

## March 2024 Assisted Living Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE PALMS</b> at LA QUINTA</p> <p>Assisted Living and Memory Care</p>	<p>LOCATION</p> <p>Billiards Room (BR) Bistro (B) Chapel (C) Chapel AL (CA) Courtyard (C) Dining Room (DR) Gym (G) Meet In Lobby (MIL) Room to Room Cart (RTRC) Theatre (T) Vibrant Life Room (VLR)</p>	<p>ACTIVITY LEGEND</p> <p> Be Adventurous  Be Challenged  Be Connected  Be Family  Be Inspired  Be Social  Be Well  Traditions To Table</p>	<p>Dress up in your favorite 20's,50's or 60's fashion on March 13th</p>	<p>Wear Green on March 15th and 17th</p>	<p>10:00am  Fit After 50 (exercise) (VLR) 10:30am  Category Kick Ball (VLR) 11:30am  Walk for Wellness (VLR) 1:00pm  Let's Play Pool (BR) 1:30pm  Matinee - Oldies but Goodies (T) 2:00pm  Bingo (B) 3:00pm  Karaoke and Happy Hour with Ken Lewis 6:00pm  Domino's (VLR) 6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Song and Stretch (VLR) 10:30am  Flash Bingo 4 Games (VLR) 1:00pm  Bridge Club (VLR) 1:00pm  Let's get some Sun Garden Club 1:30pm  Movie Matinee (T) 2:00pm  Easy Cookin (B) 3:30pm  Sing along with Maritza (VLR) 4:00pm  Dominos (VLR) 4:30pm  Weight Training (G) 6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>3</b> 10:30am  Catholic Communion with Saint Francis Church (C) 10:30am  Mind Exercises for a healthy brain. (VLR) 1:00pm  Bridge Club 2:00pm  Bingo with a Twist (VLR) 3:30pm  Ice cream Sandwich Social (B) 4:30pm  Sunday Worship with Church Unlimited (C) 6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>10:00am  Fit after 50 (Chair Exercise) (VLR) <b>4</b> 10:30am  Putting Around (mini golf) (MIL) 11:00am  Making Salsa with ingredients from the garden (B) 1:00pm  Bridge Club (VLR) 1:30pm  Movies with Academy Awards (T) 2:00pm  Bingo with Lois (RLA) (VLR) 3:00pm  Cookie decorating with Amber (RTRC) 4:00pm  Dominos (RLA) (VLR) 6:30pm  Celebrity Documentaries (T)</p>	<p>10:00am  Sit and Be Fit (Chair Exercise) (VLR) <b>5</b> 10:15am  Walking for Wellness (MIL) 10:30am  Dominos (VLR) 12:45pm  Pet therapy with Love on a Leash (MIL) 1:30pm  Movie Matinee-Resident's Choice (T) 2:00pm  Bingo with Shirley (VLR) 3:00pm  Giant Jenga (VLR) 4:00pm  Resident's led Activities Meeting (VLR) 6:30pm  America's Funniest Home Videos (T)</p>	<p>10:00am  Fit After 50 (Exercise) (VLR) <b>6</b> 10:30am  Weight Watchers with Nurse Marisela (VLR) 11:00am  Dominos With Linda S. (RLA) (VLR) 1:00pm  Bridge Club (VLR) 1:30pm  Resident Council (DR) 2:00pm  Roland and his Trivia (VLR) 3:00pm  Autobiography Social 4:00pm  Wine Down Wednesday (VLR) 6:30pm  Broadway to movie Matinee (T)</p>	<p>10:00am  Sit and be Fit (Chair Exercise) (VLR) <b>7</b> 10:30am  Mindful Meditation (VLR) 11:00am  Jewelry crafting (VLR) 1:30pm  Movies inspired by true stories (T) 2:00pm  Outing to Elvis Tribute Concert at Spotlight Casino (MIL) 3:30pm  Ice Cream Social (B) 4:00pm  Rosary Group (CA) 6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>10:00am  Fit After 50 (exercise) (VLR) <b>8</b> 10:30am  Balloon Tennis (MIL) 11:30am  Walk for Wellness (VLR) 1:00pm  Let's Play Pool (BR) 1:30pm  Matinee - Oldies but Goodies (T) 2:00pm  Bingo (B) 3:00pm  Karaoke and Happy Hour with Ken Lewis 6:00pm  Domino's (VLR) 6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Song and Stretch (VLR) <b>9</b> 10:30am  Flash Bingo 4 Games (VLR) 1:00pm  Bridge Club (VLR) 1:00pm  Let's get some Sun Garden Club 1:30pm  Movie Matinee (T) 2:00pm  Easy Cookin (B) 3:30pm  Sing along with Maritza (VLR) 4:00pm  Dominos (VLR) 4:30pm  Weight Training (G) 6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>10</b> 10:30am  Catholic Communion with Saint Francis Church (C) 10:30am  Mind Exercises for a healthy brain. (VLR) 11:00am  Name that tune (VLR) 1:00pm  Bridge Club 2:00pm  Blackjack with Amber (VLR) 3:30pm  Root beer float Social (B) 4:30pm  Sunday Worship with Church Unlimited (C) 6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>10:00am  Fit after 50 (Chair Exercise) (VLR) <b>11</b> 11:00am  Yarns and Things (VLR) 1:00pm  Bridge Club (VLR) 1:30pm  Movies with Academy Awards (T) 2:00pm  Bingo with Lois (RLA) (VLR) 3:00pm  A Culture Week Activity- Prohibition Era themed Beer Crafting workshop (B) 4:00pm  Dominos (RLA) (VLR) 6:30pm  Celebrity Documentaries (T)</p>	<p>10:00am  Sit and Be Fit (Chair Exercise) (VLR) <b>12</b> 10:15am  Walking for Wellness (MIL) 10:30am  Dominos (VLR) 12:45pm  Pet therapy with Love on a Leash (MIL) 1:30pm  Movie Matinee-Resident's Choice (T) 2:00pm  Bingo with Shirley (VLR) 3:00pm  Culinary Creations with Jose (B) 4:00pm  A Culture Week Activity- The Price is Right (VLR) 6:30pm  America's Funniest Home Videos (T)</p>	<p>10:00am  Fit After 50 (Exercise) (VLR) <b>13</b> 10:30am  Walk this Way (VLR) 11:00am  Dominos With Linda S. (RLA) (VLR) 1:00pm  Bridge Club (VLR) 2:00pm  A Culture Week Activity- Marching through the Decades Five Minute Fashion Show (VLR) 3:30pm  A Culture Week Activity- Marching through the Decades Concert (VLR) 6:30pm  Broadway to movie Matinee (T)</p>	<p>10:00am  Fit After 50 (Chair Exercise) (VLR) <b>14</b> 10:30am  Mindful Meditation (VLR) 11:00am  Sculpting Clay (VLR) 1:30pm  Movies inspired by true stories (T) 2:00pm  Gold Key Club Social- Making Desert Terrariums (VLR) 3:30pm  Ice Cream Social (B) 4:00pm  Rosary Group (CA) 6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>10:00am  Fit After 50 (exercise) (VLR) <b>15</b> 10:30am  Category Kick Ball (VLR) 11:00am  Rainbows of Fun with Lisa's Home Care (B) 1:00pm  Indoor Mini Golf (MIL) 1:00pm  Let's Play Pool (BR) 1:30pm  Matinee - Oldies but Goodies (T) 2:30pm  St. Patrick's Day Happy Hour - Appetizers n Drinks (VLR) 3:00pm  St Patty's Day Happy-Go-Lucky Hour and Karaoke with Ken Lewis 6:00pm  Domino's (VLR) 6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Song and Stretch (VLR) <b>16</b> 10:30am  Flash Bingo 4 Games (VLR) 1:00pm  Bridge Club (VLR) 1:00pm  Let's get some Sun Garden Club 1:30pm  Movie Matinee (T) 2:00pm  Jeff King on the Keys (Live Music) (MIL) 3:30pm  Sing along with Maritza (VLR) 4:00pm  Dominos (VLR) 4:30pm  Weight Training (G) 6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>17</b> 10:30am  Catholic Communion with Saint Francis Church (C) 10:30am  Mind Exercises for a healthy brain. (VLR) 1:00pm  Bridge Club 2:00pm  Bingo with a Twist (VLR) 3:30pm  St. Patty's Day Happy Hour (B) 4:30pm  Sunday Worship with Church Unlimited (C) 6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>10:00am  Fit after 50 (Chair Exercise) (VLR) <b>18</b> 10:30am  Putting Around (mini golf) (MIL) 11:00am  Making Salsa with ingredients from the garden (B) 1:00pm  Bridge Club (VLR) 1:30pm  Movies with Academy Awards (T) 2:00pm  Bingo with Lois (RLA) (VLR) 3:00pm  Cookie decorating with Amber (RTRC) 4:00pm  Dominos (RLA) (VLR) 6:30pm  Celebrity Documentaries (T)</p>	<p>10:00am  Sit and Be Fit (Chair Exercise) (VLR) <b>19</b> 10:15am  Walking for Wellness (MIL) 10:30am  Dominos (VLR) 12:45pm  Pet therapy with Love on a Leash (MIL) 1:30pm  Movie Matinee-Resident's Choice (T) 2:00pm  Bingo with Shirley (VLR) 3:00pm  Auction (VLR) 6:30pm  America's Funniest Home Videos (T)</p>	<p>10:00am  Fit After 50 (Exercise) (VLR) <b>20</b> 10:30am  Walk this Way (VLR) 11:00am  Dominos With Linda S. (RLA) (VLR) 1:00pm  Bridge Club (VLR) 2:00pm  Planting Succulents in the Garden (C) 3:00pm  Don't Chase the Ace Card Game (VLR) 4:00pm  Wine Down Wednesday (VLR) 6:30pm  Broadway to movie Matinee (T)</p>	<p>10:00am  Sit and be Fit (Chair Exercise) (VLR) <b>21</b> 10:30am  Mindful Meditation (VLR) 11:00am  Jewelry crafting (VLR) 1:15pm  Essential Shopping Trip-Stater Bros (MIL) 1:30pm  Movies inspired by true stories (T) 2:00pm  The Ukelele Crew- Live Music (VLR) 3:30pm  Ice Cream Social (B) 4:00pm  Rosary Group (CA) 6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>10:00am  Fit After 50 (exercise) (VLR) <b>22</b> 10:30am  Balloon Tennis (MIL) 11:30am  Walk for Wellness (VLR) 1:00pm  Let's Play Pool (BR) 1:30pm  Matinee - Oldies but Goodies (T) 2:00pm  Bingo (B) 3:00pm  Karaoke and Happy Hour with Ken Lewis 6:00pm  Domino's (VLR) 6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Song and Stretch (VLR) <b>23</b> 10:30am  Flash Bingo 4 Games (VLR) 1:00pm  Bridge Club (VLR) 1:00pm  Let's get some Sun Garden Club 1:30pm  Movie Matinee (T) 2:00pm  Easy Cookin (B) 3:30pm  Sing along with Maritza (VLR) 4:00pm  Dominos (VLR) 4:30pm  Weight Training (G) 6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>24</b> 10:30am  Catholic Communion with Saint Francis Church (C) 10:30am  Mind Exercises for a healthy brain. (VLR) 11:00am  Name that tune (VLR) 1:00pm  Bridge Club 2:00pm  Blackjack with Amber (VLR) 3:30pm  Root beer float Social (B) 4:30pm  Sunday Worship with Church Unlimited (C) 6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>10:00am  Fit after 50 (Chair Exercise) (VLR) <b>25</b> 11:00am  Yarns and Things (VLR) 1:00pm  Bridge Club (VLR) 1:30pm  Movies with Academy Awards (T) 2:00pm  Bingo with Lois (RLA) (VLR) 3:00pm  Don't Chase the Ace Card Game (VLR) 4:00pm  Dominos (RLA) (VLR) 6:30pm  Celebrity Documentaries (T)</p>	<p>10:00am  Sit and Be Fit (Chair Exercise) (VLR) <b>26</b> 10:15am  Walking for Wellness (MIL) 10:30am  Dominos (VLR) 12:45pm  Outing to La Quinta Stitch Fiber Art Club (MIL) 1:00pm  Pet therapy with Love on a Leash (MIL) 1:30pm  Movie Matinee-Resident's Choice (T) 2:00pm  Bingo with Shirley (VLR) 3:00pm  Trivia that Challenges your 5 Senses 6:30pm  America's Funniest Home Videos (T)</p>	<p>10:00am  Fit After 50 (Exercise) (VLR) <b>27</b> 10:30am  Walk this Way (VLR) 11:00am  Dominos With Linda S. (RLA) (VLR) 1:00pm  Bridge Club (VLR) 2:00pm  Community Celebration of Life (C) 3:00pm  Don't Chase the Ace Card Game (VLR) 4:00pm  Wine Down Wednesday (VLR) 6:30pm  Broadway to movie Matinee (T)</p>	<p>10:00am  Fit After 50 (Chair Exercise) (VLR) <b>28</b> 10:30am  Mindful Meditation (VLR) 11:00am  Sculpting Clay (VLR) 1:30pm  Movies inspired by true stories (T) 2:00pm  Loteria Mexican Bingo (VLR) 3:30pm  Ice Cream Social (B) 4:00pm  Rosary Group (CA) 6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>10:00am  Fit After 50 (exercise) (VLR) <b>29</b> 10:30am  Category Kick Ball (VLR) 11:00am  Making Beaded Bracelets with Lisa's Home Care (VLR) 1:00pm  Let's Play Pool (BR) 1:30pm  Matinee - Oldies but Goodies (T) 2:00pm  Bingo (B) 3:00pm  Karaoke and Happy Hour with Ken Lewis 6:00pm  Domino's (VLR) 6:30pm  Friday Night Movie Matinee (T)</p>	<p>2:00am  Happy Birthday Resident Party (VLR) <b>30</b> 9:30am  Song and Stretch (VLR) 10:30am  Flash Bingo 4 Games (VLR) 1:00pm  Bridge Club (VLR) 1:00pm  Let's get some Sun Garden Club 1:30pm  Movie Matinee (T) 2:00pm  Easy Cookin (B) 3:30pm  Sing along with Maritza (VLR) 4:00pm  Dominos (VLR) 4:30pm  Weight Training (G) 6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>31</b> 10:30am  Catholic Communion with Saint Francis Church (C) 10:30am  Mind Exercises for a healthy brain. (VLR) 1:00pm  Bridge Club 2:00pm  Bingo with a Twist (VLR) 3:30pm  Ice cream Sandwich Social (B) 4:30pm  Sunday Worship with Church Unlimited (C) 6:30pm  Romantic Comedy Movie Matinee (T)</p>				<p>Edgar out 03/28-4/05. Please Plan your transportation needs accordingly.</p>		