



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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The Pacifica Legacies™ program encompasses 7 daily activities focused on specific areas to draw your loved ones on past interest and life skills. These activities include the following: Physical Wellness (P), Reminiscent Activities (R), Social/Spiritual Activities (S), Cognitive Visual and Language Skills (C), Music (M), Life Enrichment Skills (L) and Outdoor Activities (O). Our program offers scenic drives!

**Meal Times**  
 Breakfast 7:30  
 Lunch 11:30  
 Dinner 4:30



**9:15 Moovin & Groovin! (PSM)<sup>1</sup>**  
 9:45 Hydration & Snack (MS)  
**10:00 Circle of friends (PRC)**  
 11:00 Trivia (RCLM)  
 12:30 Relaxation time (RSM)  
**1:30 B-I-N-G-O (SCML)**  
**2:30 Happy Hour & Live Music**  
 3:30 Manicures (PSCM)  
 6:00 Evening Snack & Hydration

**9:15 Bodies in Motion! (PSM)<sup>2</sup>**  
 9:45 Hydration & Snack (SM)  
**10:00 Balloon Toss (PRC)**  
 10:45 Card/Table Games (PRC)  
 12:30 Relaxation time (RSM)  
 1:00 Arts & Craft (SRCML)  
**2:00 B-I-N-G-O (SCML)**  
 3:15 Natural Walk (PMSRCL)  
 6:00 Evening Snack & Hydration

**9:15 Exercise in patio (POS) <sup>3</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Stations (PRCML)  
 12:30 Relaxation time (RSM)  
 1:00 Balloon Stroll (PSLO)  
**1:15 Prince Of Peace Church (LS)**  
**1:30 B-I-N-G-O (SCML)**  
**3:00 Baptist Church (LR) (LS)**  
 3:15 Afternoon Stroll (SRCML)  
 6:00 Evening Snack & Hydration

**9:15 Exercise in patio (POS) <sup>4</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Parachute Fun  
**11:00 Fred's Market**  
 12:30 Relaxation time (RSM)  
 1:30 Outside Stroll (PRSO)  
**2:00 B-I-N-G-O W/ Cookies (SCML)**  
 3:15 Outside Stroll  
 6:00 Evening Snack & Hydration (MS)

**9:15 Moovin & Groovin! (PSM) <sup>5</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Arts & Craft (SRCML)  
 11:00 Trivia (RCSL)  
 12:30 Relaxation time (RSM)  
 1:00 Bowling (PSCLM)  
**2:00 B-I-N-G-O (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
**3:15 FAT TUESDAY HH**  
 6:00 Movie & Popcorn (RSCL)

**9:15 Bodies in Motion! (PSM) <sup>6</sup>**  
 9:45 Hydration & Snack (SM)  
 10:00 Sing-A Long (MRS)  
 10:30 Arts & Craft (SRCML)  
 12:30 Relaxation time (RSM)  
 1:00 Outside stroll  
**2:00 B-I-N-G-O (SC)**  
**3:15 Ice Cream with friends**  
 6:00 Snack & Hydration (SMR)

**9:15 Exercise in patio (PSMO) <sup>7</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Circle of friends (RCL)  
 11:00 Rolling Silverware (PRCM)  
**12:45 Pastor Tanner (RSM)**  
 1:00 Kick the Ball  
**2:00 B-I-N-G-O W/ Cookies**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Balloon Toss (SCML)  
 6:00 Evening Snack & Hydration

**9:15 Moovin & Groovin! (PSM) <sup>8</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Arts & Craft (SRCML)  
 11:00 Trivia (RCSL)  
 12:30 Relaxation time (RSM)  
**1:30 B-I-N-G-O (SCML)**  
**2:30 Happy hour & Live Music**  
 3:30 Manicures (PSCM)  
 6:00 Movie & Popcorn (RSCL)

