

# March 2025

## Shepherd Village Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."  
~ Ephesians 4:32

10:00 GROUP EXERCISE  
11:00 Brain Fitness- Word Game (MR)  
2:00 Bowling  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

10:00 Church in the Village  
6:00 Evening Hymn Sing

**2**

9:30 PHYSIO Strengthening and Balance Focus. **3**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
1:00 Scrabble Club (GR)  
2:00 SPIRITUAL LIFE / Hymn singing  
3:00 Computer class (1-1) /Library  
3:00 Manicure 1:1 in the Game Room

10:00 GROUP EXERCISE **4**  
10:00 1:1 Pet Visits with Benji  
11:00 Brain Fitness- Trivia  
2:00 RESIDENTS' COUNCIL MEETING  
3:00 Travelogue to New Orleans/ Mardi Gras  
4:00 Prayer Group in the Library  
6:00 MOVIE NIGHT

9:30 PHYSIO Strengthening and Balance Focus. **5**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 This is Jeopardy!  
2:00 BINGO!  
3:30 Documentary/ Rick Steves Europe  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **6**  
10:30 1:1 Pet Visits with Cloe  
11:00 Brain Fitness- Trivia  
2:00 SPIRITUAL LIFE / Bible study with Nancy  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

9:30 PHYSIO Strengthening and Balance Focus. **7**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
2:00 Live Performance! John Lettieri-Accordion  
6:00 MOVIE NIGHT

10:00 GROUP EXERCISE **8**  
11:00 Brain Fitness- Word Game (MR)  
2:00 SIT AND FIT Brought to us but GTAAC Chapter members  
DISOC Aerobics in the Community Hall  
3:30 Scrabble Club in the Game Room

10:00 Church in the Village  
6:00 Evening Hymn Sing

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Daylight Saving Time Begins

9:30 PHYSIO Strengthening and Balance Focus. **10**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
1:00 Scrabble Club (GR)  
2:00 SPIRITUAL LIFE / Hymn singing  
3:00 Computer class (1-1) /Library  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **11**  
10:00 1:1 Pet Visits with Benji  
11:00 Brain Fitness- Trivia  
2:00 Arts & Crafts Club  
3:30 Manicure 1:1 in the Game Room  
4:00 Prayer Group in the Library  
6:00 MOVIE NIGHT

9:30 PHYSIO Strengthening and Balance Focus. **12**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 This is Jeopardy!  
2:00 BINGO!  
3:30 Scrabble Club in the Game Room  
3:30 Documentary/ Rick Steves Europe

10:00 GROUP EXERCISE **13**  
10:30 1:1 Pet Visits with Cloe  
11:00 Brain Fitness- Trivia  
2:00 SPIRITUAL LIFE / Bible study with Nancy  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

9:30 PHYSIO Strengthening and Balance Focus. **14**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
2:00 HISTORY HOUR WITH LIANNE (MR)  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **15**  
11:00 Brain Fitness- Word Game (MR)  
2:00 CURLING  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

10:00 Church in the Village  
6:00 Evening Hymn Sing

**16**

9:30 PHYSIO Strengthening and Balance Focus. **17**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
1:00 Scrabble Club (GR)  
2:00 SPIRITUAL LIFE / Hymn sir  
3:00 Computer class (1-1) /Librar  
6:00 Evenina Hvmn Sina

10:00 GROUP EXERCISE **18**  
10:00 1:1 Pet Visits with Benji  
11:00 Brain Fitness- Trivia  
2:00 St Patrik Day / Travelogue to Ireland  
4:00 Prayer Group in the Library  
6:00 MOVIE NIGHT

9:30 PHYSIO Strengthening and Balance Focus. **19**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 This is Jeopardy!  
2:00 BINGO!  
3:30 Documentary/ Rick Steves Europe  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **20**  
10:30 1:1 Pet Visits with Cloe  
11:00 Brain Fitness- Trivia  
2:00 SPIRITUAL LIFE / Bible study with Nancy  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

9:30 PHYSIO Strengthening and Balance Focus. **21**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
2:00 Live Performance! Bruce Tournay  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **22**  
11:00 Brain Fitness- Word Game (MR)  
2:00 Sing Along Musicals  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

10:00 Church in the Village  
6:00 Evening Hymn Sing

**23**

9:30 PHYSIO Strengthening and Balance Focus. **24**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
1:00 Scrabble Club (GR)  
2:00 SPIRITUAL LIFE / Hymn singing  
3:00 Computer class (1-1) /Library  
6:00 Evening Hymn Sing

10:00 GROUP EXERCISE **25**  
10:00 1:1 Pet Visits with Benji  
11:00 Brain Fitness- Trivia  
2:00 FOOD COUNCIL MEETING (MR)  
2:30 EDUCATION HOUR /DIABETES  
3:30 Manicure 1:1 in the Game Room  
4:00 Prayer Group in the Library  
6:00 MOVIE NIGHT

9:30 PHYSIO Strengthening and Balance Focus. **26**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 This is Jeopardy!  
2:00 BINGO!  
3:30 Scrabble Club in the Game Room  
3:30 Documentary/ Rick Steves Europe

10:00 GROUP EXERCISE **27**  
10:30 1:1 Pet Visits with Cloe  
11:00 Brain Fitness- Trivia  
2:00 SPIRITUAL LIFE / Bible study with Nancy  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

9:30 PHYSIO Strengthening and Balance Focus. **28**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
2:00 LIVE PERFORMANCE IN THE COMMUNITY HALL/Ginny & Terry  
6:00 MOVIE NIGHT

10:00 GROUP EXERCISE **29**  
11:00 Brain Fitness- Word Game (MR)  
2:00 CURLING  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing

10:00 Church in the Village  
6:00 Evening Hymn Sing

**30**

9:30 PHYSIO Strengthening and Balance Focus. **31**  
10:15 PHYSIO Stretching and Relaxation Focus.  
11:00 Brain Fitness- Word Game  
1:00 Scrabble Club (GR)  
2:00 SPIRITUAL LIFE / Hymn singing  
3:00 Computer class (1-1) /Library  
3:15 Manicure 1:1 in the Game Room  
6:00 Evening Hymn Sing



All programs are subject to change