














MARCH 2023 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March is Woman's History Month</p>  <p><i>Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.</i></p>	<p>MARCH BIRTHDAYS</p> <p>Dottie O. James W. Geraldine C. Andra M. Daria S. Clifford W.</p> 	<p>1. Morning Devotion/Fitness Current Events Fitness with Frederick <i>March Madness Group Set-up</i> <i>Elite 8</i> Bingo</p> <p>Afternoon Dance off Jewelry Class</p> <p>Outing: City Park Ride</p>  <p>Attire: Alumni Shirt Day</p>	<p>2. Morning Devotion/Fitness Current Events Tea with GG Pep Rally Party Bingo With Kappas</p> <p>Afternoon Karaoke Contest Word Puzzles</p> <p>Outing: Red, White and Blue Thrift Store</p>  <p>Attire: Team Color Day</p>	<p>3. Morning Devotion/ Fitness Current Events TGIF Raffle Bible Trivia TGIF Bingo</p> <p>Afternoon True or False Movie: Venus and Serena (HULU) and Popcorn</p> <p>Outing: N.O. Hamburger and Seafood</p>  <p>Attire: Wear your favorite color</p>
<p>6. Morning Devotion/Fitness Current Events Nurse Health Talk Gumbo Pot Game March Madness Bingo</p> <p>Afternoon Soul Train Line Jewelry Class Floor Games</p> <p>Outing: Dollar Tree</p> 	<p>7. Morning Devotion / Fitness Current Events Coloring Price Is Right</p> <p>Afternoon Fruit Walk Table Games</p> <p>Outing: Sydney & Wanda Besthoff Sculpture Garden</p> 	<p>8. Morning Devotion / Fitness Hot Topics Fitness With Fredrick Employee Bake Off Competition</p> <p>Afternoon Garden Bingo Movie: The Simone Biles Story</p> <p>Outing: Parkway PoBoys</p>  <p>Attire: Alumni Day Shirt</p>	<p>9. Morning Devotion/Fitness Hot Topics Pep Rally Party Fab 4: Connect 4 Competition NBA Bingo</p> <p>Afternoon Fruit Walk Crossword Puzzles</p> <p>Outing: Canal St. Ride</p> 	<p>10. Morning Devotion/ Fitness Hot Topics TGIF Raffle Paternity Court Weekend Bingo</p> <p>Afternoon Total Request Radio Card Game Tournament</p> <p>Outing: French Market</p>  <p>Attire: Jersey Day</p>
<p>13. Morning Devotion/ Fitness Current Events Nurse Health Talk Finish The Lyrics Timeout Bingo</p> <p>Afternoon Music Therapy Arts and Crafts</p> <p>Outing: DD'S Discount</p> 	<p>14. Morning Devotion/ Fitness Current Events Clover Court Champions Bingo</p> <p>Afternoon Patio Games Move and Groove Brain Games</p> <p>FREE HAIRCUTS/SPA DAY</p>	<p>15. Morning Devotion/Fitness Current Events Fitness with Fredrick Timeout Bingo</p> <p>Afternoon True or False Game Karaoke Contest Whats in the Bag</p> <p>Outing: Golden Corral</p> 	<p>16. Morning Devotion/Fitness Tea With Chante Final Three: Three Point Contest 3 Point Bingo</p> <p>Afternoon Aux Cord Games Movie: RBG and Popcorn</p> <p>Outing: French Quarter Ride</p> <p>Attire: Clover Shirt</p>	<p>17. Morning Devotion/Fitness Magazine Scavenger Hunt Gift Card Raffle Referee Bingo St. Patty Day Party</p> <p>Afternoon Table Games Total Request Radio</p> <p>Outing: Winn- Dixie</p> <p>Attire: Wear Green</p>

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<p>20. Morning Devotion /Fitness Affirmations Current Events Nurse Talk Monday Bingo</p> <p>Afternoon Karaoke Party Table Trivia Pity Pat Tournament</p>  <p>Attire: Alumni Shirt Day</p>	<p>21. Morning Devotion /Fitness 50/50 Word in A Word Name That Tune Lottery Ticket Bingo</p> <p>Afternoon Move and Groove Afternoon Stroll Music Therapy</p>  <p>Outing: Walgreens</p>	<p>22. Morning Devotion /Fitness Fitness with Fredrick Brain Games I'm A Winner Bingo</p> <p>Afternoon Move and Groove Jazz and Paint Class</p>  <p>Outing: Wal-Mart</p> <p>Attire: Team Hat Day</p>	<p>23. Morning Devotion /Fitness Current Events Clover Court Cooking: Smoothie Making Top 2: Card Stacking Competition Thursday Bingo</p> <p>Afternoon Move and Groove Sip and Paint</p>  <p>Outing: Garden District Ride</p> <p>Attire: Clover Shirts</p>	<p>24. Morning: Devotion/Fitness Grab That Dough Word in a Word Its Friday Bingo</p> <p>Afternoon Move and Groove Name that Tune Movie: Remember Me Mahalia Jackson Story</p>  <p>Outing: Juan's Flying Burrito</p> <p>Attire: Alumni Shirts</p>
<p>27. Morning Devotion/Fitness Current Events Nurse Health Talk Name that Tune Clover Bingo</p> <p>Afternoon Move and Groove What's In The Bag Tie-Dye T-shirts</p> <p>Outing: GoodWill</p>  <p>Attire: Alumni Shirt Day</p>	<p>28. Morning Devotion /Fitness Current Events Aux Cord Games MVP Bingo</p> <p>Afternoon Jazz and Paint Class Finish The Lyrics</p> <p>Outing: Another Broken Egg</p> 	<p>29. Morning Devotion /Fitness Current Events Let's Make A Deal Wednesday Bingo</p> <p>Afternoon Move and Groove Garden Walk Aux Cord Games</p> <p>Outing: Hobby Lobby</p>  <p>Attire: Clover Shirt</p>	<p>30. Morning Devotion /Fitness Current Events Championship: Bowling and Put-Put Staff Competition</p> <p>Afternoon Move and Groove Music Therapy</p>  <p>Participant Bar-B-Que</p>	<p>31. Morning Devotion /Fitness Current Events Word in a Word</p> <p>Afternoon Move and Groove Birthday Celebration Frozen Treats Patio Fun</p> <p>Outing: Walgreens</p> 

The calendar is subject to change daily

Center News

- Clover is utilizing a new messaging system to ensure you receive timely alerts. Please ensure your contact information is on file and up-to-date.
- **March 4th and 18th we have Respite Care from 9 am- 1 pm at \$50 per day**
- Any Participant going on a food outing must have at least \$20.00
- **Please complete you Statement of Medical Status form ASAP.**

HEALTH CORNER

Start your day with a few stretches, yoga, or meditation. Mindfulness practice has shown to help reduce stress and anxiety, and has a series of beneficial health effects, including improving cognitive functioning in older adults.