**9:15 Bodies in Motion! (PSM) <sup>9</sup>**  
 9:45 Hydration & Snack (MS)  
**10:00 Sing-A Long in Patio**  
 10:30 Kick the ball (PSCLM)  
 12:30 Relaxation time (RSM)  
 1:00 Arts & Craft (RSCML)  
**2:00 B-I-N-G-O (SC)**  
 3:15 Outside Bowling (Men's Club)  
 6:00 Evening Snack & Hydration

**9:15 Exercise in patio (POS) <sup>10</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Stations (PRCML)  
 12:30 Relaxation time (RSM)  
 1:00 Balloon Toss (PSLO)  
**1:15 Prince Of Peace Church (LS)**  
**1:30 B-I-N-G-O (SCML)**  
**3:00 Baptist Church (LR) (LS)**  
 3:15 Afternoon Stroll (SRCML)  
 6:00 Evening snacks (MS)

**9:15 Bodies in Motion! (PSM) <sup>11</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Station (PRC)  
**11:00 Fiore's Restaurant**  
 12:30 Relaxation time (RSM)  
 1:30 Balloon Toss (MSCLR)  
**2:00 B-I-N-G-O W/ Cookies (SCL)**  
 3:15 Card Games (PCL)  
 6:00 Evening Snack & Hydration

**9:15 Moovin & Groovin! (PSM) <sup>12</sup>**  
 9:45 Hydration & Snack (SM)  
 10:00 Circle of friends (RSCM)  
 11:00 Trivia (RC)  
 12:30 Relaxation time (RSM)  
 1:00 UNO club (SRCLM)  
**2:00 B-I-N-G-O (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Manicures (PSCM)  
 6:00 Evening Snack & Hydration (SM)

**9:15 Bodies in Motion! (PSM) <sup>13</sup>**  
 9:45 Hydration & Snack (SM)  
 10:00 Balloon Toss (PRC)  
 10:30 Card/Table Games (PRC)  
 12:30 Relaxation time (RSM)  
 1:00 Arts & Craft (SRCML)  
**2:00 B-I-N-G-O (SCML)**  
 3:15 Jewelry Making (PMSRCL)  
 6:00 Evening Snack & Hydration (SM)

**9:15 Exercise in patio (PSM) <sup>14</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Station (PRC)  
 11:00 Rolling Silverware (RCLM)  
**12:45 Pastor Tanner (RSM)**  
 1:00 Legs in Motion (PCLM)  
**2:00 B-I-N-G-O W/ Cookies (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Balloon Toss  
 6:00 Evening Snack & Hydration (MS)

**9:15 Moovin & Groovin! (PSM) <sup>15</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Circle of friends (PRC)  
 11:00 Trivia (RCLM)  
 12:30 Relaxation time (RSM)  
**1:30 B-I-N-G-O (SCML)**  
**2:30 Happy Hour & Live Music**  
 3:30 Manicures (PSCM)  
 6:00 Evening Snack & Hydration

**9:15 Bodies in Motion! (PSM) <sup>16</sup>**  
 9:45 Hydration & Snack (SM)  
**10:00 Balloon Toss (PRC)**  
 10:30 Card/Table Games (PRC)  
 12:30 Relaxation time (RSM)  
 1:30 Jewelry Making  
**2:00 B-I-N-G-O (SCML)**  
 3:15 Nature Walk (POSL)  
 6:00 Evening Snack & Hydration

**Happy St. Patrick's Day! <sup>17</sup>**  
**9:15 Exercise in patio (POS)**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Stations (PRCML)  
 12:30 Relaxation time (RSM)  
**1:15 Prince Of Peace Church (LS)**  
**1:30 B-I-N-G-O (SCML)**  
**3:00 Baptist Church (LR) (LS)**  
 3:15 Afternoon Stroll (SRCML)  
 6:00 Evening snacks (MS)

**9:15 Exercise in patio (POS) <sup>18</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Parachute Fun  
**11:00 Bella Cucina**  
 12:30 Relaxation time (RSM)  
 1:30 Gardening Club (PRSO)  
**2:00 B-I-N-G-O W/ Cookies**  
 3:30 Outside Stroll (PSLO)  
 6:00 Evening Snack & Hydration

