pm Wild Life TV 6:30pm-Bingo -GB	<b>11</b> 9:00am Morning Talk Shows 9:30am Meditative Balance 10:15am News Brief 10:30am Art Class w/ Gail 10:30-11:30am-Gail's Pet Therapy 12:00pm Brain Gymnastics 12:00pm Dollar Tree & Lunch Trip Florida Polish Deli & Bakery 1:30pm Name that Tune Dance 2:30pm Rock N' Bowl 3:30pm Roving Ice Cream Dart Cart 3:30pm Gratitude Journals 4:00pm Comedy "Hour" *no evening program	<b>12</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief 10:30am Chair Zumba 11:30am Traditional Trivia & solo puzzles & mandalas 1:30pm Salon / TJ Max Trip 1:30pm Cards & Dice Club 2:30pm Spa Manicures & Music 4:00pm Reminisce/Decorate 4:00pm Travel Log 6:30pm Poke no-GB	<b>13</b> 9:00am Morning Talk Shows 9:30am Morning Movement 10:15am News Brief 10:30am Baking / Food TV 11:30am What's in the Bag? Trivia & Quick! Finish the Line Friday the 13th 1:30pm Bingo-AR 2:30pm Happy Hour (AR) approx. 3:00pm Walking Club 3:30pm Remember When... 4:00pm History Show "The Crown" 6:30pm TGIF Movie- RL 2	<b>14</b> 9:30am Meditation 10:15am News Brief 10:30am Shuffleboard 11:30am Pictionary/Puzzles PI DAY (3.14) 1:30pm Movie Matinee & "Pi" ala mode -AR 3:30pm Film Reflection 4:00pm Recorded Live *no evening program	
<b>15</b> 9:30am News to Consider 10:00am Pass and Share/hymns 11:00am Mass -C 11:45am Name that! Guessing Games 1:30pm Poke no-AR followed by social 3:00pm Word Games/Solo Puzzles 4:00pm Comedy Greats *no evening program	<b>16</b> 9:00am Morning Talk Shows 9:30am Meditation 10:15am Good News 10:30am Chair Kickball 11:30am Therapeutic Art 1:30pm SILVERADO STEPPERS 2:30pm Social 3:30pm Small Group Contests 4:00pm Educational TV 6:30pm Audio Book Club-RL 3	<b>17</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief, Riddles, & Rhymes 10:30-12:30 Scrabble, Dominos 10:30am Aerobic Fit 11:30am At the Track ST. PATRICK'S DAY 1:30pm Irish Music 2:00pm BLARNEY SOCIAL 3:00pm Tabletop Fun: Science 4:00pm Wild Life TV 6:30pm- EVENING W/ ALI!	<b>18</b> 9:00am Morning Talk Shows 9:30am Meditative Balance 10:15am News Brief 10:30am Fancy Crafting 10:30-11:30am-Gail's Pet Therapy 12:00pm Brain Gymnastics 1:30pm Name that Tune Dance 2:30pm Rock N' Bowl 3:30pm Roving Ice Cream Dart Cart 3:30pm Gratitude Journals 4:00pm Comedy "Hour" *no evening program	<b>19</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief 10:30am Chair Zumba 11:30am Traditional Trivia & solo puzzles & mandalas 1:30pm Outing 1:30pm Cards & Dice Club 2:30pm Spa Manicures & Music 3:30pm Dog Therapy & Poetry 4:00pm Travel Log *no evening program tonight	<b>20</b> 9:00am Morning Talk Shows 9:30am Morning Movement 10:15am News Brief 10:30AM Warwick D. Care Songs & Storytime 11:30am What's in the Bag? Trivia & Quick! Finish the Line SPRING BEGINS 1:30pm Bingo-AR 2:30pm Happy Hour (AR) approx. 3:00pm Walking Club 4:00pm History Show "The Crown" 6:30pm TGIF Movie- RL 2	<b>21</b> 9:30am Meditation 10:15am News Brief 10:30am Shuffleboard 11:30am Poetry & Madlibs WORLD POETRY DAY 1:30pm HAIRSPRAY on the big screen- GB 3:30pm Film Reflection 4:00pm Recorded Live *no evening program	
