




Morningside Calendar

MARCH 2025

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Programs subject to change please use the daily sheets for updates!</p>	<p><u>Whole Body/Spiritual</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Cognitive/Montessori</u> <u>Entertainers</u> <u>Music</u> <u>Outings</u> <u>Social</u> <u>Armchair Travel</u></p>	<p><u>Birthdays</u> Cecile 10th Janet 12th Christine 30th</p> 	<p>Craft & Irish Heritage & Women's History Month</p>	<p>March 11th 5 PM Monthly Alzheimer's Dementia Caregiver Support Group</p>		<p>1 RAMADAN 9:30 Morning Check In 10:00 Word in a Word 10:30 Stretch & Ball Ex 11:15 Daily Chronicle 1:00 Easy Listening CD 2:00 Creative Expression - Life Part II 3:00 Armchair Travel – When Art Meets Islam 3:15 Tufts BEI Brain Games 4:00 Puzzles/Cards 6:00 Resident Choice</p>
<p>2 Dr. Seuss Birthday 9:00 Spiritual Time 10:00 Folk Music 11:00 Sunday Saxophone 1:30 Talking Tidbits 2:00 Indoor Walking Grp 2:30 Virtual Concert - Irish Celtic Fiddle Music Visual Melodies 4:00 Puzzles/Cards/Games 6:00 Resident Choice 8:00 Oscars</p>	<p>3 Shrove Monday 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Chaboom 11:15 Daily Chronicle 1:30 Montessori Tables 2:30 Writing Group - Limericks 3:00 Assisted Stretching w/Louis 4:00 Jazz Series 6:00 Musical Movie</p>	<p>4 ACTIVITY CENTER CLOSED Mardi Gras/Fat Tuesday 9:30 Morning Check In 10:00 Word In A Word 10:30 TaiChi w/Sasha 11:15 Daily Chronicle 1:30 Jeopardy - Ireland 2:30 Resident Social 3:15 Tufts BEI Brain Games 3:30 Classical Music & Zen Color 6:00 Hollywood Classics</p>	<p>5 Lent/Ash Wednesday 9:30 Morning Check In 10:00 Wacky Wordies 10:30 Upper Body Stretch 11:15 Daily Chronicle 1:30 Creative Expression – Stamping Crafts 2:00 Ash Wednesday Mass 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia - Mardi Gras 6:00 Action Movie</p>	<p>6 9:30 Morning Check In 10:00 WORDLE 10:30 Light & Lively CD Ex 11:15 Daily Chronicle 1:30 Joel & Dan Music 2:30 BINGO w/Prizes 3:00 Monopoly Cambridge 3:15 Tufts BEI Brain Games 4:00 Lifelong Learners – Genealogy 6:00 Comedy Movie</p>	<p>7 Employee Appreciation 9:30 Morning Check In 10:00 Trivia - What Am I? 10:30 Twist & Turn Ex 11:15 Daily Chronicle 1:00 Cooking Group – Peanut Butter Cheesecake Balls 1:30 Montessori Tables 2:00 Live Jazz w/Elan 3:15 Tufts BEI Brain Games 4:00 Mindfulness – Mirthful “humor to deal with not-so-funny stuff” 6:00 Classic Show</p>	<p>8 9:30 Morning Check In 10:00 Word in a Word 10:30 Stretch & Ball Ex 11:15 Daily Chronicle 1:00 Easy Listening CD 2:00 Creative Expression & Winter Wonderland Celebration Butterflies 3:15 Tufts BEI Brain Games 4:00 Armchair Travel – Greek & Egypt Heritage 6:00 Resident Choice</p>
<p>9 CHANGE CLOCKS 9:00 Spiritual Time 10:00 Folk Music 11:00 Sunday Saxophone 1:30 Monthly Newsletter 2:00 Indoor Walking Grp 2:30 Virtual Concert - Peaceful Celtic Music Visual Melodies 4:00 Puzzles/Cards/Games 6:00 Resident Choice</p>	<p>10 Brain Awareness Wk 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Chaboom 11:15 Daily Chronicle 1:30 Montessori Tables 2:30 Writing Group - Mnemonics 3:00 Assisted Stretching w/Louis 4:00 Jazz Series 6:00 Musical Movie</p>	<p>11 9:30 Morning Check In 10:00 Word In A Word 10:30 TaiChi w/Sasha 11:15 Daily Chronicle 1:30 Jeopardy - Rome 2:30 Resident Social 3:15 Tufts BEI Brain Games 3:30 Classical Music & Zen Color 6:00 Hollywood Classics</p>	<p>12 Girl Scout Day 9:30 Morning Check In 10:00 Wacky Wordies 10:30 Upper Body Stretch 11:15 Daily Chronicle 1:30 Creative Expression – Quilting 2:30 Tunefoolery Music 3:30 Short Story Group 4:00 Trivia - Notable Women in History 6:00 Action Movie</p>	<p>13 PURIUM 9:30 Morning Check In 10:00 WORDLE 10:30 Seated Leg Ex 11:15 Daily Chronicle 2:00 Clarinet & Sax w/Clyde 2:30 BINGO w/Prizes 3:00 Board Games 3:15 Tufts BEI Brain Games 4:00 Lifelong Learners – Science for Seniors 6:00 Comedy Movie</p>	<p>14 FULL WORM MOON HOLI Festival of Colors 9:30 Morning Check In 10:00 Trivia - What Am I? 10:30 Twist & Turn Ex 11:15 Daily Chronicle 1:00 Cooking Group – Peanut Butter Fudge 1:30 Montessori Tables 2:00 Book Group 3:15 Tufts BEI Brain Games 4:00 Mindfulness – Luck 6:00 Classic Show</p>	<p>15 9:30 Morning Check In 10:00 Word in a Word 10:30 Stretch & Ball Ex 11:15 Daily Chronicle 1:00 Easy Listening CD 2:00 Creative Expression - St Patrick's Day 3:00 Armchair Travel – Irish Heritage 4:00 Puzzles/Cards 6:00 Resident Choice</p>



