



# Powder Springs Center for Nursing & Healing



## March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>HAPPY MARCH BIRTHDAY'S!!</b></p> 	 <p><b>All New Residents!</b></p>	<p><b>1 Mardi Gras</b> 10:00-Exercise (Doorway) 10:30-Brain Quest(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Mardi Gras Social</b> Doorway(E/W)</p> <p><b>Women's History Month</b></p>	<p><b>2- Ash Wednesday</b> 10:00- Strengthen your upper Body-Hallway(E) 10:30- Trivia- How well do you know your <b>Bible</b>(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 – Hallway <b>Manicures</b>(W) 3:00- How well do you know your <b>Bible</b>(E/W) Wind Down Wednesday (E/W)</p>	<p><b>3-National Anthem Day</b> 10:00– Strengthen you lower Body(E/W) 10:30-<b>Facts about National Anthem</b> 11:00–1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <b>Bingo Time</b>-Hallway(E/W)</p>	<p><b>4- World Obesity Day</b> 10:00 Arts&amp; Crafts (E/W) 10:30-Memory Game (what is your favorite color) 11:00-1:1 in Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Happy Hour (E/W)</b> <b>EMPLOYEE APPRECIATION DAY</b></p>	<p><b>5</b> 10:00- Morning Stretch Exercise(E/W) 10:30-Arts&amp;Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-Bingo Time(-E/W)</p>
<p><b>6</b> 10:00-- Church Service-(E/W) Hallway 10:30-Bible Trivia Questions (EW) 11:15-Church Service-(E/W) 11:30-Spiritual Hymns-(E/W) 1:00- Fun Leisure Table/Face Time) 3:00-- Sunday's <b>Bingo</b> (E/W)</p>	<p><b>7</b> 10:00- Sit and Be Fit(E/W) 10:30-Women group Social in distance/tea 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00- <b>Women's History/ Movie Classic</b>(E/W)/popcorn</p>	<p><b>8</b> 10:00-Exercise (Doorway) 10:30-Brain Quest(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Bingo Tuesday</b> -TBA(E/W)</p>	<p><b>9-International Women's Day</b> 10:00- Strengthen your upper Body-Hallway(E) 10:30- <b>Manicures</b>- (E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 – Hallway <b>Manicures</b>(W) 3:00- How well do you know your <b>Bible</b>(E/W) Wind Down Wednesday (E/W)</p>	<p><b>10-National Meatball Day</b> 10:00– Strengthen you lower Body(E/W) 1030-<b>Taste of Meatball (TBA)</b> 11:00 –1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <b>Bingo Time</b>-Hallway(E/W)</p>	<p><b>11</b> 10:00 Arts&amp; Crafts (E/W) 10:30-Memory Game (what is your favorite color) 11:00-1:1 in Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Happy Hour (E/W)</b></p>	<p><b>12 National Plant a Flower Day</b> 10:00- Morning Stretch Exercise(E/W) 10:30-<b>Planting Flowers (Courtyard)</b> 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-Bingo Time(-E/W) W/Gifts prizes <b>National Girl Scout Day</b></p>
<p><b>13 Daylight Saving Time - Set Clock Ahead</b> 10:00- Church Service-(E/W) Hallway 10:30-Bible Trivia Questions (E/W) 11:15-Church Service-(E/W) 1:00- Fun Leisure Table/Face Time) 3:00- Sunday's <b>Bingo</b> (E/W)</p>	<p><b>14</b> 10:00- Sit and Be Fit(E/W) 10:30-Women group social in distance/tea 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00-<b>Women's History/ Movie Classic/Popcorn</b></p>	<p><b>15</b> 10:00-Exercise (Doorway) 10:30-<b>How Well do you know your social worker</b>(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Bingo Tuesday</b> Doorway(E/W)</p>	<p><b>16- National Corn Dog Day</b> 10:00- Strengthen your upper Body-Hallway(E) 10:30-<b>Manicures</b>(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 – Hallway <b>Manicures</b>(W) 3:00- Wind Down Wednesday (E/W)</p>	<p><b>17-Saint