
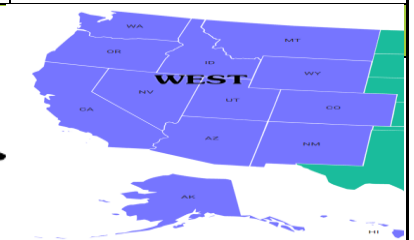


Mariah Cearley- Enrichment Coordinator | 405-792-2401| This institution is an equal opportunity provider.

Monday	Tuesdays	Wednesday	Thursday	Friday
9:00 Golden Walkers 9:30 Balloon Volleyball 3 10:00 West Coast Region Intro 11:30 Lunch 12:30 Mix and Mingle 1:00 Oregon Trail Game UT 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 4 10:00 Apple Tree Craft WA 11:30 Lunch 12:30 Mix and Mingle 1:00 MardiGras History 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 5 10:00 Spanish Class 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 6 10:00 Music w/ Catherine 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 7 10:00 Northern Lights Paint MT 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 10 10:00 Participant Council Meeting 11:30 Lunch 12:30 Mix and Mingle 1:00 Grand Canyon Craft AZ 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 11 10:00 Roswell Alien Craft NM 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 12 10:00 Spanish Class 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 13 10:00 River Craft CO 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 14 10:00 Dice Game AK w/ Leslie 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 17 10:00 St. Patricks Day Craft 11:30 Lunch 12:30 Mix and Mingle 1:00 Virtual Redwoods Tour CA 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 18 10:00 Yellowstone Collage WY 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 19 10:00 Spanish Class 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 20 10:00 Music w/ Catherine 11:30 Lunch 12:30 Music w/ Margo/Bella Dogs 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 21 10:00 Hawaii Luau HI 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 24 10:00 Slots NV w/ Leslie 11:30 Lunch 12:30 Mix and Mingle 1:00 Volcano Craft HI 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 25 10:00 Beach Craft CA 11:30 Lunch 12:30 Mix and Mingle 1:00 Craft Catch Up 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 26 10:00 Spanish Class 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 27 10:00 Bee Hive Craft UT 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 28 10:00 Geode Craft ID 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 31 10:00 West Coast Triva Game 11:30 Lunch 12:30 Mix and Mingle 1:00 Treasure Map MT 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard				

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Special Events
3/6-3/20 Music w/ Catherine 3/20 Music w/ Margo

Birthdays	
3/07-Scott	3/23-Jimmy
3/14-Dan H	3/27-Donald
3/14-Marcie	3/30-Bertha
3/15-Aaron	

HAPPY BIRTHDAY!

Outings
3/4-MardiGras Cruise(AM-JR/PM-SR)
3/13-DLC Dollars Trip- 5 Below
3/19-Library
3/26-Creative Corner SR
3/28-Pop/Cruise
3/31-Skeleton Museum (JR/SR)

Participant of the Month

Barbara is the life of the party! She always keeps us laughing, and with a smile! Barbara enjoys bingo and crafts with her friends here at DLC.