**9:15 Moovin & Groovin! (PSM) <sup>19</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Arts & Craft (SRCML)  
 11:00 Trivia (RCSL)  
 12:30 Relaxation time (RSM)  
 1:00 Bowling (PSCLM)  
**2:00 B-I-N-G-O (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Manicures (PSCM)  
 6:00 Movie & Popcorn (RSCL)

**9:15 Bodies in Motion! (PSM) <sup>20</sup>**  
 9:45 Hydration & Snack (SM)  
**10-1 PACIFICA STRAWBERRY FESTIVAL & COOKOUT!**  
 1:00 Outside stroll (RSPCML)  
**2:00 B-I-N-G-O (SC)**  
**3:15 Ice Cream with friends**  
 6:00 Snack w/ Hydration (SM)

**9:15 Exercise in patio (PSMO) <sup>21</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Circle of friends (RCL)  
 11:00 Rolling Silverware (PRCM)  
**12:45 Pastor Tanner (RSM)**  
 1:00 Kick the Ball  
**2:00 B-I-N-G-O W/ Cookies**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Balloon Toss (SCML)  
 6:00 Evening Snack & Hydration

**9:15 Moovin & Groovin! (PSM) <sup>22</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Arts & Craft (SRCML)  
 10:45 Trivia (RCSL)  
 12:30 Relaxation time (RSM)  
**1:30 B-I-N-G-O (SCML)**  
**2:30 Happy hour & Live Music**  
 3:30 Manicures (PSCM)  
 6:00 Movie & Popcorn (RSCL)

**9:15 Bodies in Motion! (PSM) <sup>23</sup>**  
 9:45 Hydration & Snack (SM)  
**10:00 Sing-A Long (RSL)**  
 10:30 Kick the ball (PCL)  
 12:30 Relaxation time (RSM)  
 1:00 Arts & Craft (RSCML)  
**2:00 B-I-N-G-O (SC)**  
 3:15 Outside Bowling (Men's Club)  
 6:00 Snacks & Hydration (SM)

**9:15 Exercise in patio (POS) <sup>24/31</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Stations (PRCML)  
 12:30 Relaxation time (RSM)  
 1:00 Balloon Toss (PSLO)  
**1:15 Prince Of Peace Church (LS)**  
**1:30 B-I-N-G-O (SCML)**  
**3:00 Baptist Church (LR) (LS)**  
 3:15 Afternoon stroll (SRCML)  
 6:00 Evening snacks (MS)

**9:15 Bodies in Motion! (PSM) <sup>25</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Station (RCM)  
**11:00 Picnic Outing**  
 12:30 Relaxation time (RSM)  
 1:30 Balloon Toss (PC)  
**2:00 B-I-N-G-O W/ Cookies (SCML)**  
 3:15 Card Games (PCL)  
 6:00 Evening Snack & Hydration

**9:15 Moovin & Groovin! (PSM) <sup>26</sup>**  
 9:45 Hydration & Snack (SM)  
 10:00 Circle of friends (RSCM)  
 11:00 Trivia (RC)  
 12:30 Relaxation time (RSM)  
 1:00 UNO club (SRCLM)  
**2:00 B-I-N-G-O (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Manicures (PSCM)  
 6:00 Evening Snack & Hydration (SM)

**9:15 Bodies in Motion! (PSM) <sup>27</sup>**  
 9:45 Hydration & Snack (SM)  
**10:00 Balloon Toss (PRC)**  
 10:45 Card/Table Games (PRC)  
 12:30 Relaxation time (RSM)  
 1:00 Arts & Craft (SRCML)  
**2:00 B-I-N-G-O (SCML)**  
 3:15 Jewelry Making (PMSRCL)  
 6:00 Evening Snack & Hydration (SM)

