

Dover CONNECTIONS



MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Wednesday Workout 10:15 Memory Magic with Club 11:30 Lunch 1:00 Tip Top Nail Spa 1:00 Senior Soccer 2:00 Mixed Fruit Smoothie Refreshments 2:30 Peanut Butter Cookies & Peanut Butter Pie Creations 3:30 Outdoor Walking Club 4:00 Wake Up & Stretch 4:30 Dinner 6:30 A Film Affair: Stand-Up Comedy	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Morning Muscle Club 10:00 Morning News & Weather Report 10:30 Bible Study 11:00 Name That Sound 11:30 Lunch 1:00 Gardening Guru's: Planting Seeds 1:30 Leafy Lessons: Gardening Tips & FAQ's 2:00 Sensory Stimulators: Buried Treasures 2:30 Devotions with Chaplain Shawn 3:00 Root Beer Floats 3:30 Balloon Volleyball 4:30 Dinner 6:30 Cinema Stars: Blockbuster Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Friday Fitness Club 10:00 Spotlight on History: Alexander Graham Bell 10:30 Drumming Session 10:45 Morning News & Local Stories 11:00 Brain Buster: Left Hand, Right Hand 11:30 Lunch 1:15 Culinary Creations: 3:00 Wellness Class with Club 3:30 Tip Top Nail Spa 4:30 Dinner 6:30 Movie Marathon: Romance Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Sweatin' Seniors Workout 10:00 Bingo, Bacon, & Brownies 11:30 Lunch 1:00 Outdoor Walking Club 1:30 Indoor Soccer 2:30 Freezy Refreshments: Italian Ice 3:00 Picture Prompts 3:30 Sentence Fill In 4:30 Dinner 6:30 Fun Flicks: Westerns
5	6	7	8	9	10	11
7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekend Workout 10:00 Clay Creations 11:30 Lunch 1:00 Float Like A Butterfly: Shadowboxing 1:30 Church Service with Chaplain Shawn 2:00 Sunday A la mod 2:30 Outdoor Walking Club 3:00 Ball Toss Discussion Starters 3:30 Flower Identification 4:00 Gardening Trivia 4:30 Dinner 6:30 Blast From the Past: 60's Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Monday Muscle Club 10:15 Brain Busters with Club 11:30 Lunch 1:00 Ladder Toss 1:45 Hydration Station: Fish Bowl Punch 2:15 Musical Melodies with Katie 3:15 Piecing Puzzles 4:30 Dinner 6:30 Movie Marathon: Action Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Toned Tuesday Workout 10:00 Bible Study 10:30 Mythical Morning: Rumpelstiltskin Reading 11:00 Common Sayings 11:30 Lunch 1:00 Tip Top Nail Spa 1:15: Crafting Corner with Club 2:15: Wine About It: Rose & Crescent Rolls 2:45 Nerf Gun Target Practice 3:30 Zany Zoom In 4:00 iN2L: Bubble Popper 4:30 Dinner 6:30 Game Show Night	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekday Workout 10:15 Memory Magic with Club 11:30 Lunch 1:00 Outdoor Walking Club 1:00 iN2L: 3&4 Step Sequencing 1:30 Family Feud 2:00 Crafty Creations: Leprechaun Hats 3:00 Rehydration Station: Mint Infused Water 3:30 Group Volleyball 4:30 Dinner 6:30 Musical Mania	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Shake, Rattle, & Roll Workout 10:00 Bingo, Biscotto's, and Coffee 11:30 Lunch 1:00 Mini Golf 1:00 Fashionistas: Bracelet Making 2:00 Happy Hours: Cocktails 2:30 Devotions with Chaplain Shawn 3:00 Knock Down Cans & Basketball 4:30 Dinner 6:30 Movie Matinee: Animated Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Calorie Crusher Workout 10:00 Brownies, Bacon, & Book Readings 11:30 Lunch 1:15 Culinary Creations: Latkes 3:00 Wellness Class with Club 3:30 Mocktail Margaritas 4:00 Pictionary 4:30 Dinner 6:30 Evening Flicks: Romance Movies	7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekend Warriors Workout 10:00 Science Sensations: Elephant