

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

Amherst Manor Assisted Living

			<p>10:00am Monthly calendars 10:30am Coffee &amp; News 1:30pm Chair Exercise 2:00pm -3:00pm Bingo/ Happy Hour (pub)</p>	<p>1 9:30am Coffee Express 10:00am Morning Stroll 2:30pm -3:30pm Bingo</p>	<p>2 9:00am Morning Stroll 10:30am Exercise 2:00pm Bingo/Happy Hour (pub)</p>	<p>3 9:00am Rise &amp; Shine 10:00am Coffee 1:00pm Afternoon Stroll 2:30pm -3:30pm Bingo</p>
<p>5 9:00am Rise &amp; Shine 10:00am Coffee/News 1:00pm Nail care 2:30pm Social Hour</p>	<p>6 <b>National Oreo Cookie Day! 9:00am Rise &amp; Shine</b> 10:00am Coffee/News 1:00pm Chair Exercise 2:00-3:00pm Bingo/happy Hour (pub) <small>Purim Begins</small></p>	<p>7 <b>Beauty Shop</b> 9:00am Morning Stroll 10:30am Trivia 2:30pm -3:30pm Bingo</p>	<p>8 9:00am Morning Stroll 9:30am Coffee &amp; News 10:30am Chair Exercise 2:00pm -3:00pm Bingo/ Happy Hour (pub)</p>	<p>9 9:30am Coffee Express 10:00am Morning Stroll 2:30pm -3:30pm Bingo</p>	<p>10 9:00am Morning Stroll 10:30am Exercise 2:00pm Bingo/Happy Hour (pub)</p>	<p>11 9:00am Rise &amp; Shine 10:00am Coffee 1:00pm Afternoon Stroll 2:30pm -3:30pm Bingo</p>
<p>12 9:00am Rise &amp; Shine 9:30am Communion 10:00am Coffee/News 1:00pm Nail care 2:30pm Social Hour  <small>Daylight Saving Time Begins</small></p>	<p>13 10:00am Coffee/News 1:00pm Chair Exercise 2:00-3:00pm Bingo/happy Hour (pub)</p>	<p>14 <b>Beauty Shop</b> 9:00am Morning Stroll 10:30am Trivia 2:30pm -3:30pm Bingo</p>	<p>15 9:00am Morning Stroll 9:30am Coffee &amp; News 10:30am Chair Exercise 2:00pm -3:00pm Bingo/ Happy Hour (pub)</p>	<p>16 9:30am Coffee Express 10:00am Morning Stroll 2:30pm -3:30pm Bingo</p>	<p>17 9:00am Morning Stroll 10:30am St Patty's Trivia <b>2:00pm 3:00pm St Patty's Party (PUB)</b>  <small>St. Patrick's Day</small></p>	<p>18 9:00am Rise &amp; Shine 10:00am Coffee 1:00pm Afternoon Stroll 2:30pm -3:30pm Bingo</p>
<p>19 9:00am Rise &amp; Shine 10:00am Coffee/News 1:00pm Nail care 2:30pm Social Hour</p>	<p>20 10:00am Coffee/News 1:00pm Chair Exercise 2:00-3:00pm Bingo/happy Hour (pub)  <small>Spring Begins</small></p>	<p>21 <b>Beauty Shop</b> <b>National Strawberry Day!</b> 9:00am Morning Stroll 10:30am Trivia 2:30pm -3:30pm Bingo</p>	<p>22 9:00am Morning Stroll 9:30am Coffee &amp; News 10:30am Chair Exercise 2:00pm -3:00pm Bingo/ Happy Hour (pub) <small>Ramadan Begins</small></p>	<p>23 <b>National Chip and Dip Day!</b> 9:30am Coffee Express 10:00am Morning Stroll 2:30pm -3:30pm Bingo</p>	<p>24 9:00am Morning Stroll 10:30am Exercise 2:00pm Bingo/Happy Hour (pub)</p>	<p>25 9:00am Rise &amp; Shine 10:00am Coffee 1:00pm Afternoon Stroll 2:30pm -3:30pm Bingo</p>
<p>26 9:00am Rise &amp; Shine 10:00am Coffee/News 1:00pm Nail care 2:30pm Social Hour</p>	<p>27 10:00am Coffee/News 10:30am Catholic Mass (E2) 2:00pm – 3:00pm Bargain Boutique</p>	<p>28 <b>Beauty Shop</b> 9:00am Morning Stroll 10:30am Resident / Dietary Council 2:30pm -3:30pm Bingo</p>	<p>29 9:00am Morning Stroll 9:30am Coffee &amp; News 10:30am Chair Exercise 2:00pm -3:00pm Bingo/ Happy Hour (pub)</p>	<p>30 9:30am Coffee Express 10:00am Morning Stroll 2:30pm -3:30pm Bingo</p>	<p>31 9:00am Morning Stroll 10:30am Exercise 2:00pm-3:00pm Birthday Celebration (pub)</p>	<p>"May the luck of the Irish always be with you" </p>

Activities are subject to change!