

Westminster at Lake Ridge

Nursing Center Calendar

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Sunday Worship Services</u></p> <p>10:30 Catholic Communion CH</p> <p>2:00 Worship Service –NC</p> <p>4:00 Worship Service –CH</p>	<p>CALENDAR IS SUBJECT TO CHANGE</p> <p>Please refer to the NC Family Room white board for daily program changes</p>	<p>Off Unit Room Key</p> <p>MC—Memory Care</p> <p>PR—Potomac Room</p> <p>HR—Harbor Room</p> <p>CH— Chapel</p> <p>ML— Main Lobby</p> <p>AL—Assisted Living</p> <p>NC—Nursing Center</p>	<p>NOTE</p> <p>1:1 Visits are done throughout the week, times vary.</p> <p>Juice and a snack are served daily during AM and PM Programs</p>	<p>9:45 Good Morning WLR & Exercise 1</p> <p>11:00 Episcopal Service –CH</p> <p>11:00 Book Cart</p> <p>2:00 Chat Pack</p> <p>3:30 Singing with Friends-NC</p> <p>6:30 Reminisce</p>	<p>9:45 Good Morning WLR & Exercise 2</p> <p>11:00 Room Visits</p> <p>2:00 Crafting with Rhonda</p> <p>3:30 Friday Musings</p> <p>6:30 Friday Night Netflix & Popcorn</p>	<p>10:45 Good Morning WLR & Exercise 3</p> <p>2:00 Chat Pack</p> <p>3:30 Sing A Long to the Oldies</p> <p>6:30 Hand and Nail Spa Cart</p>
<p>10:30 Catholic Communion 4 CH</p> <p>11:15 Sunday Stretch</p> <p>11:45 Daily News</p> <p>2:00 Worship Service</p> <p>3:00 Drink Social</p> <p>4:00 Worship Services – CH</p>	<p>9:45 Good Morning WLR & Exercise 5</p> <p>11:00 BINGO</p> <p>2:00 Room Visits</p> <p>3:30 Smoothie Monday</p> <p>6:30 Reminisce</p>	<p>9:45 Good Morning WLR & Exercise 6</p> <p>11:00 Spa Cart</p> <p>1:30 Room Visits</p> <p>2:30 Balloon Tennis</p> <p>3:30 Gospel Sing A Long</p> <p>6:30 Art with Tara</p>	<p>9:45 Good Morning WLR & Exercise 7</p> <p>10:30 Rosary Group</p> <p>11:00 Book Cart</p> <p>2:00 Crafting with Michele</p> <p>3:30 March Trivia</p> <p>6:30 IN2L Games</p>	<p>9:45 Good Morning WLR & Exercise 8</p> <p>11:00 Episcopal Service –CH</p> <p>11:00 Room Visits</p> <p>2:00 Chicken Soup Stories</p> <p>3:30 Singing with Friends-NC</p> <p>6:30 Spa Cart</p>	<p>9:45 Good Morning WLR & Exercise 9</p> <p>11:00 Room Visits</p> <p>2:00 Crafting with Rhonda</p> <p>3:30 Friday Musings</p> <p>6:30 Reminisce</p>	<p>10:45 Good Morning WLR & Exercise 10</p> <p>2:00 Book of Questions</p> <p>3:00 Room Visits</p> <p>4:00 Westphalians-PR</p> <p>6:30 Joy of Coloring with Music</p>
<p>10:30 Catholic Communion—CH 11</p> <p>11:15 Sunday Stretch</p> <p>11:45 Daily News</p> <p>2:00 Worship Service</p> <p>3:00 Trivia & Drinks</p> <p>4:00 Worship Services – CH</p>	<p>9:45 Good Morning WLR & Exercise 12</p> <p>11:00 BINGO</p> <p>1:30 Scenic Ride</p> <p>3:30 Laughter is the best Medicine</p> <p>6:30 Chat Pack</p>	<p>9:45 Exercise & Juice 13</p> <p>11:00 Spa Cart</p> <p>1:30 Room Visits</p> <p>2:30 Dog Stories</p> <p>3:30 Farmer’s Almanac</p> <p>6:30 Lake Ridge Choral – PR</p>	<p>9:45 Good Morning WLR & Exercise 14</p> <p>10:30 Rosary Group</p> <p>11:00 National Potato Chip Day Taste Test</p> <p>2:00 Crafting with Michele</p> <p>3:30 