

# Forest Lake Manor

ASSISTED LIVING  
& MEMORY CARE

## MARCH 2025

### Women's History Month

#### Saturday March 1st

9:30 - Morning Meditation (CY)  
10:00 -Total Body Conditioning (AR)  
11:00- Daily Newsletter (AR)  
11:30-Round Table History Talks Women's History  
1:30 – Scenic Drive (AR)  
2:30 - Months Facts & Celebration of March (AR)  
3:30-Test your March IQ (AR)  
4:00-Posture & Balance (AR)  
7:00- Movie Night (TR)

#### Sunday March 2nd

##### Read Across America Day

9:30 – Count Your Steps Cardio Walking Club (CY)  
10:00 – Lower Body Conditioning (AR)  
11:00- First Baptist Church Service (TR)  
11:30- Daily Newsletter  
1:30-Short Stories Reading Table & Discussion (AR)  
2:30-National Anthem Day Sing A Long (AR)  
3:30-Bingo (AR)  
4:00 Lay Servant Bible Study (TR)  
6:30-Movie Night (LR)

#### Monday March 3rd

9:30-Morning Meditation (CY)  
10:00 -Lower Body Conditioning (CY)  
10:30- Daily Newsletter (AR)  
11:00-Trivia Session (AR)  
12:00-Ambassador Lunch (CT)  
1:30 -History of the Star Spangled Banner (LR)  
3:00- Craft Table American Flag (AR)  
4:00 – Stretch Band Fitness (AR)  
7:00-Movie Night (TR)

#### Tuesday March 4th

##### Mardi Gras

9:30-Morning Meditation (CY)  
10:00-Seated Yoga Class w/ Karla (LR)  
11:00- Daily Newsletter (AR)  
1:30-Mardi Gras Mask Creation (AR)  
2:30-Mardi Gras Mask Fashion (AR)  
3:00-Mardi Gras Happy Hour (CT)  
4:00-Bible Study w/Caroline (AR)  
7:30-Movie Night (TR)

### Wednesday March 5th

##### Ash Wednesday

9:30-Morning Meditation (CY)  
10:00-Balance Life Exercise (AR)  
11:00-Piano Music with Mary  
11:30- Daily Newsletter (AR)  
1:30- Tai Chi with Kevin (AR)  
2:30-Shamrock Crafts (AR)  
3:30-StoryWise: Sharing your story (TR)  
4:00-Cardio drumming (AR)  
7:00-Movie Night (TR)

### Thursday March 6th

##### National Oreo Cookie Day

9:30- Morning Meditation (CY)  
10:00- Monthly Communion (AR)  
10:30- Daily Newsletter (AR)  
11:00- Music Chuck Gee (AR)  
1:00-Resident Council Meeting (LR)  
2:30- Oreo Cookies Happy Hour (AR)  
3:30- Mandatory Monthly Wellness Check (LR)  
4:00-Posture Stretch Balance (AR)  
7:00-Movie Night (TR)

### Friday March 7th

##### Employee Appreciation Day

9:30-Morning Meditation (CY)  
10:00- Barre Exercise (LR)  
11:00-Bible Study (AR)  
1:00- Employees Wii Bowling League (AR)  
1:30- Appreciation Day Social Hosted by Resident for Staff (AR)  
2:30-Engaged Life Meeting (AR)  
4:00- Total Body Conditioning (LR)  
7:00-Movie Night (TR)

### Saturday March 8th

9:30-Morning Meditation (CY)  
10:00-Cardio Drumming (AR)  
11:00- Manicures Social (AR)  
1:00- Bingo(AR)  
2:00-Piano Music w/ Jordan (LR)  
3:00- Art Relaxation (TR)  
4:00-Scenic Drive  
7:00-Movie Night (TR)

### Sunday March 9th

##### Daylight Savings Time Spring Forward

9:30-Morning Meditation (CY)  
10:00 – Flow Yoga (AR)  
11:00- Daily Newsletter (AR)  
1:30- Music History:  
2:30-Pendant Necklace Making (AR)  
3:30-Piano Music with Mary (CT)  
4:00 – Lay Servant Bible Study (AR)  
7:00-Movie Night (TR)

### Monday March 10th

9:30-Morning Meditation (CY)  
10:00 – The Basic of Static Boxing (AR)  
10:30- Daily Newsletter (AR)  
11:00- Morning Session (AR)  
12:00- Courtyard Lunch Picnic (CY)  
1:00-Afternoon Music Sing A Long (LR)  
2:30- Dollar General Shopping Trip (AR)  
4:00-Walking Meditation (AR)  
7:00-Movie Night (TR)

