



# Morningside Community Calendar

## MARCH 2026

| SUNDAY  | MONDAYS   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|---|---|---|--|---|
| <p>1</p> <p>10:00 Spiritual Time - Spiritual Elders YouTube</p> <p>11:00 Saxophone w/Severin</p> <p>1:30 Afternoon Spa &amp; Nails</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Walking Group</p> <p>2:30 YouTube Concert "Symphony Experience Chamber Music"</p> <p>3:15 Resistance Band Exercise in the Exer Rm</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Netflix Series "The West Wing"</p>                           | <p>2 <b>PURIM BEGINS</b></p> <p>9:30 Morning Check In</p> <p>10:00 Scrapbooking w/Amelia</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Chaboom w/Pam Dance &amp; Movement</p> <p>1:00 Nature Series "Our Planet" on Netflix</p> <p>1:00 Puzzles w/Amelia</p> <p>1:30 Beginner Weight Conditioning Exercise Rm</p> <p>2:00 Writing Group</p> <p>3:00 Reading Out Loud</p> <p>4:00 m4d radio 1940s</p> <p>6:00 Musical Movie</p> | <p>3 <b>FULL "WORM" MOON</b></p> <p>6-615 AM Eclipse</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Twist &amp; Tone</p> <p>1:00 Reading Group Plants &amp; Animals</p> <p>1:00 Montessori Group w/staff Through Time with Scents</p> <p>1:30 Jeopardy</p> <p>2:00 Tuesday Tidbits Group</p> <p>3:00 Classical Music &amp; Zen Drawing</p> <p>3:00 Magazines &amp; Moments</p> <p>4:00 Tuesdays Talks</p> <p>6:00 Hollywood Classics</p> | <p>4</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia &amp; Tales</p> <p>6:00 Action Movie</p>                                  | <p>5</p> <p>9:30 Morning Check In</p> <p>9:45 Art Adventures w/Amelia</p> <p>10:00 Walking Club w/Ana</p> <p>10:00 WORDLE &amp; Daily Chronicle Reading</p> <p>10:30 Balance &amp; Fit Class</p> <p>10:30 Creative Time w/Ana</p> <p>1:00 Music &amp; Memories Reminiscing w/Amanda</p> <p>1:00 Juilliard Gluck Community Fellows: Duet of Air Lincoln Center Moments on Zoom</p> <p>1:30 Joel and Dan</p> <p>2:00 BINGO w/Prizes</p> <p>2:30 Community Time</p> <p>3:00 Afternoon Games</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Lifelong Learners</p> <p>6:00 Netflix Series "Man on the Inside"</p> | <p>6</p> <p>9:30 Morning Check In</p> <p>9:30 TaiChi w/Rachel Ex Rm</p> <p>10:00 Whiteboard Game &amp; Daily Chronicle Reading</p> <p>10:30 Dance Movement w/Ivy</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 1970's playlist</p> <p>2:00 Cadbury Sing Along</p> <p>2:30 Resident Social</p> <p>3:00 Bananagrams</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Mindfulness</p> <p>6:00 Classic Show</p> | <p>7</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Fittercise CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:30 Goggle Arts &amp; Culture</p> <p>3:00 Where in the World</p> <p>6:00 Resident Choice</p>          |
| <p>8 <b>SPRING CLOCK AHEAD</b></p> <p>10:00 Spiritual Time - Spiritual Elders YouTube</p> <p>11:00 Saxophone w/Severin</p> <p>1:30 Afternoon Spa &amp; Nails</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Walking Group</p> <p>2:30 YouTube Concert "Symphony Experience Chamber Music"</p> <p>3:15 Resistance Band Exercise in the Exer Rm</p> <p>4:00 Puzzles/Cards/Games</p> <p>6:00 Netflix Series "The West Wing"</p> | <p>9</p> <p>9:30 Morning Check In</p> <p>10:00 Scrapbooking w/Amelia</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Chaboom w/Pam Dance &amp; Movement</p> <p>1:00 Nature Series "Our Planet" on Netflix</p> <p>1:00 Puzzles w/Amelia</p> <p>1:30 Beginner Weight Conditioning Exercise Rm</p> <p>2:00 Writing Group</p> <p>3:00 Reading Out Loud</p> <p>4:00 m4d Radio 1950s</p> <p>6:00 Musical Movie</p>                     | <p>10</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Twist &amp; Tone</p> <p>1:00 Reading Group Plants &amp; Animals</p> <p>1:00 Montessori Group w/staff Sensory Bins</p> <p>1:30 Jeopardy</p> <p>2:00 Tuesday Tidbits Group</p> <p>2:00 Howie Performs the Classics</p> <p>3:00 Classical Music &amp; Zen Drawing</p> <p>3:00 Magazines &amp; Moments</p> <p>4:00 Tuesdays Talks</p> <p>6:00 Hollywood Classics</p>                    | <p>11</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>1:30 "My Plate" w/Rachel</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p> <p>4:00 Trivia &amp; Tales</p> <p>6:00 Action Movie</p> | <p>12</p> <p>9:30 Morning Check In</p> <p>9:45 Art Adventures w/Amelia</p> <p>10:00 Walking Club w/Ana</p> <p>10:00 WORDLE &amp; Daily Chronicle Reading</p> <p>10:30 Balance &amp; Fit Class</p> <p>10:30 Creative Time w/Ana</p> <p>1:00 Music &amp; Memories Reminiscing w/Amanda</p> <p>2:00 BINGO w/Prizes</p> <p>2:30 Community Time</p> <p>3:00 Afternoon Games</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Lifelong Learners</p> <p>6:00 Netflix Series "Man on the Inside"</p>   | <p>13</p> <p>9:30 Morning Check In</p> <p>9:30 TaiChi w/Rachel Ex Rm</p> <p>10:00 Whiteboard Game &amp; Daily Chronicle Reading</p> <p>10:30 Twist &amp; Turn</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 1970's playlist</p> <p>2:00 Cadbury Sing Along</p> <p>2:30 Resident Social</p> <p>3:00 Bananagrams</p> <p>3:15 Tufts BEI Program</p> <p>4:00 Mindfulness</p> <p>6:00 Classic Show</p>    | <p>14</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Light &amp; Lively CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:30 Goggle Arts &amp; Culture</p> <p>3:00 Where in the World</p> <p>6:00 Resident Choice</p> |
| <p>15</p> <p>10:00 Spiritual Time - Spiritual Elders YouTube</p> <p>11:00 Saxophone w/Severin</p> <p>1:30 Afternoon Spa &amp; Nails</p> <p>1:45 Tufts BEI Program</p> <p>2:00 Walking Group</p> <p>2:30 YouTube Concert "Symphony Experience Chamber Music"</p> <p>3:15 Resistance Band Exercise in the Exer Rm</p>   | <p>16</p> <p>9:30 Morning Check In</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Chaboom w/Pam Dance &amp; Movement</p> <p>1:00 Nature Series "Our Planet" on Netflix</p> <p>1:30 Beginner Weight Conditioning Exercise Rm</p> <p>2:00 Writing Group</p>   | <p>17 <b>ST. PATRICK'S DAY</b></p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Twist &amp; Tone</p> <p>1:00 Reading Group Plants &amp; Animals</p> <p>1:00 Montessori Group w/staff Sing to Me</p> <p>1:30 Jeopardy</p> <p>2:00 Tuesday Tidbits Group</p>   | <p>18</p> <p>9:30 Morning Check In</p> <p>9:30 Yoga w/Stacy Exer Rm</p> <p>10:00 Cranium Crunches &amp; Daily Chronicle Reading</p> <p>10:30 Sing Fit Movement</p> <p>11:15 Guess Who What When</p> <p>1:00 Creative Expression</p> <p>1:00 Puzzles/Cards/Games</p> <p>2:30 Tunefoolery Musical Group</p> <p>3:30 Short Story Group</p>   | <p>19</p> <p>9:30 Morning Check In</p> <p>10:00 WORDLE &amp; Daily Chronicle Reading</p> <p>10:30 Balance &amp; Fit Class</p> <p>1:00 Music &amp; Memories Reminiscing</p> <p>1:30 Shelley on Harp</p> <p>2:00 BINGO w/Prizes</p> <p>2:30 Community Time</p> <p>3:00 Afternoon Games</p>  | <p>20 <b>FIRST DAY OF SPRING</b></p> <p>9:30 Morning Check In</p> <p>9:30 TaiChi w/Rachel Ex Rm</p> <p>10:00 Whiteboard Game &amp; Daily Chronicle Reading</p> <p>10:30 Dance Movement w/Ivy</p> <p>11:00 Cooking Group</p> <p>1:00 Montessori Table Activity or Afternoon Games</p> <p>1:30 Forever Fit Class Ex Rm</p> <p>2:00 1970's playlist</p>   | <p>21</p> <p>9:30 Morning Check In</p> <p>10:00 Word In A Word &amp; Daily Chronicle Reading</p> <p>10:30 Sittercise CD</p> <p>11:00 Walking Group</p> <p>1:00 Easy Listening CD</p> <p>1:30 Creative Expression</p> <p>1:45 Tufts BEI Program</p> <p>2:30 Goggle Arts &amp; Culture</p> <p>3:00 Where in the World</p>                                     |



