SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Quote of the Month It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade ~Charles Dickens		<u>March Birthdays</u> Joyce Goodson 03/01 Linda Salomone 03/13 Anita Paul 03/29				<ul> <li>Stretch and Strength</li> <li>Energy Burst: Ball Toss</li> <li>Church Service</li> <li>Junk drawer detective</li> <li>WU Culinary Creations</li> <li>Men's Club: March Manly Puzzles</li> <li>Memory Baskets with Nayas</li> </ul>
Texas Independence Day Sole to Soul Walking Club Energy Burst: Ladder Ball Hymn and Church Service with Tina Practicing Gratitude 2:30 Meet and Greet with Frisco Roughriders Energy Boost: Ladder Ball Popcorn and a movie with the Nayas	<ul> <li>Joyful Movement</li> <li>WU: Writers Collective:</li> <li>WU: Culinary Creations Cupcake Surprise</li> <li>Energy Burst: Corn Hole</li> <li>Junk Drawer Detective</li> <li>Who Am I Brain Game</li> <li>Art Club: Color and Me</li> <li>Thriving Through music with Nayas</li> </ul>	Mardi Gras Tai Chi Brain Games WU: Artistry Unleashed: Energy Burst: Velcro Darts Mardi Gras Celebration: Snacks and Mocktails (AL-DR) Evening Puzzles with Nayas	Ash Wednesday  Strength & Balances Gratitude and Reflections Energy Burst Brain Games Holy Shamrocks, Cinco de Marcho Cheese Doddle Day Evening Adult Coloring with Nayas	<ul> <li>Slow Flow Yoga</li> <li>Brain Games</li> <li>Virtual Adventure</li> <li>Energy Burst: Ladder Ball</li> <li>Music and Snacks</li> <li>Cleopatra Day: Snacks and Trivia</li> <li>Happy Hour in Assisted Living</li> <li>Evening Movie with Naya</li> </ul>	<ul> <li>Joyful Movement</li> <li>Energy Burst: Dodge Ball</li> <li>WU: Person of Interest: Shaquille O'Neal</li> <li>Eat the Middle First</li> <li>Oreo Day</li> <li>National Frozen Food Day Gardening Club</li> <li>Parkview Movie Night</li> <li>Basketball Trivia</li> </ul>	<ul> <li>Stretch and Strength</li> <li>Energy Burst: Balloon Volleyball</li> <li>Do Not Pass Go Game</li> <li>March Group Up</li> <li>Reminiscing with the Senses</li> <li>Evening Relaxation with Jazz Music</li> </ul>
<ul> <li>Sole to Soul Walking Club</li> <li>Energy Burst: Velcro Darts</li> <li>Hymn and Church Service with Tina</li> <li>Old People are Cool Challlenge</li> <li>Happy Birthday Barbie Memory Baskets with Nayas</li> </ul>	<ul> <li>Joyful Movement</li> <li>Race For Space</li> <li>Energy Burst: Dodge Ball</li> <li>Finish the Song Lyric</li> <li>WU: An Eye for Art- Faces of the Renaissance</li> <li>Who Am I</li> <li>Thriving Through music with Nayas</li> </ul>	<ul> <li>Tai Chi</li> <li>Brain Games</li> <li>Country Drive Outing</li> <li>Energy Burst: Ladder Ball</li> <li>WU: An Eye for Art: Leslies Art with Accent at 1:30pm</li> <li>WU Virtual Travel with Tina: Nile River Egypt</li> <li>WU: Culinary Creations</li> <li>Evening Bible Verse with Nayas</li> </ul>	<ul> <li>Strength &amp; Balances</li> <li>Guided Imagery</li> <li>Energy Burst: Ball Toss</li> <li>Evening Relaxation with Classical Music</li> <li>Entertainment with Dave Eagleston</li> <li>Happy Birthday, Lawrence Welk</li> <li>Evening Memory Baskets with Nayas</li> </ul>	<ul> <li>Slow Flow Yoga</li> <li>Brain Games</li> <li>Virtual Trip The Eiffel Tower</li> <li>Energy Burst: Chair Dancing</li> <li>St Patricks Day Happy Hour in Assisted Living</li> <li>Evening Manicures with Nayas</li> <li>K-9 Veteran's Day</li> <li>Holy See Holiday</li> </ul>	Holi Joyful Movement Community Life Committee Meeting Energy Burst: Table Tennis Holi Spray Art Holi Sweets and Celebration Parkview Movie Night Culinary Creations: Cherry Dump Cake	<ul> <li>Stretch and Strength</li> <li>Energy Burst: Ball Toss</li> <li>Craft Club: Bluebird Door Decor</li> <li>Great Bingo Challenge</li> <li>Snack Food Challenge</li> <li>Evening Relaxation with Jazz Music</li> <li>National Plant Peace Lillu</li> </ul>
