



March 2025

Arioso Senior Apartments

Coordinator: Tamra



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March Wellness Focus: Nutrition Colon Care Awareness Importance of Sleep					1 <u>Arioso Field Trip: Bellagio Botanical Gardens</u> 9:00AM-2:00PM <i>*Meet in the Great Room at 8:45AM*</i> <u>Coffee Social & Breakfast Bars</u> 9:00AM – 10:00AM <u>Resident Walking Club</u> 2:00PM-3:00PM	Banana Crème Pie Day 2
3 <i>Loop Shopping Shuttle</i>	4 <u>Coffee Social & CNN Broadcast</u> 9:00AM – 10:00AM <u>RTC Bus Passes & Color by Numbers</u> 10:00AM-11:00AM <u>Resident Walking Club</u> 3:30PM	National Cheez Doodle Day 5 10:00AM <u>Windmill Mobile Library</u> <i>*2nd Floor*</i> 10:00AM – 11:00AM <u>Cheez Doodles & Pictionary</u> 2:30PM-3:30PM	National Oreo Cookie Day 6 <u>Coffee Social & BINGO</u> <u>w/ Archwell Health</u> 10:00AM – 11:00AM <u>Provides Diabetic Shoes Covered by Insurance</u> 1:00PM-3:00PM <u>Assorted Oreo Cookie Tasting & Price is Right!</u> 2:30PM-3:30PM	7 <u>Coffee Social, Importance of Nutrition, English Muffins, & RTC Bus Passes</u> 9:00AM-10:00AM <u>Join us for lunch w/ Compassionate Med Group</u> <i>*Hospice & Home Health Provider*</i> 11:00AM <u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM	International Women's Day 8 <u>Coffee Social, Bagel Bar, & Influential Women Discussion</u> 9:00AM-10:00PM <u>Early Morning Movement w/ Music</u> 10:00AM <u>w/ Family Comes First</u> 2:00PM-3:00PM	Daylight Savings 9 SPRING FORWARD Set your clock an hour ahead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10</p>  <p><i>Loop Shopping Shuttle</i></p>	<p>Johnny Appleseed Day 11</p> <p><u>Coffee Social, Apple Cider, & Johnny Appleseed Word Searches</u> 9:00AM-10:00AM</p> <p><u>Guardant Health Colon Screening</u> *2ND Floor Wellness Room* 9AM-1:00PM</p> <p><u>Chairfit Bingo w/ Aging is Cool</u> 2:00PM</p>	<p>12</p> <p><u>Golden Groceries:</u> <i>*Pick up times depend on food delivery. Email blast will be sent w/ exact start time. Great Room will be closed until the start of distribution.*</i></p> <p><u>Talk Time, Tunes, & Treats</u> 2:30PM-3:30PM</p>	<p>National Jewel Day 13</p> <p><u>Coffee Social & Saint Patrick's Day Trivia</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Jewel Art</u> 10:30AM-11:30AM</p> <p><u>'All Green Everything' Snacks & BINGO</u> 2:30PM-3:30PM</p>	<p>14</p> <p><u>Coffee Social, RTC Bus Passes, & Wellness Chat: Colon Care Awareness</u> 9:00AM-11:00AM</p> <p><u>Helping Hands</u> 2:00PM-4:00PM <i>*Will be delivered upon arrival*</i></p> <p><u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM</p>	<p>15</p> <p><u>Ariosso Market 1st & 2nd Floors</u> <i>*Bring your own bags/carts. Shopping times vary depending on delivery. Email blast will be sent with exact start time.*</i></p> <p><u>Resident Walking Club</u> 2:30PM-3:30PM</p> 	<p>16</p> 
<p>St. Patrick's Day 17</p>  <p><i>Loop Shopping Shuttle</i></p>	<p>National Sloppy Joe Day 18</p> <p><u>Coffee Social, Breakfast Bars, & Word Searches</u> 9:00AM-10:00AM</p> <p><u>RTC Bus Passes & Name that Logo!</u> 10:30AM-11:30AM</p> <p><u>Afternoon Movie w/ Sloppy Joe Sliders</u> <i>*Residents movie choice*</i> 2:00PM-4:30PM</p>	<p>19</p> <p><u>Coffee Social, Muffins, & Mazes</u> 9:00AM-10:00AM</p> <p><u>Frozen Yogurt Social & "Did you Know"</u> 10:00AM-11:00AM</p> <p><u>Nutrition Class w/ Tamra: Chicken Salad Cucumber Boats</u> <i>*Please sign up in Activity Binder to participate*</i> 2:30PM-3:30PM</p>	<p>20</p> <p><u>Coffee Social, Mocktail Mimosas, & Current News</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Desert Terrarium</u> <i>*Please sign up in Activity Binder to participate*</i> 2:30PM-4:30PM</p>	<p>National Strawberry Day 21</p> <p><u>Coffee Social & Wellness Chat: Get Better Sleep</u> 9:00AM – 10:00AM</p> <p><u>RTC Bus Passes & Strawberry Smoothies</u> 10:00AM-11:00AM</p> <p><u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM</p>	<p>22</p> <p><u>Coffee Social & BINGO</u> 10:00AM – 11:00AM</p> <p><u>Resident Walking Club</u> 11:30AM-12:30PM</p> <p><u>Bahama Mama Mocktails, Chips, Dips, & Name That Tune</u> 2:30PM - 3:30PM</p> 	<p>23</p> 
<p>24</p> <p><i>Loop Shopping Shuttle</i></p> <p>31</p>	<p>25</p> <p><u>Ariosso Market 3rd & 4th Floors</u> <i>*Bring your own bags/carts. Shopping times vary depending on delivery. Email blast will be sent with exact start time.*</i></p> <p><u>Guardant Health Colon Screening</u> *2ND Floor Wellness Room* 9AM-1:00PM</p> <p><u>Chairfit Bingo w/ Aging is Cool</u> 2:00PM</p>	<p>26</p> <p><u>Coffee Social & Spring Word Searches</u> 9:00AM – 10:00AM</p> <p><u>RTC Bus Passes & "Do you Know your Neighbor"</u> 10:30AM-11:30AM</p> <p><u>BINGO</u> w/ Maxim Healthcare 1:00PM-2:00PM</p>	<p>27</p> <p><u>Coffee Social & "What Would you Do" Scenarios</u> 9:00AM-11:00AM</p> <p><u>Nutrition Class w/ Tamra: Fresh Lettuce Wraps</u> <i>*Please sign up in Activity Binder to participate*</i> 2:30PM-3:30PM</p>	<p>28</p> <p><u>Coffee Social, Breakfast Bars, & RTC Bus Passes</u> 9:00AM-11:00AM</p>  <p><u>Birthday Bash</u> 2:30PM-3:30PM</p>	<p>29</p> <p><u>Coffee Social & BINGO</u> 10:00AM-11:00AM</p> <p><u>Coordinator Office Hours:</u> <i>*Come ask me to help w/ any of your administrative needs*</i> 10:30AM – 11:30AM</p> <p><u>Get Out, Get Up, & Get Moving:</u> <i>*Resident Led Dance Class*</i> 2:30PM – 3:30PM</p>	<p>30</p> <p>If you have any questions, please call your Resident Services Coordinator at (702) 990-2764 Tuesday – Saturday between 9:00AM – 5:00PM</p>

