



# March

## 2020

### AlterCare



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Giant Crossword</b> 11:45 Move &amp; Groove 12:30 Lunch <b>2:00 Chair Yoga w/ Ginny</b> 2:45 Nosh/Snack</p>	<p>3</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Music Concert w/ Tim Patrick</b> 12:00 Move &amp; Groove 12:30 Lunch <b>2:00 Get Crafty!</b> 3:00 Nosh/Snack</p>	<p>4</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks 11:15 Move &amp; Groove <b>11:45 Hugs w/Rami</b> 12:30 Lunch <b>2:00 Game of Pool/Billiards</b> 2:45 Nosh/Snack</p>	<p>5 <b>Renee's Birthday!</b></p> <p>10:00 Coffee &amp; News 11:00 Morning Walks 11:15 Move &amp; Groove 12:00 Early Lunch 1:30 <b>Renee's Birthday Celebration!</b> <b>2:00 Music Concert w/ Bandanahh</b></p>	<p>6</p> <p>10:00 Coffee &amp; News <b>10:30 Bingo or Poker</b> 11:15 Move &amp; Groove 12:00 Early Lunch <b>1:30 Music w/Ian</b> <b>2:30 Solve the Mystery!</b> 2:45 Nosh/Snack</p>
<p>9 <b>Purim Begins</b></p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Puzzles &amp; Games</b> 11:45 Move &amp; Groove 12:30 Lunch <b>2:00 Hamentashen Baking</b> <b>2:45 Purim Triva/Celebration</b></p>	<p>10</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Music Concert w/Monroe Wright</b> 12:00 Exercises w/ Mike 12:30 Lunch <b>1:45 McPhail Music</b> 2:45 Nosh/snack</p>	<p>11</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks 11:15 Move &amp; Groove <b>11:45 Hugs w/Rami</b> 12:30 Lunch <b>2:00 Explore Argentina w/ Ginny</b> 2:45 Nosh/Snack</p>	<p>12</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Health Checks</b> 12:00 Move &amp; Groove 12:30 Lunch <b>2:00 Music Concert w/ Snobydrds</b> 3:00 Nosh/snack</p>	<p>13</p> <p>10:00 Coffee &amp; News <b>10:30 Bingo</b> 11:15 Move &amp; Groove 12:00 Early Lunch <b>1:30 Music w/ Ian</b> <b>2:30 Stories with Gail</b> 3:00 Nosh/Snack</p>
<p>16</p> <p>10:00 Coffee &amp; News <b>10:30-3:00 JCC Outing</b> 11:00 Morning Walks 11:30 Exercises w/Mike 12:30 Lunch 2:00 Mike's Choice 2:45 Nosh/snack</p>	<p>17 </p> <p>10:00 Coffee &amp; News <b>11:00 Music Concert w/ Ilya Freyter</b> 12:00 Move &amp; Groove 12:30 Lunch <b>2:00 Virtual Reality or making Shamrock Shakes</b></p>	<p>18</p> <p><b>9:00-11:30 Stages Children's Theater Outing</b></p> <p>10:00 Coffee &amp; News 11:30 Morning Walks 12:00 Move &amp; Groove 12:30 Lunch <b>2:00 Ping Pong</b> 2:45 Nosh!</p>	<p>19 <b>Beginning of Spring</b></p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Manicures &amp; Hand Massages</b> 11:45 Move &amp; Groove 12:30 Lunch <b>2:00 Music Concert w/ Rita Lusky</b></p>	<p>20</p> <p>10:00 Coffee &amp; News <b>10:30 Paint, Paper, Scissors</b> 11:30 Move &amp; Groove 12:00 Early Lunch <b>1:30 Music w/ Ian</b> <b>2:30 Scenario/Discussion</b> 2:45 Nosh/Snack</p>
<p>23</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Get Crafty!</b> 12:00 Move &amp; Groove 12:30 Lunch <b>2:30 The Amazing Life of Amelia Earhart</b> 3:00 Nosh/snack</p>	<p>24</p> <p>10:00 Coffee &amp; News 10:30 Walk for your Health <b>11:00 Music Concert w/ Tony Gary</b> 12:00 Move &amp; Groove 12:30 Lunch <b>1:45 McPhail Music</b> 3:00 Nosh/snack</p>	<p>25</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks 11:00 Move &amp; Groove <b>11:30 Hugs w/Rami</b> 12:30 Lunch <b>2:00 Baking Adventures</b> 2:45 Nosh/Snack</p>	<p>26</p> <p>10:00 Coffee &amp; News <b>10:45 Virtual Reality or Discussion w/Ginny</b> 11:30 Exercises w/Mike 12:00 Early Lunch <b>1:30 Lorraine's Birthday Celebration</b> <b>2:00 Music Concert w/ Singin' Cowgirl</b></p>	<p>27</p> <p>10:00 Coffee &amp; News <b>10:30 Bingo</b> 11:15 Move &amp; Groove 12:00 Early Lunch <b>1:30 Music w/ Ian</b> <b>2:30 Stories with Gail</b> 2:45 Nosh/Snack</p>
<p>30 <b>Lorraine's Birthday</b></p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Horseshoes</b> 12:00 Exercises w/Mike 12:30 Lunch <b>1:00 Perkin's Pies (Bring \$5)</b> 2:45 Nosh/Snack</p>	<p>31</p> <p>10:00 Coffee &amp; News 10:30 Morning Walks <b>11:00 Music Concert w/ Vinnie Rose</b> 12:00 Move &amp; Groove 12:30 Lunch <b>1:45 MacPhail Music</b> 2:45 Nosh/snack</p>		<p><b>Deikel Family</b> <b>AlterCare</b> 3620 Phillips Pkwy St. Louis Park, 55426 <b>952-939-1511</b></p>	