# Morningside Community Calendar

## MARCH 2026

| SUNDAY   | MONDAYS   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|--|--|--|--|--|
| 4:00 Puzzles/Cards/Games<br>6:00 Netflix Series "The West Wing"  | 3:00 Reading Out Loud<br>4:00 m4d Radio 1960s<br>6:00 Musical Movie   | 3:00 Classical Music & Zen Drawing<br>3:00 Magazines & Moments<br>3:00 Irish Riverdance Performance Viewing<br>4:00 Tuesdays Talks<br>6:00 Hollywood Classics  | 4:00 Trivia & Tales<br>6:00 Action Movie   | 3:15 Tufts BEI Program<br>4:00 Lifelong Learners<br>6:00 Netflix Series "Man on the Inside"  | 2:00 Cadbury Sing Along<br>2:30 Resident Social Birthdays<br>3:00 Bananagrams<br>3:15 Tufts BEI Program<br>4:00 Mindfulness<br>6:00 Classic Show   | 6:00 Resident Choice   |
| 22<br>10:00 Spiritual Time - Spiritual Elders YouTube<br>11:00 Family Musical Performance<br>1:30 Afternoon Spa & Nails<br>1:45 Tufts BEI Program<br>2:00 Walking Group<br>2:30 YouTube Concert "Symphony Experience Chamber Music"<br>3:15 Resistance Band Exercise in the Exer Rm<br>4:00 Puzzles/Cards/Games<br>6:00 Netflix Series "The West Wing" | 23<br>9:30 Morning Check In<br>10:00 Scrapbooking w/Amelia<br>10:00 Cranium Crunches & Daily Chronicle Reading<br>10:30 Chaboom w/Pam Dance & Movement<br>1:00 Nature Series "Our Planet" on Netflix<br>1:00 Puzzles w/Amelia<br>1:30 Beginner Weight Conditioning Exercise Rm<br>2:00 Writing Group<br>3:00 Reading Out Loud<br>4:00 m4d Radio 1970s<br>6:00 Musical Movie | 24<br>9:30 Morning Check In<br>10:00 Word In A Word & Daily Chronicle Reading<br>10:30 Twist & Tone<br>1:00 Reading Group Plants & Animals<br>1:00 Montessori Group w/staff Reminisce with Me<br>1:30 Jeopardy<br>2:00 Tuesday Tidbits Group<br>3:00 Classical Music & Zen Drawing<br>3:00 Magazines & Moments<br>4:00 Tuesdays Talks<br>6:00 Hollywood Classics | 25<br>9:30 Morning Check In<br>9:30 Yoga w/Stacy Exer Rm<br>10:00 Cranium Crunches & Daily Chronicle Reading<br>10:30 Sing Fit Movement<br>11:15 Guess Who What When<br>1:00 Creative Expression<br>1:00 Puzzles/Cards/Games<br>2:30 Tunefoolery Musical Group<br>3:30 Short Story Group<br>4:00 Trivia & Tales<br>6:00 Action Movie | 26<br>9:30 Morning Check In<br>9:45 Art Adventures w/Amelia<br>10:00 Walking Club w/Ana<br>10:00 WORDLE & Daily Chronicle Reading<br>10:30 Balance & Fit Class<br>10:30 Creative Time w/Ana<br>1:00 Music & Memories Reminiscing w/Amanda<br>2:00 BINGO w/Prizes<br>2:30 Community Time<br>3:00 Afternoon Games<br>3:15 Tufts BEI Program<br>4:00 Lifelong Learners<br>6:00 Netflix