### Tuesday March 11th

##### Palettes & Palates

9:30-Morning Meditation (CY)  
10:00-Upper Body Conditioning (AR)  
10:30- Daily Newsletter (AR)  
1:00-PositiviTea:Art(AR)  
2:30-Palettes & Palates (LR)  
3:00-Brain Exercise: Famous Painting (AR)  
3:30- Weight Workout (AR)  
4:00– Bible Study w/ Caroline  
6:30-Movie Night (TR)

### Wednesday March 12th

##### Girl Scout Day

9:00-Morning Meditation (CY)  
10:00-Total Body Conditioning (AR)  
10:30- Daily Newsletter (AR)  
11:00- Trivia Worksheets (TR)  
1:30- Girl Scouts /History Discussion (AR)  
2:30- Brain Game Riddle (LR)  
3:30- Music Appreciation: Country  
4:00-The Basic of Static Boxing (AR)  
6:30-Movie Night (AR)

### Thursday March 13th

##### World Kidney Day

9:30-Morning Meditation (CY)  
10:00-Monday Marching Fitness (AR)  
10:30- Daily Newsletter (AR)  
11:00- Dance Fitness: (AR)  
1:30- World Kidney Day : Forest Lake Manor Health Talk (AR)  
3:00- Literacy Appreciation(AR)  
4:00- Flexing Fitness (AR)  
6:30-Movie Night (TR)

### Friday March 14th

##### Potato Chip Day

9:30-Morning Meditation (CY)  
10:00-Total Body Fitness (CY)  
10:30- Daily Newsletter (AR)  
11:00-Morning Trivia :Math (LR)  
1:30-Potato Chip Day tasting (LR)  
2:30-Music With Chip (LR)  
3:30-Cardio Drumming (AR)  
4:00-Bingo (AR)  
6:30- Movie Night (TR)

### Saturday March 15th

##### Quilting Day

9:30-Morning Meditation (CY)  
10:30: Daily Newsletter (AR)  
10:00- Total Body Fitness (AR)  
11:00-Morning Manicures (AR)  
1:30- Quilting Day Creation (LR)  
3:00-Board Game Table (AR)  
4:00- Stretch Band Fitness (TR)  
6:30- Movie Night (TR)

### Sunday March 16th

9:30-Morning Meditation (CY)  
10:00 -Pool Noodle Volleyball (AR)  
10:30- Daily Newsletter (AR)  
11:00-First Baptist Church Service (TR)  
11:30-Manicure Social (AR)  
1:30- Scenic Drive (AR)  
2:30- Reminiscing:Vacation (LR)  
3:00- Music Bingo (LR)  
4:00 -Lay Servant Bible Study (AR)  
6:30-Movie Night (TR)

### Monday March 17th

##### St. Patrick's Day/Green for a Day

9:00- Morning Meditation (CY)  
10:00-Strength & Balance (AR)  
10:30- Daily Newsletter (AR)  
11:00-Virtual Tour Ireland (AR)  
1:00- St. Patrick's Day Hat Creations (AR)  
2:30-St. Patrick's Day Social  
3:30-Food for thought (AR)  
4:00-Total Body Fitness (AR)  
6:30-Movie Night (TR)

### Tuesday March 18th

##### March Madness Tournament Begins/ Employee Spirit Day

9:30-Morning Meditation (CY)  
10:00- Seated Yoga With/ Karla (AR)  
11:00-Daily Newsletter (LR)  
1:30-Music With Chuck Gee(AR)  
2:30- Dance Movement (AR)  
4:00-Bible Study w/ Caroline (AR)  
5:45-March Madness Slam Dunk Watch Party (TR)  
6:30-Movie Night (TR)

### Wednesday March 19th

##### Certified Nurses Day

9:30-Morning Meditation (CY)  
10:00-Flexing balance (AR)  
10:30- Daily Newsletter (AR)  
11:00-Morning Trivia (TR)  
1:30- Tai Chi w/ Kevin (AR)  
2:30-Female Legislator Day Discussion (AR)  
4:00-Total Body Fitness (AR)  
7:30-Movie Night (TR)

### Thursday March 20th

##### Spring Equinox

9:30-Morning Meditation (CY)  
10:00- Flow Yoga (AR)  
10:30- Daily Newsletter (AR)  
11:00- Daughter of Kings Communion (AR)  
1:30- Spring Wreaths & Flower Creations (AR)  
3:00- This Day in History: What happened (LR)  
4:00-Total body Fitness (AR)  
6:30-Movie Night (TR)

