

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

th



MARCH 2023

SILVER CREEK RETIREMENT 165 SILVER LANE
ST. AUGUSTINE, FLORIDA 32084 904-810-04444
THE COVE

1
9:30 Daily Room Visits
10:00 Workout with Strive
10:30 Devotional & Hymns
11:00 Wheel of Fortune
1:00 Painting Shamrocks
3:00 Pretty Nails
3:00 Resident Council/Theater
4:00 Reminiscing

2
9:30 Daily Room Visits
10:00 Chair Exercises
10:30 Bingo
1:30 Puzzles with friends
2:30 Happy Hour
3:30 UNO/Rummy
Relax to Frank Sinatra
NATIONAL DR. SEUSS DAY

3
9:30 Chair Exercises
10:00 Balloon Toss to Music
10:30 Famous Phrases
1:30 Creative Arts
2:00 Movie/Theater/Popcorn
3:30 Fresh Air & Sunshine
4:00 Reminiscing about past
Vacation Spots/National Parks
Music/Patsy Cline

4
9:30 Daily Room Visits
10:00 Chair Exercises
10:30 Bingo
1:30 Chicken Soup for the Soul
2:00 Categories Game
2:30 Movie in Theater
Popcorn/Soda
4:00 Relax to Neil Diamond
National Sons Day

5
9:30 Daily Room Visits
10:00 2nd Life Ministries
Worship Service/Theater
10:30 Word Challenge
1:00 Scrabble
2:30 Fresh Air & Sunshine
3:00 Scrapbook Club
4:00 Reminiscing/Old Fashioned
Clothes/Cars/Hairstyles

6
9:30 Daily Room Visits
10:00 Video Workout
10:30 Flower Arranging
11:00 Categories Game
1:30 Creative Arts
2:00 Bingo/Activity Room
3:00 Trivia
4:00 Relaxing Music

Purim Begins

7
9:30 Daily Room Visits
10:00 Video Workout
10:30 Bingo
11:00 Belly Laughs
1:30 Puzzles with friends
2:30 Storyteller/Theater
3:30 Laughs with Dean Martin
4:00 Relax to Mitch Miller

8
9:30 Daily Room Visits
10:00 Workout with Strive
10:30 Devotional & Hymns
11:00 Brain Teasers
1:30 Let's make cards: Get well,
Welcome, Birthday, Friendship &
St. Patrick Day Cards
3:00 Pretty Nails
4:00 Relax to Johnny Cash

9
9:30 Daily Room Visits
10:00 Chair Exercises
10:30 Bingo
1:30 Nature Collage
2:00 Resident Townhall
3:00 Happy Hour
Dancing to the Oldies/Activity
Room/Old Fashioned Singing
4:00 Relaxing Music

10
9:30 Chair Exercises
10:00 Twister Toss
10:30 Word Challenge
11:00 Chicken Soup for Soul
1:30 Word Challenge
2:00 Movie/Theater/Popcorn
3:30 Fresh Air & Sunshine
4:00 Relax to 70's Music

11
9:30 Daily Room Visits
10:00 Chair Exercises
10:30 Bingo
1:30 Heroes Story
2:00 UNO
2:30 Movie in Theater
Popcorn/Soda
4:00 Relax to Brenda Lee

12
9:30 Daily Room Visits
10:30 Christian Worship/TV
Devotional & Hymns
11:00 Fresh Air & Sunshine
1:00 Dabble Word Game
3:00 Plant flowers
3:30 Relax to 60's Music
NATIONAL PLANT A FLOWER DAY

Daylight Saving Time Begins

13
9:30 Chair Exercises
10:00 Video Workout
10:30 Flower Arranging
1:00 Rummy Club
1:30 Taboo/Dabble Word Games
2:00 Bingo/Activity Room
3:00 Wheel of Fortune
4:00 Music/John Denver

14
9:30 Chair Exercises
10:00 Video Workout
10:30 Movement is Medicine
Speaker/Community Hospice
1:30 Creative Arts
2:00 Movie/Chicago/Catherine
Zeta-Jones/Renee Zellweger
4:00 Relax to Dolly Parton

15
9:30 Chair Exercises
10:00 Workout with Strive
10:30 Devotional & Hymns
Anastasia Baptist Church
1:00 Creative Arts/Taboo
2:00 Bingo
3:00 Pretty Nails
3:30 Taboo
4:00 Relax to 50's Music

