

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**BRADFORD TERRACE
HEALTH CENTER**



9:30 Aromatherapy RR
10:00 Group Stretch—DR
11:00 March Gazette Reading
BT4
1:30 Floral Arranging BT4
2:30 Table Talk Tibits BT4
3:30 Social Visits with the
Floral Arrangement Cart RR
**4:30 Name that Instrument
BT4**

9:30 Social Visits—RR
10:00 Bingo Bonanza— BT3
1:30 – Thursday Travels BT4
2:30 Chair Exercises / Willy –
DR
3:00 Dr. Seuss Day! BT4
4:30 Current Events DR

9:30 Aromatherapy RR
11:00 Uno DR 5
1:00 Lifesounds (Virtual)— BT3
2:30 Friday Flicks—Resident
Choice BT4
3:30 Treat Trolley RR
4:30 Short Stories DR

9:30 Watering our Indoor Plants
10:00 Activity with the 3rd Floor
Residents– 3rd Floor
1:30 Art'n'Fun
2:30 Resident Choice Activities
3:00 Catholic Mass in Lindsay
Hall
4:30 Poetry Reading DR

9:30 Activity with the 3rd
Floor Residents– BT3
10:30 Current Events BT4
1:30 Inspirational Music BT4
2:00 Ecumenical Worship
Service in Lindsay Hall
(Channel 955)
3:00 Writer's Group DR
**4:30 Sensory Activity w/
Warm Towel DR**

9:30 Monday Manicures RR
10:00 Chair Exercise /Willy—
DR
11:00 Poetry Group BT4
1:30 Listen & Learn w/ Lauren -
AR
2:30 Card Making BT5
3:30 Activity Trolley—RR
4:30 Current Events BT4

9:30 Social Visits—RR
10:00 Bingo– BT3
1:30 March Q& A– BT5
2:30 Group Stretch— BT4
3:30 Word Games BT4
4:30 Inspirational Music DR

9:30 Aromatherapy RR
10:00 Group Stretch—DR
11:00 Listen & Learn / Lauren -
BT4
1:30 Floral Arranging BT4
2:30 Let's Bake Pound Cake —
BT4
3:30 Social Visits with the
Floral Arrangement Cart RR
4:30 Name that Tune BT4

9:30 Social Visits—RR
10:00 Bingo Bonanza– BT3
1:30 – Thursday Travels BT4
2:30 Chair Exercises / Willy –
DR
3:00 Crossword Puzzle BT2
4:30 Current Events DR

9:30 Aromatherapy RR
11:00 Cards Games BT5
1:00 Lifesounds with Lisa– BT3
2:30 Friday Flicks—Resident
Choice BT4
3:30 Treat Trolley RR
4:30 Sensory Box DR

9:30 Watering our Indoor
Plants
10:00 Activity with the 3rd
Floor Residents– BT3
1:30 Balloon Bop
2:30 Music Listening &
Activity Sheets
3:00 Catholic Mass in Lindsay
Hall
4:30 Uplifting Music DR

9:30 Activity with the 3rd
Floor Residents– BT3
10:30 Word Games BT4
1:30 Inspirational Music BT4
2:00 Ecumenical Worship
Service in Lindsay Hall
(Channel 955)
3:00 Discovering Art w/ Mary
BT4
**4:30 Sensory Activity w/
Warm Towel DR**

9:30 Monday Manicures RR
10:00 Chair Exercise/Willy—
DR
11:00 Write Letters to Friends
BT5
1:30 Monday Matinee: Resident
Choice BT4
2:30 Movie Snacks BT4
3:30 Activity Trolley—RR
4:30 Sing with Friends BT4

9:30 Social Visits RR
10:00 Bingo– BT3
1:30 Pet Therapy Visits w/
Hannah & Yeti—BT4 & RR
2:30 Board Games BT4
3:30 St. Patrick's Day Trivia BT5
4:30 World News DR

9:30 Prayer Circle on 3rd floor
10:00 Group Stretch– DR
11:00 Floral Arranging BT4
1:30 Resident Council Meeting
BT4
2:30 Clover craft
3:30 Social Visits with the
Floral Arrangement Cart RR
**4:30 Time Travel to the 60's
BT4**

9:30 Social Visits—RR
10:00 Bingo Bonanza– BT3
1:30 Thursday Travels BT4
2:30 Chair Exercises / Willy –
DR
3:00 Pistachio Pudding Snack
BT4
4:30 Current Events DR