Morningside Calendar

MARCH 2025

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:00 Sunday Saxophone</p> <p>1:30 Monthly Theme</p> <p>2:00 Indoor Walking Grp</p> <p>2:30 Virtual Concert - Riverdance 1995</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Resident Choice</p>	<p>17 St. Patrick's Day</p> <p>9:30 Morning Check In</p> <p>10:00 Cranium Crunches</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>12:00 Corned Beef Lunch</p> <p>1:30 Montessori Tables</p> <p>2:00 Accordion Duo Concert w/Elizabeth</p> <p>2:30 Writing Group – Folktales & Fables</p> <p>3:00 Assisted Stretching w/Louis</p> <p>4:00 Jazz Series</p> <p>6:00 Musical Movie</p>	<p>18</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word</p> <p>10:30 TaiChi w/Sasha</p> <p>11:15 Daily Chronicle</p> <p>1:30 Jeopardy - Greece</p> <p>2:30 Resident Social</p> <p>3:15 Tufts BEI Brain Games</p> <p>3:30 Classical Music & Zen Color</p> <p>6:00 Hollywood Classics</p>	<p>19</p> <p>9:30 Morning Check In</p> <p>10:00 Wacky Wordies</p> <p>10:30 Upper Body Stretch</p> <p>11:15 Daily Chronicle</p> <p>1:30 Creative Expression – Signs of Spring</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia - Wildlife</p> <p>6:00 Action Movie</p>	<p>20 First Day of Spring</p> <p>9:30 Morning Check In</p> <p>10:00 WORDLE</p> <p>10:30 Light & Lively CD Ex</p> <p>11:15 Daily Chronicle</p> <p>1:30 Singalongs Lawrence Welk Music</p> <p>2:30 BINGO w/Prizes</p> <p>3:00 Scrabble</p> <p>3:15 Tufts BEI Brain Games</p> <p>4:00 Lifelong Learners – 12 Lessons We Can Learn from Cinderella</p> <p>6:00 Comedy Movie</p>	<p>21</p> <p>9:30 Morning Check In</p> <p>10:00 Trivia - What Am I?</p> <p>10:30 Twist & Turn Ex</p> <p>11:15 Daily Chronicle</p> <p>1:00 Cooking Group – Peanut Butter Cookies</p> <p>1:30 Montessori Tables</p> <p>2:00 Book Group</p> <p>3:00 Mindfulness - Optimism & Gratitude</p> <p>3:15 Tufts BEI Brain Games</p> <p>6:00 Classic Show</p>	<p>22</p> <p>9:30 Morning Check In</p> <p>10:00 Word in a Word</p> <p>10:30 Stretch & Ball Ex</p> <p>11:15 Daily Chronicle</p> <p>1:00 Easy Listening CD</p> <p>2:00 Creative Expression - Spring Door Decor</p> <p>3:00 Armchair Travel – Scottish Highlands</p> <p>4:00 Puzzles/Cards</p> <p>6:00 Resident Choice</p>