**9:15 Exercise in patio (PSMO) <sup>28</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Traveling Station (PRC)  
 11:00 Rolling Silverware (RCLM)  
**12:45 Pastor Tanner (RSM)**  
 1:00 Legs in Motion (PCLM)  
**2:00 B-I-N-G-O W/ Cookies (SCML)**  
**3:00 SIGHT SEEING TRIP! (POSML)**  
 3:30 Balloon Toss (SCML)  
 6:00 Evening Snack & Hydration (MS)

**9:15 Moovin & Groovin! (PSM) <sup>29</sup>**  
 9:45 Hydration & Snack (MS)  
 10:00 Circle of friends (PRC)  
 11:00 Trivia (RCLM)  
 12:30 Relaxation time (RSM)  
**1:30 B-I-N-G-O (SCML)**  
**2:30 Happy Hour & Live Music**  
 3:30 Manicures (PSCM)  
 6:00 Evening Snack & Hydration

**9:15 Bodies in Motion! (PSM) <sup>30</sup>**  
 9:45 Hydration & Snack (SM)  
**10:00 Balloon Toss (PRC)**  
 10:45 Card/Table Games (PRC)  
 12:30 Relaxation time (RSM)  
 1:00 Jewelry Making  
**2:00 B-I-N-G-O (SCML)**  
 3:15 Nature Walk (POSL)  
 6:00 Evening Snack & Hydration