9:30 Aromatherapy RR
11:00 Board Games 5th Floor
1:00 Lifesounds with Lisa– BT3
1:45 Irish Dancers on the 3rd
floor
2:30 Friday Flicks—Resident
Choice BT4
3:30 Treat Trolley RR
4:30 Irish Music DR

9:30 Watering our Indoor
Plants
10:00 Activity with the 3rd
Floor Residents– 3rd Floor
1:30 Be Creative Activity
2:30 Virtual Tiny Home Tours
3:00 Catholic Mass in Lindsay
Hall
**4:30 Music from the 60's
DR**

9:30 Activity with the 3rd
Floor Residents– BT3
10:30 Word Search BT4
1:30 Inspirational Music BT4
2:00 Ecumenical Worship
Service in Lindsay Hall
(Channel 955)
3:00 Writer's Group DR
**4:30 Sensory Activity w/
Warm Towel DR**

9:30 Monday Manicures RR
10:00 Chair Exercise/Willy—
DR
11:00 Writers' Prompts
1:30 Spring Craft BT4
2:30 Flower Trivia BT5
3:30 Activity Trolley—RR
4:30 Chair dancing BT4

9:30 Social Visits RR
10:00 Bingo– BT3
1:30 Resident Choice Games BT5
2:30 Let's Listen to Top Hits
from the 1950s—BT4
3:30 Trivia BT4
4:30 Short Stories DR

9:30 Aromatherapy RR
10:00 Group Stretch– DR
11:00 Listen & Learn w/ Lauren
- BT4
1:30 Floral Arranging BT4
2:30 Advice from Kids—BT4
3:30 Social Visits with the
Floral Arrangement Cart RR
**4:30 Bird Sensory Videos
BT4**

9:30 Social Visits—RR
10:00 Bingo Bonanza– BT3
1:30 Thursday Travels BT4
2:30 Chair Exercises / Willy –
DR
3:00 Name that Tune BT2
4:30 Current Events DR

9:30 Aromatherapy RR
11:00 Bean Bag Tosss 5th Floor
1:00 Lifesounds (Virtual)— BT3
2:00 Friday Flicks—Resident
Choice BT4
3:30 Treat Trolley RR
4:30 Inspirational Music DR

9:30 Watering Indoor Plants
10:00 Activity with the 3rd
Floor Residents– 3rd Floor
1:30 Music & Movement
2:30 Virtual Tour of the
Louvre
3:00 Catholic Mass in Lindsay
Hall
**4:30 Favorite Country
Songs DR**

9:30 Activity with the 3rd
Floor Residents– BT3
10:30 TED Talks BT4
1:30 Inspirational Music BT4
2:00 Ecumenical Worship
Service in Lindsay Hall
(Channel 955)
3:00 Discovering Art w/ Mary
BT4
**4:30 Sensory Activity w/
Warm Towel DR**

9:30 Monday Manicures RR
10:00 Chair Exercise w/Willy—
DR
11:00 Journaling BT4
1:30 Monday Matinee: Resident
Choice BT4
2:30 Movie Snacks BT4
3:30 Activity Trolley—RR
4:30 Sing with Friends BT4

9:30 Social Visits RR
10:00 Bingo– BT3
1:30 Dice Games– BT5
2:30 Armchair Travels BT4
3:30 Trivia Pursuit BT4
4:30 Inspirational Music DR

9:30 Aromatherapy RR
10:00 Group Stretch– DR
11:00 Let's Listen to Top Hits
from the 1960s DR
1:30 Floral Arranging BT4
2:30 Ted Talk BT4
3:30 Social Visits with the
Floral Arrangement Cart RR
4:30 Name that Tune BT4

9:30 Social Visits—RR
10:00 Bingo Bonanza– BT3
1:30 Thursday Travels BT4
2:30 Chair Exercises w/ Willy –
BT4 Dining Room
3:00 Name that Instrument BT4
4:30 Current Events DR

9:30 Aromatherapy RR
11:00 Fact or Fiction BT5
1:00 Lifesounds with Lisa– BT3
2:00 Friday Flicks—Resident
Choice BT4
3:30 Treat Trolley RR
**4:30 Did you know this
about WI? DR**

Health Center Key Location:
DR– 4th Floor Dining Room
DR 5 - 5th Floor Dining Room
BT4– 4th Floor Activity Room
BT3—3rd Floor Activity Room
BT2—2nd Floor Activity Room
RR- Room to Room
LH- Lindsay Hall
Green—Nursing support