

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1:1 Room Calendar Distribution 10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Armchair Travel 3:00 pm Tabletop Game 1	10:00 am Coffee and Conversation 11:00 am Monthly Gazette Reading 2:00 pm Yoga with Ms. Gupta 3:00 pm Spa Day 6:30 pm Sip & Paint <small>Purim Begins</small> 2	10:00 am Coffee and Conversation 11:00 am Morning Exercise 1:30 pm Food Committee Meeting 2:00 pm Bingo 3:00 Women's Empowerment 3	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Activity Advisory Meeting 3:00 pm Refreshment 4	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Arts & Crafts 5	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm National Oreo Cookie Day Tasting! 6	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Trivia 7		
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Armchair Travel 3:00 pm Tabletop Game <small>Daylight Saving Time Begins</small> 8	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00pm International Women's Day Spa & Tea 6:30 pm Book Club 9	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Cheese & Cracker with Tom Stringer Performs 3:00 pm Bingo 10	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Arts & Crafts 3:00 pm Bible Study with Yobi 11	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Baking Club 12	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm Movie and Popcorn 13	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Documentary Club 14		
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Armchair Travel 3:00 pm Tabletop Game 15	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga with Ms. Gupta 3:00 pm Spa Day 6:30 pm Sip & Paint 16	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm – 3:30 pm Green & Gold Celebration featuring Arch Thompson <small>St. Patrick's Day</small> 17	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Color Me Calm 3:00 pm Catholic Mass 18	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Bread Making 19	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm Masterclass Joanna Gaines – Designing a Homes That Tells your Story <small>Spring Begins</small> 20	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Mind game 21		
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Armchair Travel 3:00 pm Tabletop Game 22	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm – 3:00 pm March Birthday Celebration with Vince Performs! 6:30 pm Book Club 23	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Baking Club 24	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Spa Day 3:00 pm Bible Study with Yobi 25	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Arts & Crafts 26	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm Movie and Popcorn 27	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Documentary Club 28		
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm – 4:00 pm Tv John and the Legendary band Performs! <small>Palm Sunday</small> 29	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm Hot Cocoa Social 3:00 pm Spa Day 6:30 pm Sip & Paint 30	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm – 3:30 pm Bingo Auction 31	<h1>March 2026</h1> <p>Beauty Salon Hours Tuesday 10:30 am – 2:00 pm Activities, Times, and Location are Subject to change.</p>				1:1 Room visit 4:00 pm Daily Mail Delivery 9:30 am and 5:00 pm Daily	

Activity Information: Activity Director - Irish Suarez CDP, ADC /Email: ISuarez@sterlingcarehealth.com / O: 301-530-1600 ext. 2197/2122 / C:202-907-1263.