



March 2023

Pulaski Health Care Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
C- Café RL- Resident Lounge BS- Beauty Shop			1 (RL)9:30-Exercise (C)10:00-UNO (RL)11:00-Singalong 1:30- Iced Coffee Pass (RL)2:00-Wii Wheel Of Fortune (C)3:00-Tableball	2 <i>Banana Cream Pie Day</i> (RL)9:30-Exercise (C)10:30-Tableball 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00- Banana Cream Pie Social (C)3:00-Bingo & Prizes	3 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy (RL)11:00-Faces & Places (RL)1:00-Wii Game (C)2:00- Resident Birthday Party (C)3:00- Karaoke Time	4 9:30-Puzzle Pass (C)10:15-Adult Coloring (RL)11:15-Trivia Time (RL)1:00-Connect Four (C)2:00-Bingo
5 (RL)10:00-UMC Church Video (RL)11:00-Bible Trivia 1:00-Religious Puzzle Pass (RL)2:00-Wii Games	6 (RL)9:30-Exercise (C)10:30-Bingo 11:30-Bird & Fish Care 1:30-Weekly Chronicle Pass (RL)1:30-Wii Bowling (C)2:30-Game Time (C)3:30-Tableball	7 National Cereal Day (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes 11:30-Puzzle Pass (C)1:30-Isa plays the Piano (C)2:45- Cereal Snacking Social	8 (RL)9:30-Exercise (RL)10:15-Trivia in the Lounge 11:00-Puzzle Pass (RL) 1:00-Singalong (RL)2:00-Funny Animal Video (C)3:00-Bingo (RL)6:00-Movie & Snack	9 (RL)9:30-Exercise (RL)10:00-Wii Games 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Tableball (C)3:00-Bingo, Cookies & Prizes (C)6:30- Man in Black Sing	10 <i>Clover All Over Day</i> (RL)9:30-Exercise (RL)10:00-Name That Tune 11:00- Clover All Over Hunt (BS)1:00-2:30-Massage & Aromatherapy (RL)3:00-Wii Games	11 (RL)10:00-Wii Bowling 11:00-Puzzle Pass (RL)1:00-Singalong (C)2:00-Bingo
12 (RL)10:00-UMC Church Video 11:00-Religious Puzzle Pass (RL)1:00-Religious Singalong (C)2:00-Junk Drawer Finds (C)3:00-Denham Freewill Baptist Singers	13 (RL)9:30-Exercise (C)10:30-Bingo 11:30-Bird & Fish Care 11:30- Lunch Outing 1:30-Weekly Chronicle Pass (RL)1:30-Singalong (C)2:30- Taste The Rainbow (C)3:30-Tableball	14 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (RL)1:00-Singalong 1:30- Lime Sherbet Float Pass (C)2:30- Cover All Dice Game	15 <i>Crazy About Crafts Day</i> (RL)9:30-Exercise (C)10:00- Craft Time & Snack (RL)11:00-Balloon Volley 1:00-Puzzle Pass 1:30- Bingo at Riverwood Outing (RL)2:00-Singalong (RL)3:00-Wii Games	16 (RL)9:30-Exercise (RL)10:00-Name That Tune 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Tableball (C)3:00-Bingo, Cookies & Prizes	17 <i>Happy St. Patrick's Day</i> (RL)9:30-Exercise 10:00-Staff Game (C)10:15- Shamrock Painting Craft (RL)1:00-Wii Games 2:00-Staff Game (C)2:15- St. Patrick's Day Party (C)3:00-Karaoke Time 	18 9:30-Puzzle Pass (C)10:15-Adult Coloring (RL)11:15-Trivia Time (RL)1:00-Balloon Volley (C)2:00-Bingo
19 (RL)10:00-UMC Church Video (RL)11:00-Bible Trivia 1:00-Religious Puzzle Pass (RL)2:00-Wii Games	20 (RL)9:30-Exercise (C)10:30-Bingo 11:30-Bird & Fish Care 1:30-Weekly Chronicle Pass (RL)1:30-Wii Bowling (C)2:30-Game Time (C)3:30-Tableball	21 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (C)1:30-Isa plays the Piano 1:30- Rootbeer Float Pass (RL)2:30-Music & Motion (C)2:45-UNO	22 (RL)9:30-Exercise (C)10:00-Game Time (RL)11:00-Faces & Places 1:00-Puzzle Pass (C)2:00- Stephanie Johns Sings (RL)3:15-Wii Games (RL)6:00-Movie & Snack	23 <i>Chips & Dip Day</i> (RL)9:30-Exercise (C)10:30-Tableball 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00- Chips, Dip & Music (C)3:00-Bingo, Cookies & Prizes	24 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy (RL)11:00-Would You Rather? 1:00-Puzzle Pass 1:00- Walmart Outing (C)2:00-Bingo	25 (RL)9:30-Exercise (C)10:15-Adult Coloring (RL)11:15-Trivia Time (RL)1:00-Wii Game (C)2:15-Bingo
26 (RL)10:00-UMC Church Video (RL)11:00-Bible Trivia 1:00-Religious Puzzle Pass (RL)2:00-Wii Games	27 (RL)9:30-Exercise (C)10:30-Bingo 11:30-Bird & Fish Care 1:30-Weekly Chronicle Pass (RL)1:30-Wii Bowling (C)2:30-Connect Four (C)3:30-Game Time	28 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes 1:00-Puzzle Pass (RL)1:00-Faces & Places (C)2:00-UNO	29 (RL)9:30-Exercise (RL)10:00-Wii Games (RL)11:00-Trivia Time 11:30-Puzzle Pass (RL)1:00-Singalong (C)2:00-Cover All Dice Game	30 (RL)9:30-Exercise (C)10:30-Karaoke Time 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Karaoke Time (C)3:00-Bingo, Cookies & Prizes	31 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy (C)1:30-Resident Council (RL)2:00-Wii Games (RL)3:00-Name That Tune	

"Activities Are Subject To Change"