

All activities will be in the Dining Room unless otherwise noted.

Missouri Slope Assisted Living

March 2024

Daily Meal Times

Continental Breakfast
Dinner
Snacks
Supper

7:00-9:00 am
11:30-12:30 pm
2:30-3:00 pm
5:00 - 6:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Medical Providers are available on site:  Sanford: Fridays by request (talk to Char to make an appointment) Or take the bus to the clinic: Mon., Tues, or Wed.		May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love. --Irish Blessing 			1 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30  2 Movie: Hachi – 2:00 	
3 Catholic Mass – 8:00 Ch. 60 Ecumenical Worship with Holy Communion – 1:30 	4 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 U of Mary Action Group – 3:00 	5 Lament, Lyrics & Laughter with Chaplain Angie – 10:00 Activity Room Rosary – 1:00 Chapel Drawing for People Who (Think They) Can't Draw – 2:00 	6 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Lenten Worship – 2:00 Chapel	7 Shopping: Dollar Tree – 9:00 Catholic Communion – 10:00 March Birthday Dinner – 11:30 Music with Jim Geiger – 2:00 	8 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Bingo – 2:00 	9 Movie: The Book Thief - 2:00 
10 Daylight Savings Time Begins Catholic Mass – 8:00 Ch. 60 Ecumenical Worship – 1:30 	11 Armchair Exercises – 10:00 Exercise Area  ASPIRE Exercise Class - 1:30 U of Mary Action Group – 3:00	12 Bible Study on Galatians – 10:30 Activity Room Rosary – 1:00 Chapel Assemble St. Patrick's Day Table Favors – 2:00  Neighborhood Social (Apts. 101-114) – 3:30 Library	13 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Lenten Worship – 2:00 Chapel  Chris	14 Shopping: Target – 9:00 Catholic Communion – 10:00 Music with Randy Karr – 2:00  Janice	15 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Popcorn – 2:00 Lobby Cards & Games – 2:00  Jim, Lucille	16 Movie: The Impossible – 2:00 
17 Happy St. Patrick's Day! Catholic Mass – 8:00 Ch. 60 Ecumenical Worship – 1:30 	18 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 U of Mary Action Group – 3:00	19 Lament, Lyrics & Laughter with Chaplain Angie – 10:00 Activity Room Rosary – 1:00 Chapel Pet Visits – 2:00 Lobby 	20 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Lenten Worship – 2:00 Chapel  Gene	21 Shopping: Family Fare – 9:00 Catholic Communion – 10:00 Music with Young at Heart – 2:00 	22 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Cards & Games – 2:00	23 Movie: Flyboys – 2:00  
24/31 Palm Sunday (24) Happy Easter! (31)  Catholic Mass – 8:00 Ch. 60 Ecumenical Worship – 1:30 	25 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Nails – 2:00 Activity Room U of Mary Action Group – 3:00 	26 Bible Study on Galatians – 10:30 Activity Room  Rosary – 1:00 Chapel Make Easter Nest Treats – 2:00 Neighborhood Social (Apts. 151-166) – 3:30 Dance Floor	27 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Music with Milt Bradford – 2:00 	28 Shopping: Walmart – 9:00 Catholic Communion – 10:00 Maundy Thursday Worship – 2:00 Chapel  Color Easter Eggs – 3:00	29 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Good Friday Worship – 2:00 Chapel 	30 Movie: Easter Parade – 2:00  