Patrick's Day</b> 10:00 Strengthen your lower Body 1030-Trivia Questions(E/W) 11:00 <b>Resident Council Meeting in Room</b> 11:00 –1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00-- <b>Saint Patrick Day Party (TBA)</b></p>	<p><b>18</b> 10:00 Dance &amp; Be Fit (E/W) 10:30Memory Game. 11:00-1:1 in Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00- <b>Happy Hour(E/W)</b></p>	<p><b>19-</b> 10:00- Morning Stretch Exercise(E/W) 10:30-Arts&amp;Crafts(E/W) /Gifts Prizes 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-Bingo Time(-E/W)</p>
<p><b>20</b> 10:00- Church Service-(E/W) Hallway 10:30-Bible Trivia Questions(E/W) 11:15-Church Service-(E/W) 1:00- Fun Leisure Table/Face Time) 3:00- Sunday's <b>Bingo</b> (E/W)</p>	<p><b>21- World Poetry Day/ Down Syndrome Day</b> 10:00- Sit and Be Fit(E/W) 10:30-<b>Women groups social in distance/tea/Poetry</b> 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00-<b>Women's History/ Movie Classic/Popcorn</b></p>	<p><b>22</b> 10:00-Exercise (Doorway) 10:30-<b>How well do you know your Roommate?</b> (E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E) 3:00-<b>Bingo Tuesday</b> Hallway(E/W)</p>	<p><b>23 National Puppy Day</b> 10:00- Strengthen your upper Body-Hallway(E) 10:30- <b>Manicures</b>Trivia-(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 –Hallway <b>Manicures</b> 3:00- How well do you know your <b>Bible</b>(E/W) Wind Down Wednesday(E/W)</p>	<p><b>24</b> 10:00 – Strengthen you lower Body(E/W) 1030- Trivia Questions(E/W) 11:00 –1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <b>Bingo Time</b>-Hallway(E/W)</p>	<p><b>25</b> 10:00-Dance &amp; Be Fit(E/W) 10:30- Current Events &amp; Hot Beverage 1:00-Face Time W/Family 2:00- <b>March Birthday Party-(E/W)</b> 3:00 <b>Party continues</b></p>	<p><b>26- Purple Day</b> 10:00- Morning Stretch Exercise(E/W) 10:30-Arts&amp;Crafts(E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-Bingo Time(-E/W)</p>
<p><b>27 Palm Sunday</b> 10:00- Church Service-(E/W) Hallway 10:30-Bible Trivia Questions(E/W) Hallway 11:15-Church Service-(E/W) 1:00- Fun Leisure Table/Face Time) 3:00- Sunday's <b>Bingo</b> (E/W)</p>	<p><b>28</b> 10:00- Sit and Be Fit(E/W) 10:30-Women groups social 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00- <b>Women's History/Movie Classic/popcorn</b>(E/W)</p>	<p><b>29-National Vietnam War Vet's Day</b> 10:00-Exercise (Doorway) 10:30-<b>Social for our Vietnam Vets</b>(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<b>Bingo Tuesday</b> Doorway(E/W)</p>	<p><b>30-National Doctors' Day</b> 10:00- Strengthen your upper Body-Doorway(E) 10:30- Trivia- How well do you know your <b>Bible</b>(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 – Hallway <b>Manicures</b> 3:00-How well do you know your <b>Bible</b>(E/W) Wind Down Wednesday(E/W)</p>	<p><b>31</b> 10:00 – Strengthen you lower Body(E/W) 1030- Trivia Questions(E/W) 11:00 –1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <b>Bingo Store open for Business</b></p>	<p><b>Get Your Grocery List &amp; \$\$ Ready: Shopping will be done every Thursday at 10:00AM At Walmart!!!!!!</b> <b>Warm Days= Courtyard for fresh air</b></p>	<p>If you have any questions or concerns or suggestions, please see Margalie in Activities or ask a staff member to locate a member of Activities!</p> <p>Be Aware: All Group Activities are performed according to CDC social Distancing Rule.... (6 Ft Apart) &amp; everyone must have on Masks</p>

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