Toothpaste 10:30 Morning News & Weather Report 11:00 St. Patrick's History 11:30 Lunch 1:00 Saturday Sing-Along 1:30 Refreshments: Hot Coco Bar 2:00 Beer & Liquor Brand Logo Trivia 2:30 Picture Prompts: On the Farm 3:00 Jokes & Riddles 3:30 Cornhole 4:30 Dinner 6:30 Saturday Sill's: Comedy Movies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Sunday Funday Workout 10:00 Bingo, Bacon & Blueberry Muffins 11:30 Lunch 1:30 Church Service with Chaplain Shawn 2:00 Cotton Candy Bar 2:30 Care Bear Fun Facts & History 3:00 Sunday Sing-Along 3:30 Bible Study 4:30 Dinner 6:30 Faithful Flicks Daylight Savings	13 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Muscle Mania Monday 10:15 Brain Busters with Club 11:30 Lunch 1:00 Finish That Lyric 1:30 Indoor Bowling 2:15 Musical Melodies with Katie 3:15 Chocolate Milkshakes 4:45 Explordle 4:30 Dinner 6:30 Monday Musicals	14 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekday Warrior Workout 10:00 National Pi Day: Baking Apple Pi 11:30 Lunch 1:00 World News: Russia & Ukraine 1:15: Crafting Corner with Club 1:30 Dancercise with Chris 2:00 Pot of Gold Mimosa's 2:30 Destination Ireland: Learn & Explore 3:00 Ring Toss 3:30 IRA History 4:00 Common Sayings 4:30 Dinner 6:30 Game Show Night	15 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Sweatin' Seniors Workout 10:00 Exciting News & Stories 10:30 Irish Potato Candy 11:00 Fashion Trivia 11:30 Moonlight Café with Club 1:00 Charm Bracelet Designs 2:00 Tip Top Nail Spa 2:00 Outdoor Walking Club 2:30 Dig & Explore 3:00 Rehydration Station: Mint Julips 3:30 Volleyball 4:30 Dinner 6:30 Wednesday Westerns	16 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekday Workout 10:00 Learning Lane: Affects of Aging 10:30 Weather & Local Stories 11:00 Disney Princess Trivia 11:30 Lunch 1:00 Making Home Made Ice Cream 1:00 Shark Fun Facts & Trivia 1:30 Shark Attack Jell-O Snacks 2:00 Under The Sea Trivia 2:30 Devotions with Chaplain Shawn 4:30 Dinner 6:30 Moovie Mania: Farming Shows Wacky Hat Day	17 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Fitness Frenzy 10:00 Rainbow Fun Facts 10:30 Oreo Gold Coins Snack 11:00 Morning News & Weather Report 11:30 Lunch 1:15 Culinary Creations: Shamrock Shakes 3:00 Wellness Class with Club 3:30 Dry Ice Fruity Refreshments 4:00 MLB Logo Trivia 4:30 Dinner 6:30 Movie Matinee: Fantasy Movies St. Patrick's Day	18 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Weekend Warrior Workout 10:00 Bible Study 10:30 Global News & Current Events 11:00 Nursery Rhyme: Fill in The Bank 11:30 Lunch 1:00 Wacky Word Trivia 1:30 Outdoor Stroll 2:00 Fruit Salad Snack 2:30 Baby Boomer Fun Facts 3:00 Musical Ent. with Tom & Randy 4:30 Dinner 6:30 Disney Originals
19 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Sweatin' Seniors Workout 10:00 Memory Magic & Popcorn 11:30 Lunch 1:00 Wake Up & Shake Around 1:30 Church Service with Chaplain Shawn 2:00 Egg-Palooza: Fertilized Egg Study 2:30 Smore Pop Snacks 3:30 History Lesson: Adventure Park 4:00 Idioms Trivia 4:30 Dinner 6:30 Wildlife Documentaries	20 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Monday Muscle Club 10:15 Brain Busters with Club 11:30 Lunch 1:00 Bunny Trivia 1:30 Bunny Dirt Cups 2:15 Musical Melodies with Katie 3:00 Glazing Sun Pottery 4:30 Dinner 6:30 Space Documentaries First Day of Spring	21 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Calorie Crusher Workout 10:00 Snack: Absolutely Cookie 10:30 Ball