

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunset Shores

ALTERNATE PROGRAMS
Arts & Crafts, Painting/Coloring, Walking groups, Board and Card Games, Morning Gathering, Exercise, Relaxation, Reading Literature

DAILY PROGRAMS
Breakfast, Independent activities, client hosted games, News Breakfast serving hours – 8:00am – 10:00am - Lunch is served daily @ 12:30 pm

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10:00 – “Welcome March”
10:30 – Worship with Reverend Orama – Zoom or live.
11:00 - World Compliment Day – Discussion
3:00 – Mint Chocolate Chip Ice Cream Social.

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10:00 – News & Chronicles
10:30 – Exercise Program & Hydrate
11:00 “Crazy about Crafts”
1:30- Cooking Club (Cookies)
3:00 – History of St. Patrick’s

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10:00 News & Chronicles
10:30 Exercise Program
11:00 Alexander Grahams Bells Birthday
1:30 SS - Meditation Group
1:30 RE - Café con Remesa
2:00 Bingo

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10:00- Let’s get moving!
11:00 am - Happy Birthday Chicago!
1:30 Yoga with Victoria – Zoom
Self Esteem Shamrock wreaths
3:00- *Pound Cake Day!

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10:00: Honoring Dr. Suess: Make a crazy hat
11:00 Zumba Exercise
12:00 Employee Appreciation Day! Pizza In-Trip for Staff & Clients.
3:00 Classic Karaoke & National Cheese Doodle Day Social

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Sunset @ Home - Meal deliveries & Wellness calls

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Caregivers Support Group Monday, March 9th @ 5pm with our Social Worker Maria Mercado
5-6 pm on Zoom
Sign up by contacting Maria Mercado via email mariamercadolcsw@yahoo.com

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Monday Wake Up News & Exercise
10:30 Reverend Orama – Zoom or Live!
11:00 International Celebrating Women’s Day
1:30 – Watercolor Painting (Sip and Paint)
3:00 Hamantaschen Cookie Social

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10:30 Social Worker, Maria Mercado Zoom
11:00 Bingo mania for prizes OR Essential oils & Meditation group – Dining room
1:30- Cooking Club-Pistachio Pudding and brownies
3:00 Art Pages and Traveling to Italy

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10:00 – Current Events & Exercise
10:30 Happy Birthday American Idol Day – Video & Discussion
11:00 – Tai Chi with Lamont
1:30 RE Café Bustelo Social
2:00 Making St. Patrick’s Day Pins

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10:00 News of the Day
10:30 Exercise
11:00- Mindfulness Meditation Journey
1:00- FITGO/BINGO 17
2:00 – Johnny Apple Seed Day: History/craft/and enjoy an apple snack

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10:00 News & Chronicles
11:00 Painting Clay Pots/ Plant a flower
1:30 Aroma Therapy
2:00 Bingo mania
3:00 Happy Hour Karaoke Cranberry Juice Cocktails

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Sunset @ Home - Meal deliveries & Wellness calls

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Daylight Saving Time Begins

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10:00 Monday Wake Up News & Exercise
10:30 Reverend Orama – Zoom or Live!
11:00 St. Patrick’s Day Facts & Trivia
11:30 Brain Games – Brainy Week! Price is Right
3:00 – Irish Soda Bread Social

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10:00 Current Events & Exercise & Hydrate
10:30 Pastor David Service and Prayer
11:00 Arts & Craft (Leprechaun Hat)
1:30 Cooking Club Lucky Charm Treats
3:00 Potato Chip Day – Potato Chip Social

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WEAR GREEN
10:00 Morning Chronicles & Exercise
11:00 St. Patrick’s Day Mike Nigretti (Dancing)
12:00 St. Patrick’s Day Special Luncheon
3:00 pm – Irish Step Dance Videos/Name that Irish Tune/Lucky Leprechaun St. Patrick’s Day

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10:30 Chronicles & Updates
11:00 – RN Update – Covid awareness, Vaccine update, Wearing Mask, Washing hands. Make own hand sanitizer!
1:30 pm – Music Therapy with Megan (In Person)
3:00 – Spring Art, Crosswords and Sing along

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11:00 Painting Wooden Wind Chimes
1:30 – Sensory Painting
2:00 Ice Cream Sundae’s and Root Beer Floats Social
3:00– Lets Welcome Spring! Dance mania

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Sunset @ Home - Meal deliveries & Wellness calls
Spring Begins

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March Birthdays!

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10:00 – Exercise with Music it’s Monday!
10:30 Reverend Orama – Zoom or Live!
11:30 Ruth Bader Ginsburg Day Discussion/ Autobiography
3:00 Blueberry Muffins and all about Hank Williams. * National Shoot Hoops Day * Let’s shoot some hoops!

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10:30 – Social Worker, Maria Mercado Zoom
11:30 Travel to Ireland
1:30 Cooking Club – Bananas & Cream
2:00 pm - Tech Day – Demo day what’s online?
FB/Instagram pages, online videos.
3:00- National Kitten and Puppy Day: DOG/CAT BINGO

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11:00 Happy Birthday Party Celebration – Mike Nigretti Music & Dancing
12:00 Special Coquito Luncheon
1:30 Spring Crafts
2:00 Tea with Sue – How is Sunset Doing?
3:00 Movie and snacks


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Yay! It’s Almost Friday – Let’s get moving, Exercise and News Updates
11:00 Welcome Bear Ledge Décor – Crafts
1:30 Virtual field trip
3:00 Bingo mania

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Special Breakfast Social Pancakes & Bacon
11:00 Painting Butterfly Photo holders/ Silly Face
2:00 Finish the Song with Lyrics
3:00 – It’s Funny Friday – Karaoke it’s the weekend – Pineapple umbrella cocktails

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Sunset @ Home - Meal deliveries & Wellness calls
Passover Begins

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Palm Sunday

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10:00 – Current Events
10:30 – Reverend Orama Zoom or Live (Palm Sunday Discussion)
11:00 – Making Palm Crosses
1:30 – Baking Banana Bread
3:00 – Vanilla Pudding Social – Group Discussion

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10:00 Chronicles and Exercise
11:00 Jeopardy Discussion, Celebrate the life of Alex Trebek (Online Video on Big Screen) and play jeopardy
1:30 Cooking Club – Baking Oatmeal Cookies
3:00 Trivia/charades

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10:30 Chronicles and Exercise
11:00 – Rita & Patty – Catholic Services, music and prayer – Use Palms made on Monday.
11:30 – RN Presentation American Heart Month.
1:30 RE Café Bustelo Social
2:00 – Happy Birthday Eiffel Tower – “We are building the Eiffel Tower”

Rose Shea, RN (203)-380-1228 Ext #102 - Email: rshea@cteldercare.com
Transportation Information: GBTA (203)-579-7777- Press #1 for Reservations.

March 2021

ACTIVITY CALENDAR

Milford Transit (203)-874-4507, Valley Transit (203)-735-6408
Sunset Private Transportation, Sue Secondi, Admissions, LPN - Ext:104