





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Leisure Materials are available. Activity visits will be offered in room	<b>1</b> 1:00 Social Visits 3:00 Trivia Fun	<b>2</b> 1:00 Chair Yoga Sessions 3:00 Relaxation: 5 min. meditations	<b>3</b> 1:00 Activity Visits 3:00 Paper Quilting Craft	<b>4</b> 1:00 Rosary Visits 3:00 Family Feud	<b>5</b> 1:00 Social Visits 3:30 Happy Hour 8:00 Friday Movie Channel 29	<b>6</b> 1:00 Weekend Fitness Visits 3:00 Spa Day Sessions
<b>7</b> 1:00 Religious Visits/ Virtual Church Offered 3:00 Social Visits	<b>8</b> 1:00 Positive Boost & News 3:00 Game Visits	<b>9</b> 1:00 Mind/Body Fitness 3:00 Rec Cart	<b>10</b> 1:00 Social Visits 3:00 Painting Crafts	<b>11</b> 1:00 Rosary Visits 3:00 Music Sessions	<b>12</b> 1:00 Social Visits 3:30 Happy Hour 8:00 Friday Movie Channel 29	<b>13</b> 1:00 Weekend Fitness Visits 3:00 Activity Visits
<b>14</b> 1:00 Non-Denominational Scripture & Song 3:00 Rec Cart <small>Daylight Saving Time Begins</small>	<b>15</b> 1:00 Social Visits 3:00 Trivia Fun	<b>16</b> 1:00 Rock and Roll Fitness 3:00 Relaxation: 5 min. meditations	<b>17</b> 1:00 St. Patty's Day Crafts 3:00 Irish Cart <small>St. Patrick's Day</small>	<b>18</b> 1:00 Rosary Visits 3:00 Rec Cart	<b>19</b> 1:00 Social Visits 3:30 March Birthday Cart 8:00 Friday Movie Channel 29	<b>20</b> 1:00 Weekend Fitness Visits 3:00 Spa Day Sessions <small>Spring Begins</small>
<b>21</b> 1:00 Religious Visits/Virtual Church Offered 3:00 Poetry Visits	<b>22</b> 1:00 Positive Boost & News 3:00 Game Visits	<b>23</b> 1:00 Mind/Body Fitness 3:00 Rec Cart	<b>24</b> 1:00 Chronicles & Conversations 3:00 Activity Visits	<b>25</b> 1:00 Rosary Visits 3:00 Music Sessions	<b>26</b> 1:00 Social Visits 3:30 Happy Hour 8:00 Friday Movie Channel 29	<b>27</b> 1:00 Weekend Fitness Visits 3:00 Activity Visits <small>Passover Begins</small>
<b>28</b> 1:00 Religious Visits 3:00 Rec Cart <small>Palm Sunday</small>	<b>29</b> 1:00 Social Visits 3:00 Trivia Fun	<b>30</b> 1:00 Chair Exercises 3:00 Relaxation: 5 min. meditations	<b>31</b> 1:00 Adult Coloring Fun 3:00 Activity Visits	  <h1>March 2021</h1>  <p>Pomeroy Living Rochester Skilled Rehabilitation</p>		