








# March 2023 South Hampton Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Happy Birthday!</b> Luella Lematta 3/15 Steve Saucier 3/25</p>			<p>1 10:00 Morning Greeting 10:30 Brain Boosters — Name that Animal 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen — Peanut Butter Cookies 3:30 Snack Time</p>	<p>2 10:00 “Thor’s day” dog visits 10:30 Read Across America — Dr. Seuss Day 11:00 Music &amp; Movement  2:30 <b>The Magic of Rich</b> 3:45 Game Time</p>	<p>3 10:00 Morning Greeting 10:30 Coffee &amp; Conversation 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts &amp; Crafts Hanging Flowers 3:30 Table Time</p> 	<p>4 11:00 Exercise Balloon 2:30 Game Time</p>
<p>5 11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>6 10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music &amp; Movement 2:30 <b>Music with The Secords</b> (old time country) 3:45 Hand Spa</p>	<p>7 10:00 Morning Greeting 10:30 Coffee, Conversation, &amp; Current Events 11:00 Range of Motion 2:30 <b>Olympic Peninsula Ukulele Strummers</b> 3:30 Play ball with Odie</p>	<p>8 10:00 Morning Greeting 10:30 Brain Boosters — Name that Animal 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>9 10:00 “Thor’s day” dog visits 10:30 Resident Room Visits 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 <b>Happy Valley Band in the Regent Dining Room</b> (variety music) 3:45 Game Time</p>	<p>10 10:00 Morning Greeting 10:30 Coffee &amp; Conversation 11:00 Range of Motion 2:00 Afternoon Update 2:30 Planting nasturtium seeds and strawberry plants 3:30 Table Time</p>	<p>11 11:00 Exercise Balloon 2:30 <b>Documentary: Secrets of the Namib</b></p>
<p>12 <b>Daylight Saving Time Begins</b> 11:00 Range of Motion 3:30 Afternoon Stroll</p> 	<p>13 10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 Monday Music 3:45 Hand Spa</p>	<p>14 10:00 Morning Greeting 10:30 Conversation Hearts 11:00 Range of Motion 2:00 Afternoon Update 2:30 Fine Motor — Finger Exercises 3:45 Table Time</p>	<p>15 10:00 Morning Greeting 10:30 Brain Boosters — Name that Animal 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>16 10:00 “Thor’s day” dog visits 10:30 Resident Room Visits 11:00 Music &amp; Movement 2:30 <b>Country Music Artist Buck Ellard in the Regent Dining Room</b> 3:45 Game Time</p>	<p>17 10:00 Morning Greeting 10:30 Coffee &amp; Conversation 11:00 Range of Motion 2:00 Afternoon Update 2:30  <b>St. Patrick's Day Party</b> 3:30 Table Time</p>	<p>18 11:00 Exercise Balloon 2:30 <b>Fred Astaire Movie Matinee &amp; Ice Cream Social</b></p>
<p>19 11:00 Range of Motion 2:30 Crochet ball stuffing with Project Linus</p>	<p>20 10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 Monday Music 3:45 Hand Spa</p> 	<p>21 10:00 Morning Greeting 10:30 Coffee, Conversation, &amp; Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 <b>Music with Dennis Blair</b> (Folk/Variety) 3:45 Play ball with Odie</p>	<p>22 10:00 Morning Greeting 10:30 Brain Boosters — Name that Animal 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>23 10:00 “Thor’s day” dog visits 10:30 Resident Room Visits 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 <b>Buttercup Lane in the Regent Dining Room</b> (50s/variety music) 3:45 Game Time</p>	<p>24 10:00 Morning Greeting 10:30 Coffee &amp; Conversation 11:00 Range of Motion 2:00 Afternoon Update 2:30 Paint with water / Coloring Therapy 3:30 Table Time</p>	<p>25 11:00 Exercise Balloon 2:30 Game Time</p>
<p>26 11:00 Range of Motion 2:30 <b>Dungeness Valley Mennonite Church Acapella Chorus in the Regent Dining Room</b> 3:45 Afternoon Stroll</p>	<p>27 10:00 Morning Greeting 10:30 Brain Boosters 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 Monday Music 3:30 Hand Spa</p>	<p>28 10:00 Morning Greeting 10:30 Coffee, Conversation, &amp; Current Events 11:00 Range of Motion 2:30 <b>Music with Brian Douglas</b> (Jazz guitar) 3:45 Play ball with Odie</p>	<p>29 10:00 Morning Greeting 10:30 Brain Boosters — Name that Animal 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>30 10:00 “Thor’s day” dog visits 10:30 Resident Room Visits 11:00 Music &amp; Movement 2:00 Afternoon Update 2:30 Arts &amp; Crafts — Washcloth Bunnies  3:45 Game Time</p>	<p>31 10:00 Morning Greeting 10:30 Coffee &amp; Conversation 11:00 Range of Motion 2:00 Afternoon Update 2:30 <b>Sax, clarinet &amp; song with Craig Buhler in the Regent Dining Room</b> 3:30 Table Time</p>	<p>Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information.</p>