




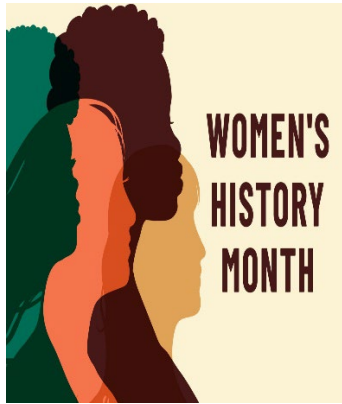











March 2025

Harmony Senior Apartments

Coordinator: Hillary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March Wellness Focus: Nutrition Colon Care Awareness Importance of Sleep		  			¹ <u>Coffee, Word Searches and Breakfast Bars</u> 9:00AM-10:00AM <u>Smoothies!</u> 1:00PM-2:00PM <u>Let's play Board Games and Cards with Snacks!</u> 2:00PM-3:00PM	² 
³ 	⁴ <u>Coffee, Tea and English Biscuits</u> 9:00AM - 10:00AM <u>Aging Is Cool Chair Fit Bingo!</u> 1:00PM BLD-2 Lobby <u>Arts and Crafts: Therapeutic Coloring w/ Calming Music.</u> 2:30PM-4:00PM	⁵ <u>Coffee Social and Market Sign up!</u> 9AM MARKET ALL BUILDINGS 10:00am-12:00pm *TIMES MAY VARY* Please bring your own bags!!! <u>BMS SENIOR TAX ASSISTANCE</u> 11AM-5PM	⁶ <u>Coffee and Breakfast Burritos</u> 9:00AM-10:00AM <u>BINGO w/SBIBENEFITS Insurance Providers</u> 1:00pm BLD 2- LOBBY  2:00PM-3:00PM BLD 2- 3 rd FL	⁷ <u>Coffee, Flapjacks, and Get to know your Coordinator!</u> 9:00AM-10:00AM <u>Sweet Social: Ice Cream Floats!</u> 1:00PM-2:30PM <u>Arts and Crafts: Let's Make Bird Houses!</u> 2:00AM-3:00PM	⁸ <u>Coffee and Positive Affirmations</u> 9:00AM-10:00AM <u>Let's Color Mandalas!</u> 11:00AM-12:00PM <u>Let's Do Lunch: Chili and Corn Bread!</u> 2:00PM-3:30PM	⁹ 

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY
	<p><u>Coffee, Fruit Salad & Wellness Chat!</u> 9:00AM-10:00AM</p> <p><u>Let's Do Lunch: Hotdogs!</u></p>  <p><u>Snacks & Crosswords</u> 3:00PM-4:00PM</p>	<p><u>Coffee, Breakfast Sandwiches and Let's Discuss our Favorite Book</u> 9:00AM-10:00AM</p> <p><u>SIKORA</u> 12:00PM BLD-2 Lobby</p> <p><u>Afternoon Stretching w/ Calming Music</u> 2:00PM-3:00PM</p>	<p><u>Coffee & French Toast Sticks!</u> 9:00AM-10:00AM</p> <p><u>BMS SENIOR TAX: Tax Services for Seniors</u> 12:30pm BLD-2 Lobby</p>  <p>2:00PM-3:00PM BLD 2- 3rd FL</p>	<p><u>Coffee, Tea and Discuss Where We Would Love to Travel!</u> 9:00AM-10:00AM</p> <p><u>Coordinator Q&A Hour: Come ask me anything!</u> 12:00PM-1:00PM</p> <p><u>Let's Play Corn Hole!!</u> 2:30PM-3:30PM</p>	<p><u>Coffee and Cereal Tasting</u> 9:00AM-10:00AM</p> <p><u>Let's Meet and Talk About Gardening!</u> 12:00PM-1:00PM</p> <p><u>Let's Make Rice Krispy Treats!</u> 2:30Pm-3:30PM</p>	
	<p><u>National Sloppy Joe Day</u></p> <p><u>Coffee and Bagels!</u> 9:00AM-10:00AM</p> <p><u>MARKET ALL BULIDINGS 10:00am-12:00pm *TIMES MAY VARY* Please bring your own bags!!!</u></p>	<p><u>Coffee, Tea, and Egg Bites!</u> 10:00AM-11:00AM</p> <p><u>Let's Make Beaded Bracelets!</u> 12:00PM-1:00PM</p> <p><u>Afternoon Movie, "Residents Choice" w/ Popcorn and Soda</u> 2:30PM-3:30PM</p>	<p><u>MARKET ALL BULIDINGS 10:00am-12:00pm *TIMES MAY VARY* Please bring your own bags!!!</u></p>  <p><u>ARCHWELL BINGO</u> 2PM-3PM</p>	<p><u>Coffee and Breakfast Quesadillas!</u> 9:00AM-10:00AM</p> <p><u>Crosswords and Lemonade!</u> 11:00AM-12:00PM</p>  <p><u>Aging Is Cool Chair Fit Bingo!!!!</u> 1:00PM BLD-2 Lobby</p>	<p><u>Coffee and Tea Social!</u> 9:00AM-10:00AM</p> <p><u>Let's Free Paint on Canvas!</u> 11:00AM-12:00PM</p> <p><u>Let's Make Fruit Skewers!</u> 2:30PM-3:30PM</p> 	
<p><u>National Reading Month</u></p> 	<p><u>Coffee and Wellness Chat</u> 9:00AM-10:00AM</p> <p><u>Let's Paint Stones!!!</u> 1:00PM-2:30PM</p> <p><u>Smoothies & Puzzles!</u> 2:30PM-3:30PM</p>	<p><u>Coffee and Tea Social!</u> 9:00AM-10:00AM</p> <p><u>GOLDEN GROCERIES 11:00AM ***Times May Vary*** **BRING YOUR OWN BAG*</u></p>	<p><u>Coffee and Pastries!</u> 9:00AM-10:00AM</p> <p><u>Arts and Crafts: Therapeutic Coloring w/ Calming Music</u> 11:00AM-12:00PM</p>  <p>2:00PM-3:00PM BLD 2- 3rd FL **Prizes**</p>	<p><u>National Something on a Stick Day</u></p> <p><u>MARKET ALL BULIDINGS 10:00am-12:00pm *TIMES MAY VARY* Please bring your own bags!!!</u></p>	<p><u>Coffee and French Toast Sticks!</u> 9:00AM-10:00AM</p>  <p><u>St. Patrick's March Birthday Bash! With Entertainment!! WEAR YOUR GREEN! 2:00PM-3:30PM</u></p>	<p><u>If you have any questions, please call your Resident Services Coordinator at (702) 990-2764 Monday – Friday between 9:00AM – 5:00PM</u></p>

