

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Nursing Center Life Enrichment Calendar March 2025

Duration of Programs: last for 30 minutes. Games, Parties and Entertainment last for 1 hour or more. Programs are subject to change.

CC=Christopher Center. Supplies are accounted for after each program.

Morning Programs

9:30 AM-11:30 AM
Zen Time
Sing Along (tv)

Afternoon Programs

Movie Matinee
"Residents Choice"

1

Morning Programs 2
9:30 AM-11:30 AM
Zen Time
Hymn Sing Along (tv)

Afternoon Programs
Movie Matinee
"Residents Choice"

Morning Programs 3
9:30 AM-11:30 AM
Zen Time
Engagement Kits

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
(Cat in the Hat Day)

Morning Programs 4
9:30 AM-11:30 AM
Zen Time

Mardi Gras Celebration
11:00 Music w' Clara (cc)
2:00 Music Therapy w' Lindsay (CC)
Mardi Gras

Morning Programs 5
9:30 AM-11:30 AM
Zen Time
Hymn Singalong
Bingo

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 6
9:30 AM-11:30 AM
Zen Time
Reading Circle
Craft

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 7
9:30 AM-11:30 AM
Zen Time
Sensory Stimulation
Engagement Kits
Bingo

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 8
9:30 AM-11:30 AM
Zen Time
Sing Along (tv)

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 9
9:30 AM-11:30 AM
Zen Time
Hymn Sing Along (tv)

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Daylight Saving Time Begins

Morning Programs 10
9:30 AM-11:30 AM
Zen Time
Engagement Kits

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
(Cat in the Hat Day)

Morning Programs 11
9:30 AM-11:30 AM
Sittercise
Balloon Volley
Zen Time

Afternoon Programs
Engagement Kits
1:30 PM-3:00 PM
Mobile Programming Cart

Morning Programs 12
9:30 AM-11:30 AM
Zen Time
Hymn Singalong
Bingo

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Coca-Cola Day

Morning Programs 13
9:30 AM-11:30 AM
Zen Time
Sittercise

10:30 Music & Fun w' Eileen (cc)
Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Purim Begins

9:30 AM-11:30 AM
Zen Time
Sensory Stimulation
Engagement Kits
Bingo

2:00 We Bring the Music
"Rick Larue"(cc)

Morning Programs 15
9:30 AM-11:30 AM
Zen Time
Sing Along (tv)

Afternoon Programs
Movie Matinee
"Residents Choice"

9:30 AM-11:30 AM 16
Zen Time
Hymn Sing Along (tv)

Afternoon Programs
Movie Matinee
"Residents Choice"

9:30 AM-11:30 AM 17
Zen Time
Engagement Kits

Afternoon Programs
1:30 PM-3:00 PM
Mobile Programming Cart
St. Patrick's Day
St. Patrick's Day

9:30 AM-11:30 AM 18
Sittercise
Balloon Volley
Zen Time

Engagement Kits
2:00 Music Therapy w' Lindsay (CC)

Morning Programs 19
9:30 AM-11:30 AM
Zen Time
Hymn Singalong
Bingo

12:30 Monthly B-Day Bash
Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 20
9:30 AM-11:30 AM
Zen Time
Reading Circle
Craft

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Back Patio Visits (weather permitting)
Spring Begins

Morning Programs 21
9:30 AM-11:30 AM
Zen Time
Sensory Stimulation
Engagement Kits
Bingo

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Back Patio Visits (weather permitting)

Morning Programs 22
9:30 AM-11:30 AM
Zen Time
Sing Along (tv)

Afternoon Programs
Zen Time
Mobile Programming Cart
Outside Visits (weather permitting)

Morning Programs 23
9:30 AM-11:30 AM
Zen Time
Hymn Sing Along (tv)

Afternoon Programs
Movie Matinee
"Residents Choice"

Morning Programs 24
9:30 AM-11:30 AM
Zen Time
Engagement Kits

2:00 Music w' Jodie & Friends(CC)

Morning Programs 25
9:30 AM-11:30 AM
Sittercise
Balloon Volley
Zen Time

Engagement Kits
Afternoon Programs
1:30 PM-3:00 PM
Mobile Programming Cart
Back Patio Visits (weather permitting)

9:30 AM-11:30 AM 26
Zen Time
Hymns & Devotions
w' Pastoral Counselor, Obie Sue
Bingo

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart

Morning Programs 27
9:30 AM-11:30 AM
Zen Time
Reading Circle
Craft

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
(Cherry Tree Day)

Morning Programs 28
9:30 AM-11:30 AM
Zen Time
Sensory Stimulation
Engagement Kits
Bingo

2:00 Music w' Dennis
& the Crew (cc)

Morning Programs 29
9:30 AM-11:30 AM
Zen Time
Sing Along (tv)

Afternoon Programs
Zen Time
Mobile Programming Cart
Outside Visits (weather permitting)

Morning Programs 30
9:30 AM-11:30 AM
Zen Time
Hymn Sing Along (tv)

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
Outside Visits (weather permitting)

Morning Programs 31
9:30 AM-11:30 AM
Zen Time
Engagement Kits

Afternoon Programs
1:30 PM-3:00 PM
Zen Time
Mobile Programming Cart
(Cat in the Hat Day)

March Birthdays

The Nursing Center residents will celebrate with their friends on Wednesday, March 19, during lunchtime.