16
9:30 Chair Exercises
10:00 Video Workout
10:00 Arts & Crafts/Lavendar &
Vanilla Sachets
1:30 Creative Arts
2:30 Happy Hour/Entertainment
"The Coconuts"
4:00 Relax to Tony Bennett

17
WEAR GREEN!!!!
9:30 Chair Exercises
10:00 Video Workout
10:30 Wheel of Fortune
11:00 Categories Game
Name anything Green
1:00 Rummy Club
2:00 Storyteller/Theater
All about St. Patrick

St. Patrick's Day

18
9:30 Chair Exercises
10:00 Video Workout
10:30 Bingo
1:00 Scrabble/Dabble
2:00 Movie in Theater
Popcorn and Soda
3:30 Fresh Air & Sunshine
4:00 Reminiscing

19
9:00 Daily Room Visits
10:30 Christian Worship/TV
Devotional & Hymns
11:00 Fresh Air & Sunshine
1:00 Taboo
2:00 Scrapbook Club
3:00 A - Z Trivia
3:30 Word Challenge
4:00 Relax to the Oldies

20
9:30 Daily Room Visits
10:00 Video Workout
10:30 Flower Arranging
1:00 Rummy Club/Rummikub
2:00 Bingo/Activity Room
3:00 Spring Flowers Trivia
Paint a flower picture
Blossom by blossom the spring begins.
Algernon Charles Swinburne

Spring Begins

21
9:30 Daily Room Visits
10:00 Video Workout
10:30 Bingo
1:30 Creative Arts
2:00 Movie/Theater
"The American President with
Michael Douglas/Annette
Benning/Popcorn and Soda
4:00 Relax to Jazz

22
9:30 Daily Room Visits
10:00 Workout with Strive
10:30 Devotional & Hymns
1:00 Creative Arts
1:30 Boggle
2:00 Monopoly
3:30 Old Fashioned Singing
4:00 Relax to the Oldies

Ramadan Begins

23
9:30 Daily Room Visits
10:00 Video Workout
10:30 Bingo
11:00 Word Search
1:30 Pictionary
2:30 Happy Hour
3:30 Balloon Toss
Music: Jerry Lee Lewis

24
9:30 Daily Room Visits
10:00 Video Workout
10:30 Let's make Easter Cards
1:30 Country Music Star True
Story and Music/Dolly Parton
2:00 Scrabble
3:00 Word Challenge
3:30 Categories Game
4:00 Relax to Classical

25
9:30 Chair Exercises
10:00 Video Workout
10:30 Bingo
1:00 Scrabble/Dominoes
2:00 Movie in the Theater
Popcorn and Soda
3:00 Fresh Air and Sunshine
4:00 Relax to Jimmy Buffet

26
9:00 Daily Room Visits
10:30 Christian Worship/TV
Devotional and Hymns
11:00 Fresh Air & Sunshine
1:00 Scrabble
2:00 Scrapbook Club
3:30 Word Challenge
4:00 Relaxing Music

27
9:30 Daily Room Visits
10:00 Video Workout
10:30 Flower Arranging
1:00 Boggle Word Game
2:00 Bingo/Activity Room
2:30 Balloon Toss/Music
3:00 Word Search/Table Trivia
4:00 Relaxing to Bluegrass

28
9:30 Daily Room Visits
10:00 Video Workout
10:30 Bingo
1:30 Crossword Puzzles
2:00 Movie/Theater
"The Great Debaters"
Popcorn and Soda
3:30 Fresh Air & Sunshine

29
9:30 Daily Room Visits
10:00 Workout with Strive
10:30 Devotional & Hymns
1:00 Dabble Word Game
2:00 Rummy
3:30 Puzzles with friends
4:00 Relaxing Music

30
9:30 Daily Room Visits
10:00 Video Workout
10:30 Bingo
1:00 Balloon Toss/Chair
Exercises/Music
2:30 Monthly Birthday Party
3:30 Pictionary
4:00 Taboo

31
9:30 Daily Room Visits
10:00 Video Workout
10:30 Twister Toss
11:00 Travel Time
1:30 Chicken Soup Story
2:00 Creative Arts
3:00 Table Trivia

ACTIVITIES ARE SUBJECT
TO CHANGE

