





# March 2010 ~ Goldenrod

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:00 Historical Profile 9:30 Chair Exercise 10:00 Choir Practice 2:00 Bingo 3:00 Memories in the Making	<b>2</b> 9:00 Daily News 9:30 Armchair Aerobics 10:00 Bible Study 2:00 Dart Ball 3:00 Computer Time	<b>3</b> 9:00 Armchair Travel 9:30 Sit and be Fit 10:30 Mind Aerobics 2:00 Chapel with Mike 3:00 <b>Anniversary Cocktail Party</b> — <b>celebrating our move one year ago</b> <b><u>Dress up and let's celebrate!!</u></b>	<b>4</b> <b><u>50th Anniversary of the Colorado Ballet honoring its founder Lillian Covillo ~ Dancers will perform &amp; Channel 9 News will be here to cover the event</u></b> 2:00 Word Search 3:00 Root Beer Floats & Trivia 4:00 Hand Massage & Music	<b>5</b> 9:00 News and Views 9:30 Armchair Aerobics 10:30 Reminiscence & Joke Telling Tidbits <b>1:30 St. Anne's Students visit</b> 2:00 Movie Matinee & Popcorn 4:00 One on One Snoezelen 6:00 Movie—CH 64 OR CH 67	<b>6</b> 9:00 Morning Stretch 10:00 Volunteer Coffee 2:00 Craft Time 3:30 Catch This 6:00 Lawrence Welk-CH 6
<b>7</b> 9:00 Inspiration Time 9:30 Brain Qwest 10:00 Sit and Be Fit 2:00 Cooking Together 3:00 Computer Games 6:00 Hallmark Channel -62	<b>8</b> 9:00 Historical Profile 9:30 Chair Exercise 10:00 Choir Practice 2:00 Bingo 3:00 Dog Races 4:30 Hand Massage & Music	<b>9</b> 9:00 Daily News 9:30 Manicures w/Marcie-PR 9:30 Armchair Aerobics 10:00 Bible Study 2:00 Dart Ball 3:00 Computer Time <b>3:30 Toys for God's Kids-NH</b>	<b>10</b> 9:00 Armchair Travel <b>9:00 Outing to School &amp; Lunch</b> 9:30 Sit and Be Fit 10:30 Manicures 10:30 Fill in the Blanks 2:00 Chapel with Mike 3:00 Sundaes and Trivia 4:00 Karaoke sing along	<b>11</b> <b><u>Toenail Clinic</u></b> 9:00 Daily News 9:30 Chair Exercise 10:30 Mind your Mind 2:00 Word Search 3:00 Root Beer Floats/Trivia 4:00 Hand Massage & Music	<b>12</b> 9:00 News and Views 9:30 Armchair Aerobics 10:30 Word Aerobics & Joke Telling Tidbits 2:00 Movie Matinee & Popcorn 4:00 Computer Time 6:00 Movie—CH 64 OR CH 67	<b>13</b> 9:00 Morning Stretch 10:00 Volunteer Coffee 2:00 Craft Time 3:30 Catch This 6:00 Lawrence Welk-CH 6
<b>14</b> <b><u>Davlight Saving Time begins</u></b> <b><u>Set Clocks One Hour Ahead</u></b> 9:00 Inspiration Time 9:30 Brain Qwest 10:00 Sit and Be Fit 2:00 Cooking Together 3:00 Computer Games 6:00 Hallmark Channel -62	<b>15</b> 9:00 Historical Profile <b><u>St. Patrick</u></b> 9:30 Chair Exercise 10:00 Choir Practice 2:00 Bingo 3:00 Memories in the Making	<b>16</b> 9:00 Daily News 9:30 Armchair Aerobics 10:00 Bible Study 2:00 Musical fun w/Phyllis 3:00 Dart Ball 3:30 Computer Time	<b>17</b> <b><u>Happy St. Patrick's Day</u></b> 9:00 Armchair Travel 9:30 Sit and Be Fit 10:00 Bible Aerobics 2:00 Chapel with Mike 3:00 Shamrock Treats and Trivia <b>4:00 Irish Step Dancers</b> 	<b>18</b> 9:00 Daily News 9:30 Chair Exercise 10:00 Room Visits 10:30 Mind your Mind <b>2:00 Scenic Drive</b> 3:00 Root Beer Floats/Trivia 4:00 Hand Massage & Music	<b>19</b> 9:00 News and Views 9:30 Armchair Aerobics 10:30 Word Game & Joke Telling Tidbits 2:00 Movie Matinee & Popcorn 4:00 One on One Snoezelen	<b>20</b> <b><u>Spring Begins</u></b> 9:00 Morning Stretch 10:00 Volunteer Coffee 2:00 Craft Time 3:30 Catch This 6:00 Lawrence Welk-CH 6 
<b>21</b> 9:00 Inspiration Time 9:30 Brain Qwest 10:00 Sit and Be Fit 2:00 Cooking Together 3:00 Computer Games 6:00 Hallmark Channel -62	<b>22</b> 9:00 Historical Profile 9:30 Chair Exercise 10:00 Choir Practice 2:00 Bingo 3:00 Dog Races 4:30 Hand Massage & Music	<b>23</b> 9:00 Daily News 9:30 Manicures w/Marcie 9:30 Armchair Aerobics 10:00 Bible Study 2:00 Dart Ball 3:00 Computer Time	<b>24</b> 9:00 Armchair Travel 9:30 Sit and Be Fit 10:30 Fill in the Blanks 2:00 Chapel with Mike 2:15 <b><u>Outing—Koebel Library</u></b> <b>Photo-musical adventure</b> 3:00 Sundaes and Trivia 4:00 Karaoke sing along	<b>25</b> <b><u>Toenail Clinic</u></b> 9:00 Daily News 9:30 Chair Exercise 10:00 Room Visits 10:30 Mind your Mind <b>2:00 Entertainer-Larry O'Connor</b> 3:00 Root Beer Floats/Trivia 4:00 Hand Massage & Music	<b>26</b> 9:00 News and Views 9:30 Armchair Aerobics 10:30 Word Game & Joke Telling Tidbits 2:00 Movie Matinee & Popcorn 4:00 Computer Time	<b>27</b> 9:00 Morning Stretch 10:00 Volunteer Coffee 2:00 Craft Time 3:30 Catch This 6:00 Lawrence Welk-CH 6
<b>28</b> <b><u>Palm Sunday</u></b> 9:00 Inspiration Time 9:30 Brain Qwest 10:00 Sit and Be Fit 2:00 Cooking Together 3:00 Computer Games 6:00 Hallmark Channel -62 	<b>29</b> <b><u>Passover begins at sundown</u></b> 9:00 Historical Profile 9:30 Chair Exercise 10:00 Choir Practice 2:00 Bingo 3:00 Dog Races 4:30 Hand Massage & Music	<b>30</b> <b><u>Passover</u></b> 9:00 Daily News 9:30 Armchair Aerobics 10:00 Bible Study <b>2:00 Entertainer -Stuart Simon at the piano</b> 3:00 Computer Time	<b>31</b> 9:00 Armchair Travel 9:30 Sit and Be Fit 10:30 Mind Aerobics 2:00 Chapel with Mike 3:00 Sundaes and Trivia 4:00 Karaoke sing along	<b>Clermont Park</b> <b>2479 South Clermont St.</b> <b>Denver, CO 80222</b> <b>720-758-3682</b> 