Vibrant life
BE VIBRANT. BE YOU.

March 2020
Harbour Pointe Generations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Add a Piece Puzzle Group 2:00 Out and About with Chad 3:30 Move To The Music 5:15 Aromatherapy 6:00 Sport Games	**2** 10:30 Rise and Shine Workout 11:00 Brain Games 11:30 Eldergrow 1:30 Culinary Expressions through Baking 4:00 Sing-a-Long [1st F L] 5:15 Aromatherapy 6:00 Sport Games	**3** 10:00 Pet Visit with Stanley 10:15 Add It Up 10:30 Rise and Shine Workout 11:00 Crafts with Allis 11:15 Catholic Communion [M] 2:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**4** 10:30 Rise and Shine Workout 11:00 Trivia Challenge 11:30 Let's Take A Walk 1:30 Add a Piece Puzzle Group 2:00 Crafts with Allis 3:30 Sing-a-Long 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**5** 9:15 Michael's Tender Foot Care 10:15 Light Up Your Life 10:30 Rise and Shine Workout 3:00 Sing-a-Long [1st F L] 4:00 F Woggie Pet Visit 4:30 Book Club 5:15 Aromatherapy 6:00 Sport Games	**6** **Beauty Salon- Margaret** **National Dress in BLUE Day** 9:15 A Trivia Challenge [C] 10:30 Rise and Shine Workout 1:30 Let's Take A Walk 2:00 Brain Games 2:30 Flower Arranging 3:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**7** **Beauty Salon- Sandra** 10:00 Crafting 10:30 Rise and Shine Workout 11:15 Memory Games 1:30 Take A Walk 2:30 Add a Piece Puzzle Group 5:15 Aromatherapy 6:00 Sport Games
8 **Daylight Saving Time Begins** 10:30 Rise and Shine Workout 2:00 Out and About with Chad 3:30 Move To The Music 5:15 Aromatherapy 6:00 Sport Games	**9** 10:30 Rise and Shine Workout 11:00 Brain Games 1:30 Culinary Expressions through Baking 4:00 Sing-a-Long [1st F L] 5:15 Aromatherapy 6:00 Sport Games	**10** 9:45 Hot Cocoa with Stories 10:00 Pet Visit with Stanley 10:15 Add It Up 10:30 Rise and Shine Workout 11:00 Crafts with Allis 11:15 Catholic Communion [M] 1:30 Hearing Aid Clinic 2:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**11** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Trivia Challenge 11:30 Let's Take A Walk 1:30 Add a Piece Puzzle Group 2:00 Crafts with Allis 3:30 Sing-a-Long 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**12** **Girl Scout Day** 9:45 Hot Cocoa with Stories 10:15 Light Up Your Life 10:30 Rise and Shine Workout 1:30 Music and Movement 3:00 Sing-a-Long [1st F L] 4:00 F Woggie Pet Visit 4:30 Book Club 5:15 Aromatherapy 6:00 Sport Games	**13** **Beauty Salon- Margaret** 9:45 Hot Cocoa with Stories 9:15 A Trivia Challenge [C] 10:30 Rise and Shine Workout 1:30 Let's Take A Walk 2:00 Brain Games 2:30 Flower Arranging 3:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**14** **Beauty Salon- Sandra** **National Pi Day** 9:45 Hot Cocoa with Stories 10:00 Crafting 10:30 Rise and Shine Workout 11:15 Memory Games 1:30 Take A Walk 2:30 Add a Piece Puzzle Group 5:15 Aromatherapy 6:00 Sport Games
15 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 2:00 Out and About with Chad 3:30 Move To The Music 5:15 Aromatherapy 6:00 Sport Games	**16** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Brain Games 11:30 Eldergrow 1:30 Culinary Expressions through Baking 4:00 Sing-a-Long [1st F L] 5:15 Aromatherapy 6:00 Sport Games	**17** **St. Patrick's Day** 9:45 Hot Cocoa with Stories 10:00 Pet Visit with Stanley 10:15 Add It Up 10:30 Rise and Shine Workout 11:00 Crafts with Allis 11:15 Catholic Communion [M] 2:00 Out and About with Chad 2:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**18** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Trivia Challenge 11:30 Let's Take A Walk 1:30 Add a Piece Puzzle Group 2:00 Crafts with Allis 3:00 Dementia/Alzheimer's Support Group [M] 3:30 Birthday Party Music with Jim Smith 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**19** 9:45 Hot Cocoa with Stories 10:15 Light Up Your Life 10:30 Rise and Shine Workout 11:00 Add a Piece Puzzle Group 1:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 F Woggie Pet Visit 4:30 Book Club 5:15 Aromatherapy 6:00 Sport Games	**20** **Beauty Salon- Margaret** **Michael's Tender Foot Care** 9:45 Hot Cocoa with Stories 9:15 A Trivia Challenge [C] 10:30 Rise and Shine Workout 1:30 Let's Take A Walk 2:00 Brain Games 2:30 Flower Arranging 3:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**21** **Beauty Salon- Sandra** **Common Courtesy Day** 9:45 Hot Cocoa with Stories 10:00 Crafting 10:30 Rise and Shine Workout 11:15 Memory Games 1:30 Take A Walk 2:00 Open Worship Sing a Long MS Dining Room 2:30 Add a Piece Puzzle Group 5:15 Aromatherapy 6:00 Sport Games
22 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 2:00 Out and About with Chad 3:30 Move To The Music 5:15 Aromatherapy 6:00 Sport Games	**23** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Brain Games 1:30 Culinary Expressions through Baking 4:00 Sing-a-Long [1st F L] 5:15 Aromatherapy 6:00 Sport Games	**24** 9:45 Hot Cocoa with Stories 10:00 Pet Visit with Stanley 10:15 Add It Up 10:30 Rise and Shine Workout 11:00 Crafts with Allis 11:15 Catholic Communion [M] 2:00 Out and About with Chad 2:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**25** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Trivia Challenge 11:30 Let's Take A Walk 1:30 Add a Piece Puzzle Group 2:00 Crafts with Allis 3:30 Happy Hour Music with Uncle Doug 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**26** 9:45 Hot Cocoa with Stories 10:15 Light Up Your Life 10:30 Rise and Shine Workout 11:00 Add a Piece Puzzle Group 1:30 Music and Movement 3:00 Sing-a-Long [1st F L] 4:00 F Woggie Pet Visit 4:30 Book Club 5:15 Aromatherapy 6:00 Sport Games	**27** **Beauty Salon- Margaret** 9:45 Hot Cocoa with Stories 9:15 A Trivia Challenge [C] 10:30 Rise and Shine Workout 1:30 Let's Take A Walk 2:00 Brain Games 2:30 Flower Arranging 3:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	**28** **Beauty Salon- Sandra** 9:45 Hot Cocoa with Stories 10:00 Crafting 10:30 Rise and Shine Workout 11:15 Memory Games 1:30 Take A Walk 2:30 Add a Piece Puzzle Group 5:15 Aromatherapy 6:00 Sport Games
29 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 2:00 Out and About with Chad 3:30 Move To The Music 5:15 Aromatherapy 6:00 Sport Games	**30** 9:45 Hot Cocoa with Stories 10:30 Rise and Shine Workout 11:00 Brain Games 1:30 Culinary Expressions through Baking 4:00 Sing-a-Long [1st F L] 5:15 Aromatherapy 6:00 Sport Games	**31** 9:45 Hot Cocoa with Stories 10:00 Pet Visit with Stanley 10:15 Add It Up 10:30 Rise and Shine Workout 11:00 Crafts with Allis 11:15 Catholic Communion [M] 2:00 Quilting with Allis 3:00 Sing-a-Long [1st F L] 4:00 Sport Games 5:15 Aromatherapy 6:00 Evening Movie with Popcorn	Harbour Pointe Senior Living 10200 Harbour Place Mukilteo, WA 98275 425-493-8555	**Location Keys** 1st Flr. Lounge 1st F L Cafe C Media Room M	Be Adventurous Be Challenged Be Connected Be Inspired Be Social Be Well

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