

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Reading the Morning Paper Together 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Yoga 1:30 Art at Hand: Nature as Muse 2:00 Mahjong 2:30 Sing Along 3:00 Learning About and Celebrating Purim 4:00 Walking the Rio Grande Trail	9:30 Reading the Morning Paper Together 10:30 Chair Tai Chi 2:00 Watercolor Hour 2:30 Listening to 50's Music 3:00 Postcard Match Up 3:30 Trail Mix Snack Break 4:00 Mini Golf 4:45 Set the Dinner Table 6:00 Monopoly Game Night	9:30 Reading the Morning Paper Together 11:30 Chair Stretching 1:30 Bowling 2:00 Grocery List Sorting 2:30 Watching Ballroom Dances 3:00 Reading about South Africa 3:30 Snack Break 4:00 Card Suit Organizing	9:30 Reading the Morning Paper Together 10:30 Chair Dancing 1:30 Women's History Table Talk 2:00 Making Mason Jar Candle Holders 2:30 Afternoon Music 3:00 Nail Care Time 3:30 Snack Break 4:00 Puzzle Time 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 10:30 Drumming Exercise 1:00 Music Bingo 2:00 Playing Card Games 2:30 Looking Through Memory Books 3:00 Tea Party 4:00 Feminists: What Were They Thinking? On Netflix	9:30 Reading the Morning Paper Together 2:00 Afternoon Stretch 3:30 Snack Break
9:30 Reading the Morning Paper Together 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Yoga 1:30 Group Coloring 2:00 Sensory Sandcastles 2:30 Watching a Tchaikovsky: Violin Concerto 3:00 Birdwatching in the Sensory Room 3:30 Hydration Break 4:00 Balloon Volleyball	9:30 Reading the Morning Paper Together 10:30 Chair Tai Chi 1:30 Making Peanut Clusters 2:00 Watercolor Hour 3:00 Listening to Jazz 3:30 Cheese Cracker Snack Break 4:00 Darts 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 11:30 Chair Stretching 1:30 Researching for our Garden 2:00 Choosing Seeds for our Garden 2:30 Afternoon Music 3:00 Planting Seeds 3:30 Snack Break 4:00 Playing Card Games	9:30 Reading the Morning Paper Together 10:30 Chair Dancing 1:30 Making Irish Potatoes Candy 2:00 Armchair Travel to Ireland 3:00 Music from Karen and Jennifer 4:00 Making Coffee Filter Hydrangeas 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 10:30 Drumming Exercise 1:30 Balloon Volleyball 2:00 Salt Gnome Painting 2:30 Jenga 3:00 Tea Party 4:00 Puzzle Time	9:30 Reading the Morning Paper Together 2:00 Afternoon Stretch 3:30 Snack Break
9:30 Reading the Morning Paper Together 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Yoga 1:30 Knock the Cups Down 2:00 Group Walk 2:30 Watching a Piano Recital 3:00 Clothespin Color Matching 3:30 Cookie Snack Break 4:00 Community Walk 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 10:30 Chair Tai Chi 2:00 Watercolor Hour 2:30 Listening to Traditional Irish Music 3:00 Making a Clover Collage 3:30 Eating Irish Soda Bread 4:00 Watching Irish Dancers 4:45 Set the Dinner Table 6:00 Monopoly Game Night	9:30 Reading the Morning Paper Together 11:30 Chair Stretching 1:30 Tic Tac Toe 2:00 Group Walk 2:30 Watching an Ice Skating Performance 3:00 Watering our Garden 3:30 Cheese Cracker Snack Break 4:00 Clothes Pin Matching Game	9:30 Reading the Morning Paper Together 10:30 Chair Dancing 1:30 Cup Basketball 2:00 Pattern Play 2:30 Watching an Bob Dylan Performance 3:00 Nail Care Time 3:30 Apple Snack Break 4:00 Jenga 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 10:30 Drumming Exercise 1:00 Music Bingo 2:00 Roll- a - Garden Game 2:30 Reading Short Stories 3:00 Getting Ice Cream from Kaleidoscoops 6:00 Spring,- The Return of Life. On YouTube	9:30 Reading the Morning Paper Together 2:00 Afternoon Stretch 3:30 Snack Break
9:30 Reading the Morning Paper Together 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Yoga 1:30 Art at Hand: : Clay Connects 2:00 Color Walk on the Rio Grande Trail 2:30 Playing the Maracas 3:00 Mahjong 3:30 Snack Break 4:00 Making Paper Bag Kites	9:30 Reading the Morning Paper Together 10:30 Chair Tai Chi 2:00 Watercolor Hour 2:30 Watching an Opera Performance 3:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 11:30 Chair Stretching 2:00 Bird Watching in the Sun 2:30 Oklahoma Sing Along Music 3:00 Watering our Seeds 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Dancing 1:30 Armchair Travel 2:00 Group Walk 2:30 Dancing to Music 3:00 Nail Care Time 3:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 10:30 Drumming Exercise 2:30 Bingo 3:00 Tea Party 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 2:00 Afternoon Stretch 3:30 Snack Break
9:30 Reading the Morning Paper Together 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 10:30 Chair Yoga 1:30 Bird Watching 2:00 Cornhole 2:30 Frank Sinatra Sing Along 3:00 Jewelry Making 3:30 Cheese Snack Break 4:00 Wheel of Fortune 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 10:30 Chair Tai Chi 2:00 Watercolor Hour 2:30 Watching Rhythmic Gymnastics 3:00 Bowling 3:30 Smoothie Social 4:45 Set the Dinner Table 6:00 Monopoly Game Night	<h1 style="margin: 0;">MARCH 2026</h1> <p style="margin: 0;"><i>Sopris Sanctuary</i></p>			