Toss Discussion Starter 11:00 Chocolate Trivia 11:30 Lunch 1:00 Tip Top Nail Spa 1:15: Crafting Corner with Club 2:00 Dig & Explore 2:30 Puppy Chow & Dog Breed Trivia 4:30 Dinner 6:30 Fungi Documentaries	22 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Shake, Rattle, & Roll 10:00 Bible Study 10:30 Morning News & Weather Report 11:00 Situational Temporal Trivia 11:30 Lunch 1:00 Outdoor Stroll 1:00 Australia Trivia 1:30 Koala-fied Cookie 2:00 Koala Trivia 2:30 Parachute Games 3:00 Root Beer Floats 3:30 Ladder Toss 4:30 Dinner 6:30 Animated Movies	23 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Fitness Fun 10:00 Science Show 11:00 Morning News & Weather Report 11:30 Lunch 1:00 Tip Top Nail Spa 1:00 Bingo , Brownies, & Bacon 2:00 Indoor Soccer 2:30 Devotions with Chaplain Shawn 3:00 The Pink Bunny Margareta 3:30 Ball Toss Discussion Starters 4:00 Common Sayings 4:30 Dinner 6:30 WW2 Documentaries	24 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Sweatin' Seniors Workout 10:00 Bible Study 10:30 Logo Trivia 11:00 How Much Did It Cost? 11:30 Lunch 1:15 Culinary Creations: Mini Rice Krispie Bird Nest 3:00 Wellness Class with Club 3:30 Wine About It 4:00 Jolly Jokes 4:30 Dinner 6:30 Science Fiction Films	25 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Morning Muscle Club 10:00 Bingo & Bacon 11:30 Lunch 1:15 Tie-Dye Creations 2:30 Spotlight on History: Elvis 3:00 PB&J and Banana Sandwich Snack 3:30 Indoor Bowling 4:30 Dinner 6:30 Saturday Silly's: Comedy Movies
26 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Shake, Rattle, & Roll 10:00 Clay Creations 11:30 Lunch 1:00 Pictionary 1:30 Church Service with Chaplain Shawn 2:00 Snack: Vanilla Ice Cream & Apple Pie 2:30 Bible Study 3:00 Sunday Sing-Along 3:30 Tip Top Nail Spa 4:30 Dinner 6:30 American Classics	27 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Monday Morning Workout 10:15 Brain Busters with Club 11:30 Lunch 1:00 Bunny Trivia 1:30 Honey Buns & Cider Sippers 2:15 Musical Melodies with Katie 3:15 Outdoor Stroll: Find A 4 Leaf Clover 4:30 Dinner 6:30 Black & White Film Affair	28 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Toned Tuesday 10:00 Simon Says 10:30 Outdoor Stroll: Bird Spotting 11:30 Lunch 1:15: Crafting Corner with Club 1:15 Yoga with Chris 2:00 Herbal Tea Refreshments 2:30 Chinese Medicine History 3:00 Fortune Cookie Social 3:30 Chinese History & Trivia 4:00 Brain Busters: Presidential Figures 4:30 Dinner 6:30 Medical Documentaries	29 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Morning Muscle Club 10:00 Morning News & Weather Report 10:30 Funny Stories of the Bible 11:00 Disciple Trivia 11:30 Lunch 1:00 Tip Top Nail Spa 1:15 Home Made Ice Cream Creations 2:00 Table Games 3:00 Chocolate Milk Sippers 3:30 Basketball & Volleyball 4:30 Dinner 6:30 Animal Documentaries	30 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Wake Up & Work Out 10:00 Popcorn & Memory Magic 11:30 Lunch 1:00 Explore & Dig 1:00 Pressed Flower Art 2:30 Devotions with Chaplain Shawn 3:00 Celebration Of Life 3:30 Jokes & News We Love 4:00 Zany Zoom-In 4:30 Dinner 6:30 Live Sports	31 7:00 Activities of Daily Living 8:00 Breakfast & Café Espresso 9:30 Fun Friday Workout 10:00 Morning News & Weather Report 10:30 Musical Morning Sing-Along 11:00 Pennsylvania Trivia 11:30 Lunch 1:15 Culinary Creations: Strawberry Pie 3:00 Wellness Class with Club 3:30 Wine & Beer Social 4:30 Dinner 6:30 Friday Fantasy Flicks	MARCH 2023