Name that Irish Tune</p> <p>6:30 Tara’s Choice</p>	<p>9:45 Good Morning WLR & Exercise 15</p> <p>11:00 Episcopal Service –CH</p> <p>11:00 Easy Trivia</p> <p>2:00 Room Visits</p> <p>3:30 Singing with Friends-NC</p> <p>6:30 Book of Questions</p>	<p>9:45 Good Morning WLR & Exercise 16</p> <p>11:00 Room Visits</p> <p>2:00 Crafting with Rhonda</p> <p>3:30 Friday Musings & Lucky Floats</p> <p>6:30 Friday Night Netflix</p>	<p>10:45 Good Morning WLR & Exercise 17</p> <p>1:00 Room Visits</p> <p>2:30 Birthday Party with Charlie Lowery</p> <p>3:45 Chicken Soup Stories</p> <p>6:30 Joy of Coloring with Music</p>
<p>10:30 Catholic Communion—CH 18</p> <p>11:15 Sunday Stretch</p> <p>11:45 Daily News</p> <p>2:00 Worship Service</p> <p>3:00 Tea Time</p> <p>4:00 Worship Services – CH</p>	<p>9:45 Good Morning WLR & Exercise 19</p> <p>11:00 Clipping Coupons</p> <p>2:00 Room Visits</p> <p>3:30 Jeopardy Trivia</p> <p>6:30 Chicken Soup Stories</p>	<p>9:45 Good Morning WLR & Exercise 20</p> <p>11:00 Sing A Long</p> <p>2:00 Room Visits</p> <p>3:30 The Egg Springs Forth</p> <p>6:30 Tell me your Story</p>	<p>9:45 Good Morning WLR & Exercise 21</p> <p>10:30 Rosary Group</p> <p>11:00 Book & Magazine Cart</p> <p>2:00 Crafting with Michele</p> <p>3:30 Animal of the Month—Monkeys & Apes</p> <p>6:30 Random Trivia</p>	<p>9:45 Good Morning WLR & Exercise 22</p> <p>11:00 Episcopal Service –CH</p> <p>11:00 Resident Council</p> <p>3:30 Singing with Friends</p> <p>4:00 Good News</p> <p>6:30 Finish my Line</p>	<p>9:45 Good Morning WLR & Exercise 23</p> <p>11:00 Spa Cart</p> <p>2:00 Crafting with Rhonda</p> <p>3:30 Friday Musings & Drinks</p> <p>6:30 Movie Memories</p>	<p>10:45 Good Morning WLR & Exercise 24</p> <p>2:00 Weekend Trivia</p> <p>3:30 Sing A Long</p> <p>6:30 Remembering the Good Old Day’s</p>
<p>10:30 Catholic Communion—CH 25</p> <p>11:15 Sunday Stretch</p> <p>11:45 Drinks & Daily News</p> <p>2:00 Worship Service</p> <p>3:00 Coffee Break</p> <p>4:00 Worship Services – CH</p>	<p>9:45 Good Morning WLR & Exercise 26</p> <p>11:00 BINGO</p> <p>1:30 Scenic Ride</p> <p>3:00 March Tea Social</p> <p>6:30 March Trivia on IN2L</p>	<p>9:45 Good Morning WLR & Exercise 27</p> <p>11:00 Crossword Puzzles</p> <p>1:30 Room Visits</p> <p>2:30 Spa Cart</p> <p>3:30 What’s for Breakfast?</p> <p>6:30 Crafting with Tara</p>	<p>9:45 Good Morning WLR & Exercise 28</p> <p>10:30 Rosary Group</p> <p>11:00 Trivia Break</p> <p>2:00 Crafting with Michele</p> <p>3:30 The Incredible Egg</p> <p>6:30 Joy of Coloring</p>	<p>9:45 Good Morning WLR & Exercise 29</p> <p>11:00 Episcopal Service –CH</p> <p>2:30 Singing with Friends</p> <p>4:00 Good News</p> <p>6:30 Finish my Line</p>	<p>9:45 Good Morning WLR & Exercise 30</p> <p>11:00 Crafting with Rhonda</p> <p>2:00 Good Friday Service—CH</p> <p>3:30 Friday Musings</p> <p>6:30 Holiday Movie</p>	<p>10:45 Good Morning WLR & Exercise 31</p> <p>2:00 Viral Video of the Day on You Tube</p> <p>3:30 Weekend Trivia & Drinks</p> <p>6:30 Hand & Nail Spa Cart</p>