











Berwick Estates

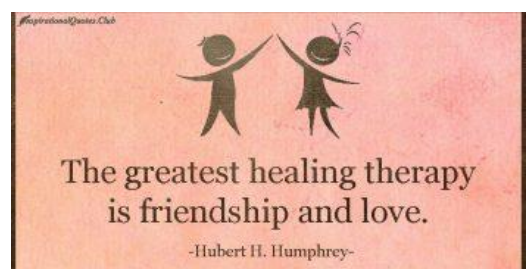
MCD Communities

Connecting people & possibilities

Wellness Calendar March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays: Josie – 21 st 	Daily Social Hour Please join us in the dining room for light refreshment & conversation at 10 am & 3 pm		1 9:30 – Service and Ashes 1 – Ojo de Dios Craft 3 - Library Ash Wednesday	2 9- Exercise 10- Audio Book 1- Hangman 3- Manicures 	3 9- Exercise 10- Bingo 1-Word Game 3- Patriotic Sing-along National Anthem Day	4 9- Exercise 10-Audio Book 1- Jigsaw Puzzles 3- Cards 4- Sing-along w/ Linda
5 10:30-Sunday News 11-Cards 1- Movie 3-Word Puzzles	6 9- Exercise 10- Audio Book 1- Word Games 3- Coloring Craft 	7 9- Exercise 10- Movie Trip: <u>African Queen</u> 1- Bowling 3- Crossword	8 9- Exercise 10- Iceland Adventure! 1- Cooking 3- Dice Game	9 9- Exercise 10- Walmart 1- Pop Craft 3-Popcorn & Pop Trivia Popcorn Lover's Day	10 9- Exercise 10- Bingo 1- Name Trivia 3- Duke on Piano Middle Name Pride Day	11 9- Exercise 10- Coloring Craft 1- Cards 4- Sing-along w/ Linda
12 10:30-Sunday News 11-Cards 1- Movie 3-Word Puzzles Spring Forward	13 9- Exercise 11- Senior Luncheon 1- Hangman 3- Dice Game 	14 9- Exercise 10- Movie Trip: <u>Perfect Storm</u> 10- Bingo 1- Making Pie 3- Sudoku National Pi Day	15 9- Exercise 11- Senior Center Party 1- Movie 3- Library Ides of March	16 9- Exercise 10- Word Game 1- Cooking 3- Resident Council Mtg 	17 9-Exercise 10- Make Soda Bread 1-Celtic Music 3-Irish Idioms and Sayings St. Patrick's Day	18 9- Exercise 10- Quilting History 1- Quilt Craft 4- Sing-along w/ Linda National Quilting Day
19 10:30-Sunday News 11-Cards 1- Movie 3-Word Puzzles 	20 1st Day of Spring 9- Exercise 10- Butterfly Life Cycle 1- Spring Art 3- Gardening	21 9- Exercise 10- Manicures 1- Make Tea Sandwiches 3- Tea Party Tea for Two Tuesday	22 9- Exercise 11- Lunch @ KFC 1- Dominoes Game 3- Charades	23 9- Exercise 10- Walmart Trip 1- Cooking 3- Hangman	24 9- Exercise 10- Bingo 1- Crossword 3- Arts & Crafts	25 9- Exercise 10- Cards 1- Jigsaw Puzzles 3- Movie 4- Sing-along w/ Linda
26 10:30-Sunday News 11-Cards 1- Movie 3-Word Puzzles Make Up Your Own Holiday Day	27 9- Exercise 10- Coffee Outing 1- Yarn Painting 3- Who Am I?	28 9- Exercise 10- Arts & Crafts 1- Cooking 3- Hangman	29 9- Exercise 10- Make Cards 1- Decorate for Party 3- 1st Quarter Birthdays 	30 9- Exercise 10- Dice Game 1- Group Stroll 3- Crossword Take a Walk in the Park Day	31 9- Exercise 10- Bingo 1- Guessing Game 3- Dice Game 	

Photos from last month!



Please note the schedule is subject to change