<b>22</b> 9:30am News to Consider 10:00am Pass and Share/hymns 11:00am Mass -C 11:45am Name that! Guessing Games 1:30pm Religious Trivia 2:00pm Interfaith Service 3:00pm Word Games/Solo Puzzles 4:00pm Comedy Greats *no evening program	<b>23</b> 9:00am Morning Talk Shows 9:30am Meditation 10:15am Good News 10:30am Balloon Volleyball 11:30am Therapeutic Art 1:30pm Brain Games 2:30pm Culinary 3:30pm Small Group Contests 4:00pm Educational TV 6:30pm Audio Book Club-RL 3	<b>24</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief, Riddles, & Rhymes 10:30-12:30 Scrabble, Dominos 10:30am Chair Boxing Fit 11:30am At the Track 1:30pm Music Request 2:00pm Food Committee/Social-AR 3:30pm Tabletop Fun: Build 4:00pm Wildlife TV 6:30pm-Bingo -GB	<b>25</b> 9:00am Morning Talk Shows 9:30am Meditative Balance 10:15am News Brief 10:30am Watercolor w/ Georgette 10:30-11:30am-Gail's Pet Therapy 12:00pm Brain Gymnastics 1:30pm Name that Tune Dance 2:30pm March Birthday Party! 2:30pm Rock N' Bowl 3:30pm Gratitude Journals 4:00pm Comedy "Hour" *no evening program	<b>26</b> 9:00am Talk Shows 9:30am Mass -C 9:30am Meditative Music 10:15am News Brief 10:30am Chair Zumba 11:30am Traditional Trivia & solo puzzles & mandalas 1:30pm Salon / TJ Max Trip 1:30pm Cards & Dice Club 2:30pm Spa Manicures & Music 4:00pm Reminisce/Decorate 4:00pm Travel Log 6:30pm BIG AL ENTERTAINS	<b>27</b> 9:00am Morning Talk Shows 9:30am Morning Movement 10:15am News Brief 10:30am Baking / Food TV 11:30am What's in the Bag? Trivia & Quick! Finish the Line WORLD THEATRE DAY 1:30pm Bingo-AR 2:30pm Theatrical Cocktail Hour approx. 3:00pm Walking Club 3:30pm Remember When... 4:00pm History Show "The Crown" 6:30pm TGIF Movie- RL 2	<b>28</b> 9:30am Meditation 10:15am News Brief 10:30am Shuffleboard 11:30am Pictionary/Puzzles 1:30pm Movie Matinee & Root beer Floats-AR 3:30pm Film Reflection 4:00pm Recorded Live *no evening program	
<b>29</b> 9:30am News to Consider 10:00am Pass and Share hymns 11:00am Mass -C 11:45am Name that! Guessing Games 1:30pm Poke no-AR followed by social 3:00pm Word Games/Solo Puzzles 4:00pm Comedy Greats *no evening program	<b>30</b> 9:00am Morning Talk Shows 9:30am Meditation 10:15am Good News 10:30am Chair Kickball 11:30am Therapeutic Art 1:30pm Brain Games 2:30pm Growing 3:30pm Small Group Contests 4:00pm Educational TV 6:30pm Audio Book Club-RL 3	<b>31</b> 9:00am Talk Shows 9:30am Mass-C 9:30am Meditative Music 10:15am News Brief, Riddles, & Rhymes 10:30-12:30 Scrabble, Dominos 10:30am Chair Strength 11:30am At the Track 1:30pm Music Request 2:00pm Literary Art: MAD LIBS! 3:00pm Tabletop Fun: Science 4:00pm Wildlife TV 6:30pm-Bingo -GB	<p><u>APRIL PREVIEW</u></p> <p>RESIDENT, FAMILY, &amp; FRIENDS PENNY SOCIAL</p> <p>EASTER CELEBRATIONS</p> <p>EARTH DAY GARDENING</p> <p>WEAR DENIM DAY</p> <p>OUTDOOR OUTING</p>			<p><b>Please Note</b></p> <p>Activities subject to change*</p> <p>Trips, Entertainment, Visiting Instructors, &amp; Pet Therapy are weather dependent*</p> <p>Club Atlas visits every other Monday Morning, except holidays</p>	<p><b>Breakfast</b></p> <p>8:30am-9:30am (Activities 9:30am-12:30pm)</p> <p><b>Lunch</b></p> <p>12:30pm-1:30pm (Activities 1:30pm-5:00pm)</p> <p><b>Dinner</b></p> <p>6:00pm-7:00pm (Activities 6:30pm as scheduled)</p> <p>Programs cease during meals</p> <p><b>And there is a 15 minute break between most programs</b></p>

Activity Department

Activity Director:  
 Kathleen Cisek  
 Office: 845-987-5626  
 Activity Rm: Internal ext. 9105

Recreational Therapy Aide:  
 Georgette Storms

Social Day Program 9am-4pm  
 Monday-Friday  
 Call for more Info

Special Meet-Up

NEW ACTIVITY

Activities in Activity Room  
 Unless Noted Otherwise

ROOM CODE KEY

AR Activity Room  
 C Chapel  
 G Greenbriar Room  
 L Lobby  
 MR Memory Room  
 RL Resident Lounge

TRIPS

Sign-up is 1st come, 1st serve via sheet outside of Dining Room.  
 Some trips require added fees.  
 Please cross your name to cancel.