<p>23</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:00 Sunday Saxophone</p> <p>1:30 Talking Tidbits</p> <p>2:00 Indoor Walking Grp</p> <p>2:30 Virtual Concert - Paddy O'Gorman - The Black Velvet Band</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Resident Choice</p>	<p>24</p> <p>9:30 Morning Check In</p> <p>10:00 Cranium Crunches</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:30 Montessori Tables</p> <p>2:30 Writing Group - Storytelling</p> <p>3:00 Assisted Stretching w/Louis</p> <p>4:00 Jazz Series</p> <p>6:00 Musical Movie</p>	<p>25</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word</p> <p>10:30 TaiChi w/Sasha</p> <p>11:15 Daily Chronicle</p> <p>1:30 Jeopardy - Scotland</p> <p>2:30 Resident Social – Monthly Birthday Celebration</p> <p>3:15 Tufts BEI Brain Games</p> <p>3:30 Classical Music & Zen Color</p> <p>6:00 Hollywood Classics</p>	<p>26</p> <p>9:30 Morning Check In</p> <p>10:00 Wacky Wordies</p> <p>10:30 Upper Body Stretch</p> <p>11:15 Daily Chronicle</p> <p>1:30 Creative Expression – Paper Umbrellas</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia - 100 Authors</p> <p>6:00 Action Movie</p>	<p>27</p> <p>9:30 Morning Check In</p> <p>10:00 WORDLE</p> <p>10:30 Ballroom Dancing</p> <p>11:15 Daily Chronicle</p> <p>1:30 Singalongs Four Leaf Clover/Irish Songs</p> <p>2:30 BINGO w/Prizes</p> <p>3:00 Bananagrams</p> <p>3:15 Tufts BEI Brain Games</p> <p>4:00 Lifelong Learners – Tech Corner ChatGPT</p> <p>6:00 Comedy Movie</p>	<p>28</p> <p>9:30 Morning Check In</p> <p>10:00 Trivia - What Am I?</p> <p>10:30 Twist & Turn Ex</p> <p>11:15 Daily Chronicle</p> <p>1:00 Cooking Group – Peanut Butter Pizzas</p> <p>1:30 Montessori Tables</p> <p>2:00 Book Group</p> <p>3:00 Mindfulness - Color Therapy</p> <p>3:15 Tufts BEI Brain Games</p> <p>6:00 Classic Show</p>	<p>29 HINDI NEW YEAR</p> <p>9:30 Morning Check In</p> <p>10:00 Word in a Word</p> <p>10:30 St. Andrews Choir Performance</p> <p>11:15 Daily Chronicle</p> <p>1:00 Easy Listening CD</p> <p>2:00 Creative Expression - Music in Art</p> <p>3:00 Armchair Travel – Dr. Seuss Museum</p> <p>4:00 Puzzles/Cards</p> <p>6:00 Resident Choice</p>
<p>30 EID UL-FITR</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:00 Sunday Saxophone</p> <p>1:30 Talking Tidbits</p> <p>2:00 Indoor Walking Grp</p> <p>2:30 Virtual Concert - Celtic Women</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Resident Choice</p>	<p>31</p> <p>9:30 Morning Check In</p> <p>10:00 Cranium Crunches</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:30 Montessori Tables</p> <p>2:30 Writing Group – Nature & Poetry</p> <p>3:00 Assisted Stretching w/Louis</p> <p>4:00 Jazz Series</p> <p>6:00 Musical Movie</p>					