Series "Man on the Inside" | 27<br>9:30 Morning Check In<br>9:30 TaiChi w/Rachel Ex Rm<br>10:00 Whiteboard Game & Daily Chronicle Reading<br>10:30 Twist & Turn<br>11:00 Cooking Group<br>1:00 Montessori Table Activity or Afternoon Games<br>1:30 Forever Fit Class Ex Rm<br>2:00 1950's playlist<br>2:00 Cadbury Sing Along<br>2:30 Resident Social<br>3:00 Bananagrams<br>3:15 Tufts BEI Program<br>4:00 Mindfulness<br>6:00 Classic Show | 28<br>9:30 Morning Check In<br>10:00 Word In A Word & Daily Chronicle Reading<br>10:30 Light & Lively CD<br>11:00 Walking Group<br>1:00 Easy Listening CD<br>1:30 Creative Expression<br>1:45 Tufts BEI Program<br>2:30 Goggle Arts & Culture<br>3:00 Where in the World<br>6:00 Resident Choice |
| 29<br>10:00 Spiritual Time - Spiritual Elders YouTube<br>11:00 Saxophone w/Severin<br>1:30 Afternoon Spa & Nails<br>1:45 Tufts BEI Program<br>2:00 Walking Group<br>2:30 YouTube Concert "Symphony Experience Chamber Music"<br>3:15 Resistance Band Exercise in the Exer Rm<br>4:00 Puzzles/Cards/Games<br>6:00 Netflix Series "The West Wing"        | 30<br>9:30 Morning Check In<br>10:00 Scrapbooking w/Amelia<br>10:00 Cranium Crunches & Daily Chronicle Reading<br>10:30 Chaboom w/Pam Dance & Movement<br>1:00 Nature Series "Our Planet" on Netflix<br>1:00 Puzzles w/Amelia<br>1:30 Beginner Weight Conditioning Exercise Rm<br>2:00 Writing Group<br>3:00 Reading Out Loud<br>4:00 m4d Radio 1970s<br>6:00 Musical Movie | 31<br>9:30 Morning Check In<br>10:00 Word In A Word & Daily Chronicle Reading<br>10:30 Twist & Tone<br>1:00 Men's Group<br>1:00 Montessori Group w/staff Reminisce with Me<br>1:30 Jeopardy<br>2:00 Tuesday Tidbits Group<br>3:00 Classical Music & Zen Drawing<br>3:00 Magazines & Moments<br>4:00 Tuesdays Talks<br>6:00 Hollywood Classics                    | <b>Programs subject to change, please use the daily sheets for updates!</b>  | <u>Mind &amp; Spirit Support</u><br><u>Creative Expression</u><br><u>Physical Fitness</u><br><u>Brain Fitness</u><br><u>Entertainers/Instructors</u><br><u>Music</u><br><u>Cooking &amp; Social</u>  | <u>Birthdays</u><br><br>3/10 Cecile<br>3/24 Elizabeth<br>3/30 Christine   | <b>WOMEN &amp; IRISH HISTORY MONTH</b>   |

### Here are the 12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more. Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues, or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: "Did you enjoy doing this?" and "Would you like to do this again?"
12. There is no right or wrong way to do an activity. Think Engagement.