### Friday March 21st

##### World Poetry Day

9:30-Morning Meditation (CY)  
10:30-Weight Workout (AR)  
10:40- Daily Newsletter (AR)  
11:00-Famous Poets (AR)  
1:30- World Poetry Day Readings (AR)  
3:30- Aromatherapy: Fragrance Day (LR)  
4:00- Lower Body Conditioning (LR)  
6:30-Movie Night (TR)

### Saturday March 22nd

##### Anniversary of Tuskegee Airmen Activation

9:30-Morning Meditation (CY)  
10:00-Pool Noodle Volleyball (LR)  
10:30- Daily Newsletter (AR)  
11:00-Morning Manicures (AR)  
1:30-Zodiac & Horoscope March (LR)  
2:30- Piano Music W/Jordan (AR)  
3:00- Anniversary of Tuskegee Airmen Activation History Talks  
4:00-Stretch Band Fitness (AR)  
6:30-Movie Night (TR)

### Sunday March 23rd

##### Color Therapy Day

9:30-Morning Meditation (CY)  
10:00-Posture And Stretch (CY)  
11:00- Daily Newsletter (AR)  
1:30- Scenic Drive (LR)  
2:00-Bingo (LR)  
3:00-Color Therapy Day: Art Relaxation (AR)  
4:00 -Lay Servant Bible Study (AR)  
6:30-Movie Night (TR)

### Monday March 24th

##### National Cheesecake Day

9:30-Morning Meditation (CY)  
10:00-Weight Workout Challenge (CY)  
11:00- Daily Newsletter (AR)  
12:00-Lunch Out: Miyos  
1:30-Piano Music with Mary  
2:30-Flavor Water and Cheese Cake Tasting (LR)  
3:30-Afternoon Card table (LR)  
4:00-Total Body Fitness (LR)  
6:30-Movie Night (TR)

### Tuesday March 25th

9:30-Morning Meditation (CY)  
10:00-Dance Fitness (AR)  
11:00- Daily Newsletter (LR)  
1:30 The Queen of Soul Day: Music History Aretha Franklin (LR)  
3:00-Afternoon Coffee Chat (AR)  
4:00-Bible Study with Caroline (TR)  
4:30-Total Body Conditioning (HW)  
6:30-Movie Night (TR)

### Wednesday March 26th

##### National Spinach Day

9:30-Morning Meditation (CY)  
10:00- Flow Yoga (AR)  
10:30- Daily Newsletter (A)  
11:00-First Baptist Church Service (LR)  
1:30- Music W/Mary (CT)  
2:00-No Bake Cooking Class: Spinach Salad (LR)  
4:00-Kathy's Book Club (LR)  
6:30-Movie Night (TR)

### Thursday March 27th

##### Forest Lake Birthday Party

9:30-Morning Meditation (CY)  
10:00- Stretch And Flexing (CY)  
10:30-Event Newsletter (LR)  
11:00-Tech Learning: Phones (AR)  
1:30-Laughter Therapy: Riddles (LR)  
2:00-Resident And Staff Birthday Party (CT)  
2:30-Live Music with Chip (LR)  
4:00-Barre Exercise Class (LR)  
6:30-Movie Night (TR)

### Friday March 28th

9:30-Morning Meditation (CY)  
10:00-Flex & Stretch (AR)  
11:00-Bible Study (LR)  
1:30- Crafting table: Painting Session Bird Feeders  
2:00-Community Choir (LR)  
3:30-Total Body Workout (AR)  
4:00-Afternoon Spelling Bee  
6:30-Movie Night (TR)

### Saturday March 29th

9:30-Morning Meditation (CY)  
10:00-Hallway Marching Fitness (AR)  
11:00-Event Newsletter (LR)  
11:30-Manicure Table(AR)  
1:30-Bingo(LR)  
2:30-Scenic Drive (LR)  
3:00-Piano Music w/Mary (LR)  
4:00-Total Body Fitness (AR)  
6:30-Movie Night (TR)

### Sunday March 30th

##### Name That TV Tune Day

9:30-Morning Meditation (CY)  
10:00-Cardio Drum stick Drumming (LR)  
10:30-Event Newsletter (LR)  
11:00-First Baptist Church Service (TR)  
1:30-Name That TV Tune (AR)  
2:30-Eric Clapton:Music History  
3:00-Bingo (LR)  
4:00-Lay Servant Bible Study (TR)  
6:30-Movie Night (TR)

### Monday March 31st

##### Mythology Monday

9:30-Morning Meditation  
10:00-Total Body Fitness(LR)  
11:00-Event NewsLetter (LR)  
1:30- Greek mythology, Theater Play Reading(LR)  
3:00-Art Relaxation: Greek Togan(CT)  
4:00-Hand Grip Exercise(LR)

**Forest Lake Manor**  
*Assisted Living & Memory Care*