Audrey Shepherd March 5, 1935

Inez Robertson March 28, 1958

March Birthstone: Aquamarine is believed to absorb the energy of young love, so grooms would often give aquamarine to their brides as a wedding gift. The gemstone for the 19th wedding anniversary, aquamarine, is also said to reawaken the love of married couples.



Music Entertainment

The Music in Me

Join Music Therapist, **Lindsay Taylor** on Tuesday, March 4 & 18, at 2:00 pm, in the Christopher Center Living Room for a fun filled hour of music and song as she entertains us with her talented musical abilities.

Sing Along w' Clara (Front Porch)

The Front Porch is a nonprofit music school and venue, dedicated to connecting everyone through music, offering classes, concerts, and community outreach. Entertainer, **Clara George** will be here on Tuesday, March 4, at 11:00 a.m., in the Christopher Center Sunroom.

Music and Fun

Join resident volunteer, **Eileen Bracuti**, for "Music & Fun on Thursday, March 13, at 10:30 a.m., in the Christopher Center Sunroom as she plays her guitar and shares jokes.

We Bring the Music

Graduate of University of Miami School of Music. Performed with Miami Symphony, Florida International University Jazz Band, Vassar Clements, the Volunteers and the Mavericks. Directed High School, Middle School and Elementary Orchestras and Guitar and Theory classes in Florida and Virginia. Studio violin, guitar and mandolin instructor. Currently performing with the Lynchburg Symphony various classical, jazz and rock groups, and teaching violin and guitar. Join Rick Larue on Friday, March 14, at 2:00 p.m., in the Christopher Center Living Room for a fun filled hour of music and song.

Dennis & The Crew

Join your friends in the Christopher Center Living Room on Friday, March 28th, at 2:00 p.m., for a stomping good time as family volunteer, Dennis Moler and his Crew perform a variety of songs from all different era's.

Jodi Stevens & Friends

Join your neighbors, in the Living Room, for an afternoon of fellowship and fun on Monday, March 24, at 2:00 p.m., for a sing-along with **Jodi Stevens and Friends**.

Tidings of Peace

Our Lady of Peace Nursing Center
751 Hillsdale Drive
Charlottesville, VA 22901

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Zen Room

The "Zen Room" is a dedicated space in the Nursing Center designed to promote relaxation and calmness for our treasured seniors. This area features calming colors, natural elements, soft lighting, comfortable seating, and features like waterfalls, nature sounds, or gentle music, creating a serene environment for meditation, quiet reflection, or an area to simply unwind.

Mobile Programming

The mobile programming cart will be a treasure chest on wheels, brimming with possibilities to engage, entertain, and enrich the lives of our residents that enjoy spending time in the comfort of their rooms.

Music Entertainment

Will take place in The Christopher Center.

Welcome New Resident!

Nancy Miner
RM 12A

Mobile Programming Special Events

The Cat in the Hat

This month is the birth anniversary of **Theodor Seuss Geisel** (1904–1991), creator of rhyming books for children. Seuss received the Pulitzer Prize in 1984 "for his contribution over nearly half a century to the education and enjoyment of...children and their parents." The Nursing Center residents will have the opportunity to celebrate The Cat in the Hat Day throughout the month of March. On Monday, March 3rd, 10th, and 31st, at 2:00 p.m. the Life Enrichment staff will lead residents in a one-on-one reading time.

Mardi Gras

In French, Mardi Gras means "Fat Tuesday" and is celebrated before Ash Wednesday as a last "fling" prior to the 40 days of Lent which precedes Easter. Festivals like Mardi Gras sprang up throughout Europe as a means to prepare for the coming times of self-denial. Tuesday, March 4, at 10:00 a.m. we'll celebrate Mardi Gras in true New Orleans fashion. We will enjoy nibbling on a king cake and wearing masks and beads in the traditional Mardi Gras colors **purple, green and gold**.

Coca-Cola Day

During this month in 1886, the first batch of Coca-Cola was brewed over a fire in a backyard in Atlanta, Georgia. Dr. John Pemberton had created the concoction as a cure for hangovers, stomachaches, and headaches. In honor of Coca-Cola Day Wednesday, March 12, at 2:00 p.m., We'll learn the history of Coca Cola while slurping on "**Coke Floats**."

St. Patrick's Day

The Irish have observed this day as a religious holiday for over a thousand years. Lenten prohibitions against the consumption of meat are waived and people dance, drink, and feast on the traditional meal of Irish bacon and cabbage. We will celebrate St. Patrick's Day on Monday, March 17, at 2:00 p.m. We will learn about Irish Folklore and Irish Blessings while enjoying sipping on a Shamrock Shake. Don't forget to wear your **GREEN** if you do not want to get pinched by the Leprechaun!

Cherry Tree Day

This month marks the 102nd anniversary of the planting of the first cherry trees in Washington, D.C. First Lady Helen Taft, wife of U.S. President William Howard Taft, and the wife of the Japanese Ambassador planted two Yoshino cherry trees near the Potomac Tidal Basin. Thursday, March 27, at 2:00 p.m. We will honor Cherry Tree Day by making a water bottle cherry blossom painting.