<ul> <li>Sole to Soul Walking Club</li> <li>Energy Burst: Balloon Volleyball</li> <li>Church Service and Hymns with Tina</li> <li>Brain Games: Panda Trivia Contest</li> <li>WU: Give Someone a Flower:</li> <li>Tissue Paper Flowers</li> </ul>	St. Patricks Day Joyful Movement WU: Culinary Creations Energy Burst: Dodge Ball Green For a Day: Things That are Green Who Am I Thriving Through music with Nayas	<ul> <li>Tai Chi</li> <li>Brain Games</li> <li>WU: Artistry Unleashed:</li> <li>Energy Burst: Velcro Darts</li> <li>All Hail the Queen: Happy Birthday Queen Latifah</li> <li>Evening Puzzles with Nayas</li> </ul>	<ul> <li>Strength &amp; Balances</li> <li>Gratitude and Reflections</li> <li>Energy Burst: Corn Hole</li> <li>Pair up Memory Game</li> <li>Happy Birthday: Bruce Willis</li> <li>March Group Up Game</li> <li>Evening Adult Coloring with Nayas</li> </ul>	<ul> <li>Slow Flow Yoga</li> <li>Brain Games</li> <li>Virtual Roadtrippers:</li> <li>Energy Burst: Ladder Ball</li> <li>Music and Snacks</li> <li>First Day of Spring</li> <li>Happy Hour in Assisted Living</li> <li>Evening Movie with Nayas</li> </ul>	<ul> <li>Joyful Movement</li> <li>Service Circle</li> <li>Energy Burst: Velcro Darts</li> <li>Craft Club: Abstract Watercolors</li> <li>Melts in your Mouth: M&amp;M Party</li> <li>Parkview Movie Night</li> <li>Listen To Bach Day</li> </ul>	Stretch and Strength Energy Burst: Ball Toss Church Service Trivia Fun WU: Culinary Creations Poets and Poems Challenge Who Am I: Willy Wonka Memory Baskets Nayas
Sole to Soul Walking Club Energy Burst: Velcro Darts Hymns and Church Service with Tina International Goof Off Day 10 Ways to be a Good Samaritan Memory Baskets with Nayas	Joyful Movement- Leah from Accent Care WU: Culinary Creations Upside Down Cake Energy Burst: Dodge Ball You Are as Young as You Feel Shoot Some Hoops Thriving Through music with Nayas	Tai Chi Brain Games Braums Ice Cream Outing WU: An Eye for Art Energy Burst: Bocce Ball WU Virtual Travel with Tina: Scotland Greek Independence Day Celebration and Facts Evening Bible Verse with Nayas	Strength & Balances Guided Imagery Energy Burst: Ball Toss Entertainment with Krystal Name That Tune Chip and Dip Social Evening Memory Baskets with Nayas	<ul> <li>Slow Flow Yoga</li> <li>Brain Games</li> <li>Energy Burst: Ladder Ball</li> <li>Happy Hour in Assisted Living</li> <li>WU: Color Therapy</li> <li>Candy of Moviegoers: Chocolate Covered Raisens</li> <li>Evening Movie with Navas</li> </ul>	<ul> <li>Joyful Movement</li> <li>WU: Lives Well Lived</li> <li>Energy Burst: Table Tennis</li> <li>WU: Culinary Creations, Sprinkle Cupcakes</li> <li>Happy Birthday: Aretha Franklin</li> <li>Parkview Movie Night</li> </ul>	Stretch and Strength     Energy Burst: Balloon     Volleyball     Waffle Day: Waffle Bar     Evening Relaxation with     Jazz Music
<ul> <li>Sole to Soul Walking Club</li> <li>Energy Burst: Bocce Ball</li> <li>Hymn and Church Service with Tina</li> <li>Practicing Gratitude</li> <li>Daily Devotional</li> <li>Short Stories: Back on the Court</li> <li>Popcorn and a movie with the Nayas</li> </ul>	<ul> <li>Joyful Movement</li> <li>Remembering Grooming Products</li> <li>Energy Burst: Corn Hole</li> <li>Junk Drawer Detective</li> <li>Who Am I Brain Game</li> <li>Gardening Club</li> <li>Art Club: Color and Me</li> <li>Thriving Through music with Nayas</li> </ul>	MARCH Prema Mem PARKVIEW IN FRISCO	2025	• Body • Community • Mind • Spirit	Friendly Reminder: Schedule changes may occur	WATERMARK RETIREMENT COMMUNITIES*