

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1:30pm Movie Matinee & Popcorn, MT



1 Peanut Butter Lover Day! **2**
 10:00am Let's Lift Weights, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Dear Abby, Com
 1:30pm Seven (card game), Com
 2:30pm Bean Bag Toss, Com

Vital Clinic **3**
 10:00am Limber Legs, Com
 10:30am Cool Down w/ Keila, Com
10:30am Vital Clinic, FR
1:30pm Activity Sign Up! Com
2:30pm Bingo, Com

4
 10:00am Upper Body Moves & Ball Toss, Com
 10:30am Bunco, Com
 1:00pm Office Work, Com
1:30pm Walmart, FE

5
 10:00am Move & Groove w/ Keila, Com
 10:30am Cool Down w/ Keila, Com
 10:30am Bible Study w/ John, Com
 10:45am Chicken Soup for the Soul, CR
 2:00am Rosary, Com
 3:00pm Community Worship, Com

6
 10:00am Let's Lift Weights
 10:30am Cool Down w/ Keila, Com
 10:45am Finishing This Line..., Com
 1:30pm Afternoon Fun w/ Keila, Com
 3:00pm Happy Hour, Com

7
 10:00am Morning Stretch w/ Suzie, Com
 10:30am Activity w/ Suzie, Com
 1:30pm Saturday Matinee & Popcorn, MT

1:30pm Movie Matinee & Popcorn



Daylight Savit

8
 10:00am Let's Lift Weights, Com
 10:30am Cool Down w/ Keila, Com
 10:45am The View on Current Events, Com
2:00pm Birthday Party w/ Wes Miller, DR
3:45pm Sunshine Club, Com

Purim Begins

9
 10:00am Limber Legs, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Pretty Fingers, Com
2:00pm Crafts w/ Miss Jill, Com

10

11
 10:00am Upper Body Moves & Ball Toss w/ Keila, Com
 10:30am Garbage (cards), Com
12:00pm Men's Luncheon Kentucky Fried Chicken (order in), Com
 1:30pm Office Work, Com
 3:00pm Bingo, Com

12
 10:00am Move & Groove w/ Keila, Com
 10:30am Cool Down, w/ Keila, Com
 10:45am Bunco, Com
 2:00am Communion Service, Com
 3:00pm Community Worship, Com

13
 10:00am Let's Lift Weights
 10:30am Cool Down w/ Keila, Com
 10:45am Everyday Life Trivia, Com
 1:30pm Afternoon Fun w/ Keila, Com
 3:00pm Happy Hour, Com

14

 happy pi day!
 10:00am Morning Stretch w/ Suzie, Com
 10:30am Activity w/ Suzie, Com
 1:30pm Saturday Matinee & Popcorn, MT

1:30pm Movie Matinee & Popcorn, N



15
 10:00am Let's Lift Weights, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Left, Center, Right, Com
 2:00pm Sorry or Seven, Com
3:00pm Drawing w/ Alyssa, Com

16

Happy St. Patrick's Day **17**
 10:00am Limber Legs, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Bunco, Com
2:00pm St. Patrick's Day Photo Booth & Grasshoppers, Com

St. Patrick's Day

18
 10:00am Upper Body Moves & Ball Toss w/ Keila, Com
10:30am Coffee w/ Chef Lynn, CR/ 1:00pm Office Work, Com
2:00pm Town Hall Meeting, Com
3:00pm Pot of Gold Quarter Bingo, Com



19
 10:00am Move & Groove w/ Keila, Com
 10:30am Coffee & Hydration w/ Keila, Com
 10:30am Bible Study w/ John, Com
 10:45am Chicken Soup for the Soul, CR
 2:00am Rosary, Com
 3:00pm Community Worship, Com

Spring Begins

20
 10:00am Let's Lift Weights, Com
11:00am O' Malley's Lunch Outing, FE
 3:00pm Happy Hour, Com

21
 10:00am Morning Stretch w/ Suzie, Com
 10:30am Activity w/ Suzie, Com
 1:30pm Saturday Matinee & Popcorn, MT

1:30pm Movie Matinee & Popcorn, MT



22
 10:00am Let's Lift Weights, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Morning Card Game w/ Keila, Com
2:00pm Senior Road Show w/ Maplewood Fire Dept.
 3:30pm Hangman w/ Keila

23

24
 10:00am Limber Legs, Com
10:30am The Shores University w/ Intrepid, MT
 10:45am Reminiscing for the Soul, Com
1:30pm Aldi's

25
 10:00am Upper Body Moves & Ball Toss, Com
 10:30am Bunco, com
 1:00pm Office Work, Com
 1:30pm Pretty Fingers, Com
 3:00pm Toiletry Bingo, Com

26
 10:00am Move & Groove w/ Keila, Com
 10:30am Cool Down, w/ Keila, Com
 10:45am Seven (cards), Com
2:00am Mass w/ Father Benny, Com
 3:00pm Community Worship, Com

27
 10:00am Let's Lift Weights
 10:30am Cool Down w/ Keila, Com
11:00am Red Robin's Lunch Outing
 3:00pm Happy Hour, Com

28
 10:00am Morning Stretch w/ Suzie, Com
 10:30am Activity w/ Suzie, Com
 1:30pm Saturday Matinee & Popcorn, MT

1:30pm Movie Matinee & Popcorn, MT



29
 10:00am Lets Lift Weights, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Shake Loose a Relative, Com
2:00pm Chef Corner, Com (Sign Up Only)

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31
 10:00am Limber Legs, Com
 10:30am Cool Down w/ Keila, Com
 10:45am Reminiscing for the Soul, Com
1:30pm Dollar Tree



March 2020
 The Shore of Lake Phalen Independent & Assisted Living



Activity Key: Front Entrance-FE/Coffee Bistro-CB/Club Room-CR/Dining Room-DR/Community Room-Com/Library-Lib/Fitness Room-FR/ Movie Theater-MT