# MARCH 2019 – ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>DAYLIGHT SAVINGS TIME IS SUNDAY, MARCH 10TH!</b> REMEMBER TO SET YOUR CLOCKS FORWARD ONE HOUR ON SATURDAY, MARCH 9TH BEFORE YOU GO TO BED!</p>					<p><b>SPIRIT DAY! 1</b> <b>9:45 SHOPPING CARAVAN</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> 2:30 Happy Hour &amp; Live Music! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>	<p><b>2</b> 9:30 Morning Stroll <b>10:00 Wii Games (Bowling)</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O</b> 2:30 Afternoon Movie! 4:30 Dinner &amp; Activity of Choice</p>
<p><b>3</b> 9:30 Morning Stroll 11:30 Lunch &amp; Activity of Choice <b>1:15 Prince of Peace</b> 2:00 Afternoon Stroll 3:00 Baptist Church 4:30 Dinner &amp; Activity of Choice</p>	<p><b>4</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 11:30 Lunch &amp; Activity of Choice <b>1:00 BINGO (AR)</b> 2:30 BRAIN GAMES! (LR) 3:15 JEWELRY MAKING 4:30 Dinner &amp; Activity of Choice</p>	<p><b>FAT TUESDAY! 5</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 10:30 Mini Manicures 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> <b>3:15 FAT TUESDAY HH</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>6</b> 9:30 Morning Walk <b>11:00 THE FISH HOUSE!</b> 11:30 Activity of Choice &amp; Lunch <b>1:30 BINGO/TRIVIA</b> 3:00 ICE CREAM &amp; TRIVIA! 4:30 Dinner &amp; Activity of Choice</p>	<p><b>7</b> 9:30 Morning Walk 9:30 Bible Study (PDR) <b>10:00 BODIES IN MOTION</b> 10:30 Mini Manicures 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>SPIRIT DAY! 8</b> <b>9:45 SHOPPING CARAVAN</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> 2:30 Happy Hour &amp; Live Music! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>	<p><b>9</b> 9:30 Morning Stroll <b>10:00 Wii Games (Bowling)</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O</b> 2:30 Afternoon Movie! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>
<p><b>DAYLIGHT SAVINGS TIME! 10</b> 9:30 Morning Stroll 11:30 Lunch &amp; Activity of Choice <b>1:15 Prince of Peace</b> 2:00 Afternoon Stroll 3:00 Baptist Church 4:30 Dinner &amp; Activity of Choice</p> 	<p><b>11</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 11:30 Lunch &amp; Activity of Choice <b>1:00 BINGO (AR)</b> 2:30 BRAIN GAMES! (LR) 3:15 WII GAMES (LR) 4:30 Dinner &amp; Activity of Choice</p>	<p><b>12</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 10:30 Mini Manicures 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> <b>3:15 MINI MASSAGES (LR)</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>13</b> 9:30 Morning Walk <b>9:30 ART W/OUT BOUNDARIES</b> <b>10:00 HARD ROCK CASINO!</b> 11:30 Activity of Choice &amp; Lunch 1:15 ASH WEDNESDAY SERVICE 2:00 BINGO! 3:00 POPCORN &amp; TRIVIA! 4:30 Dinner &amp; Activity of Choice</p>	<p><b>14</b> 9:30 Morning Walk 9:30 Bible Study (PDR) <b>10:00 BODIES IN MOTION</b> 10:30 Mini Manicures 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>SPIRIT DAY! 15</b> <b>9:45 SHOPPING CARAVAN</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> 2:30 Happy Hour &amp; Live Music! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>	<p><b>16</b> 9:30 Morning Stroll <b>10:00 Wii Games! (Bowling)</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O</b> 2:30 Afternoon Movie! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>
<p><b>ST. PATRICKS DAY! 17</b> 9:30 Morning Stroll 11:30 Lunch &amp; Activity of Choice <b>1:15 Prince of Peace</b> 2:00 Afternoon Stroll 3:00 Baptist Church 4:30 Dinner &amp; Activity of Choice</p> 	<p><b>18</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 11:30 Lunch &amp; Activity of Choice <b>1:00 BINGO (AR)</b> 2:30 BRAIN GAMES! (LR) 3:15 JEWELRY MAKING! 4:30 Dinner &amp; Activity of Choice</p>	<p><b>19</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> <b>3:15 MINI MASSAGES! (LR)</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>20</b> 9:30 Morning Walk <b>10-1 PACIFICA STRAWBERRY FESTIVAL &amp; COOKOUT!</b> <b>2:00 BINGO!!</b> 4:30 Dinner &amp; Activity of Choice</p> 	<p><b>21</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> <b>10:00 RES COUNCIL MTG</b> <b>10:30 FOOD COMMITTEE MTG</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>SPIRIT DAY! 22</b> <b>9:45 SHOPPING CARAVAN</b> <b>10:00 SHOPPALOOZA!</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> 2:30 Happy Hour &amp; Live Music! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>	<p><b>23</b> 9:30 Morning Stroll <b>10:00 Wii Games! (Bowling)</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O</b> 2:30 Afternoon Movie! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>
<p><b>24/31</b> 9:30 Morning Stroll 11:30 Lunch &amp; Activity of Choice <b>1:15 Prince of Peace</b> 2:00 Afternoon Stroll 3:00 Baptist Church 4:30 Dinner &amp; Activity of Choice</p>	<p><b>25</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 11:30 Lunch &amp; Activity of Choice <b>1:00 BINGO (AR)</b> 2:30 BRAIN GAMES 3:15 WII GAMES (LR) 4:30 Dinner &amp; Activity of Choice</p>	<p><b>26</b> 9:30 Morning Walk <b>10:00 BODIES IN MOTION</b> 10:30 Mini Manicures 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> <b>3:15 MINI MASSAGES! (LR)</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>27</b> 9:30 Morning Walk <b>11:00 POP'S PLACE!</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 BINGO/TRIVIA</b> 3:00 POPCORN &amp; TRIVIA! 4:30 Dinner &amp; Activity of Choice</p>	<p><b>28</b> 9:30 Morning Walk 9:30 Bible Study (PDR) <b>10:00 BODIES IN MOTION</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 EXTENDED B-I-N-G-O!</b> 4:30 Dinner &amp; Activity of Choice</p>	<p><b>SPIRIT DAY! 29</b> <b>9:45 SHOPPING CARAVAN</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O!</b> 2:30 Happy Hour &amp; Live Music! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>	<p><b>30</b> 9:30 Morning Stroll <b>10:00 Wii Games! (Bowling)</b> 11:30 Activity of Choice &amp; Lunch <b>1:00 B-I-N-G-O</b> 2:30 Afternoon Movie! 3:30 Afternoon Stroll 4:30 Dinner &amp; Activity of Choice</p>