











SOUTHGATE A LOUNGE

MARCH 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:30 Hand Sensory and Serene Sounds 11-11:30 Words of Hope 2:30 Worship Service (AUD)</p>	<p>2</p> <p>10:30 Dancing in Your Seats 11:00 Beauty Time/Men's Essentials 11:30-11:45 Travel Guide: Alaska's Denali National Park (YT) 2:15 Tactile Tables 3:00 Precious Moments: "Men & Women's Fashion 1900-1930's"</p>	<p>3</p> <p>10:30 Stretching to the Oldies 11:00 Lavender Aromatherapy 11:30-11:45 Ideals Magazines with Old Piano Music 2:30 Catholic Mass (AUD)</p> 	<p>4</p> <p>10:30 Morning Warm Up! 11-11:30 Household Workshop 12:00 St. Pat's Luncheon (AUD) 2:15 Sensory Lights and Lemon Scented Aroma Massages 3:00 Travelogue Video: Indian Music and Culture</p>	<p>5</p> <p>10:30 Gentle Stretch and Strength 11:00 Chaplain Time (ML) 11:00 Angels Up Above 11:30-11:45 Daily Doses of Nostalgia 2:15 Picture Books and Stories 3:00 Horseback Riding and the Beauty of Horses</p>	<p>6</p> <p>10:30 A Day In Mount Rainer National Park 11:00 Toys of Yesteryear 11:30-11:45 Morning Prayers 2:15 Mix Match Sensory Boxes 3:00 Precious Moments: "Your First Car"</p>	<p>7</p> <p>10:30 Balloon Toss 11-11:30 Mystery Box 2:00-3:30 Piano Performance (AUD)</p> 
<p>Daylight Saving Time 8</p> <p>10:30 Grab Bag Reminisce 11-11:30 Words of Hope 2:30 Worship Service (AUD)</p> 	<p>Purim Begins 9</p> <p>10:30 Seniors in Motion 11:00 Sensory "Show and Tell" 11:30-11:45 "Life with Elizabeth" (Betty White) 2:15 Stress Reduction with Serene Nature Sounds 3:00 Celebrities of the 1940's</p> 	<p>10</p> <p>10:30 Adult Coloring Pages with the Best of Andrea Bocelli 11:00 Hand Massages 11:30-11:45 America's Funniest Home Videos 2:30 Worship Service (AUD)</p>	<p>11</p> <p>10:30 Shoulder Massages and Piano Medleys 11:00 Animal Kingdom 11:30-11:45 Front Porch Travel: North Carolina 2:15 Fold, Sort, and Organize 3:00 Relaxing Guitar Music</p>	<p>12</p> <p>10:30 Morning Relaxation: "A Morning Full of Presence" (YT) 11:00 Chaplain Time (ML) 11:00 Table Top Sensory 11:30-11:45 Best Places to Visit in Morocco 2:15 Grocery Outlet Reminiscent 3:00 Music Matters: Barry Manilow</p>	<p>13</p> <p>10:30 Joyful Music to Lift the Spirit 11:15 Fold, Sort, and Organize 11:30-11:45 Puppies and Kittens Funny Videos (YT) 2:15 Birthday Party with Jerry Castaldo (AUD)</p>	<p>14</p> <p>10:30 Shoulder Massages and Soothing Piano Songs 11:30-11:45 Hats and Headgears 2:30 Waldwick Church Musical Performance (AUD)</p>
<p>15</p> <p>10:30 Relaxation Station with Acoustic Guitar Sounds 11-11:30 People of Faith 2:30 Worship Service (AUD)</p>	<p>16</p> <p>10:30 Dancing in Your Seats 11:00 Twinkle Lights with Revitalizing Peppermint Aromatherapy 11:30-11:45 Scenes From "Swing Time": Fred Astaire and Ginger Rogers 2:15 Puppies and Kittens Reminisce 3:00 Proverbs, Sayings and Phrases</p>	<p>St. Patrick's Day 17</p> <p>10:30 Stretching to the Oldies 11:00 Sensory "Baby Love" 11:30-11:45 Singing Irish Songs 2:30 Worship Service (AUD)</p>	<p>18</p> <p>10:30 Sensory and Stretches 11:00 Tactile Tables 11:30-11:45 Precious Moments: "Women's Hats 1920-1940's" 2:15 Sensory Stimulation 3:00 Old Time Bluegrass and Banjo Music</p>	<p>Spring Begins 19</p> <p>10:30 Beautiful Gardens Around the World 11:00 Chaplain Time (ML) 11:00 Mix & Match Sensory Boxes 11:30-11:45 Famous Faces/Places 2:15 Stress Reduction with the Best of Richard Clayderman 3:00 Words of Inspiration</p>	<p>20</p> <p>10:30 Inspiring Worship Songs 11:15 Supermarket Shop Memories 11:30-11:45 Bamboo Flute Instrumental Music 2:15 Laundry Time/Folding Reminisce 3:00 Soothing Sounds of Chirping Birds</p>	<p>21</p> <p>10:30 Birds of a Feather 11:30-11:45 Yesteryears 2:15 Balloon Bounce with the Best of the 50's Music 3:00 Lets Listen to Polka Music</p>
<p>22</p> <p>10:30 Music and Hand Sensory 11-11:30 Short Tales 2:30 Worship Service (AUD)</p> 	<p>23</p> <p>10:30 Seniors in Motion 11:15 Dogs of Royalty and Pet Reminiscing 11:30-11:45 Zen Candles Relaxation Video (YT) 2:15 Birthday Party with entertainment by Janice</p>	<p>24</p> <p>10:30 Sing-A-Long to Mitch Miller 11:00 Angels Up Above 11:30-11:45 Flashback to Hollywood's Golden Age 2:30 Worship Service (AUD)</p>	<p>25</p> <p>10:30 Kick Start You Day! 11:00 Toys of Yesteryear 11:30-11:45 Uplifting Gospel Songs 2:15 Visual Sing-Along 3:00 Beautiful Gardens Around the World (YT)</p> 	<p>26</p> <p>10:30 Indian Flute Relaxation Music 11:00 Chaplain Time (ML) 11:00 Angels Up Above 11:30-11:45 The Carpenter Greatest Hits 2:15 Sensory "Touch and Feel" 3:00 Music Memories: Patsy Cline</p>	<p>27</p> <p>10:30 Remembering the 1930's: Fashion, Fads, Music, and Movies 11:00 Band Practice with Benny Goodman Songs 11:30-11:45 Short Tales 2:15 Sensory Relaxation with Rain and Rainforest Sounds 3:00 Jazz and Bossa Nova Instrumental Music</p>	<p>28</p> <p>10:30 Childhood Memories 11-11:30 Featured Songs by the Andrew Sisters 2:15 Entertainment with Ray Corbo (ML)</p> 
<p>29</p> <p>10:30 Hats and Headgear 11-11:30 Hymn Sing-Along 2:30 Worship Service (AUD)</p>	<p>30</p> <p>10:30 Dancing in Your Seats 11:15 What's New In The Animal Kingdom 11:30-11:45 The Call of Nature Videos 2:15 Sensory Stimulation and River Sounds 3:00 Seems Like Yesterday</p>	<p>31</p> <p>10:30 Music from Harry James and Helen Forest 11:00 Hand Sensory and Serene Sounds 11:30-11:45 Inspirational Quotes 2:15 Worship Service (AUD)</p>				<p>*Activities take place in A Lounge unless otherwise noted</p> <p>*Activities are subject to change and/or cancellation*</p> <p>(AUD) = De Young Auditorium (ML) = Main Lounge (YT) = You Tube</p>