Vibrant life
BE VIBRANT. BE YOU.

March 2019
Generations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

"March awakens everything, as winter's chill bows down to spring. All the newness to behold, celebrating rainbows and pots of gold! Welcome March and welcome fun, wishing luck and cheer to everyone!
-Valentine Curiel

Be Adventurous
Be Challenged
Be Connected
Be Family
Be Inspired
Be Social
Be Well

CANYON TRAILS
ASSISTED LIVING & MEMORY CARE

March cont'd — **31**
- 8:30 Breakfast [DR]
- 9:00 Morning Meditations [AR]
- 9:30 Catholic Communion [DR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Movie Matinee [B]
- 2:00 Wii Dance party! [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 4:30 Dinner [DR]
- 5:30 New Release Movie [AR]

Resident Birthdays

Zulema C.	3/4
Loretta P.	3/8
Patricia B.	3/17
Juan A.	3/17
Tonya B.	3/20
Joyce A.	3/21
Jack H.	3/22
Maila L.	3/23
Frances B.	3/24
Susan B.	3/26

All activities are subject to change

1
- 8:30 Breakfast [DR]
- 9:30 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Let's Explore! Scenic Drive
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Match [B]
- 4:30 Dinner [DR]
- 5:00 Evening Movie [AR]

2
- 8:30 Breakfast [DR]
- 9:30 Morning Patio Stroll
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Tea [AR]
- 2:00 Afternoon Snacks
- 2:00 Sensory Boards [AR]
- 2:30 Ball Toss [AR]
- 2:30 Manicure and Hand Massages [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Ball Toss [AR]

3
- 8:30 Breakfast [DR]
- 9:00 Morning Meditations [AR]
- 9:30 Catholic Communion [DR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Movie Matinee [B]
- 2:00 Wii Dance party! [AR]
- 2:30 Ball Toss [AR]
- 3:00 Musical Entertainment: Matt Stoneman [AR]
- 4:30 Dinner [DR]
- 5:30 New Release Movie [AR]

4
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 Morning Exercise: Let's Dance! [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:30 Ball Toss [AR]
- 2:30 Its All Right: Expressive Design [AR]
- 2:30 Twister Toss [AR]
- 3:00 Artist Alley: Learn about a famous Painter! [AR]
- 3:30 Garden Club [C]
- 3:30 Get To know You Beach Ball [C]
- 3:30 Get To know You Beach Ball [C]
- 4:30 Dinner [DR]

5
- 8:30 Breakfast [DR]
- 9:40 Morning Stretch & Walking Club [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Culinary Creations! [AR]
- 2:00 Snacks in The Garden [C]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Arts & Crafts
- 3:00 Arts & Crafts [AR]
- 3:30 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Bowling Time [AR]

6
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Wii bowling! [AR]
- 2:00 Balloon Toss [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 3:00 Sensory Boards
- 3:30 Puzzle Challenge
- 4:30 Dinner [DR]
- 5:30 Evening News

7
- 8:30 Breakfast [DR]
- 9:30 Morning Stroll [C]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Stroll In the Garden [C]
- 2:00 Musical Entertainment: Scott Orchard [AR]
- 2:30 Ball Toss [AR]
- 2:30 Bowling for fun [AR]
- 2:30 Twister Toss [AR]
- 3:00 Let's Dance! [AR]
- 3:30 Thursday Afternoon Card Club: Poker, Black Jack , Solitare [AR]
- 4:30 Dinner [DR]
- 5:30 Evening News [DR]

8
- 8:30 Breakfast [DR]
- 9:30 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Let's Explore! Scenic Drive
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Match [B]
- 4:30 Dinner [DR]
- 5:00 Evening Movie [AR]

9
- 8:30 Breakfast [DR]
- 9:30 Morning Patio Stroll
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Tea [AR]
- 2:00 Afternoon Snacks
- 2:00 Sensory Boards [AR]
- 2:30 Ball Toss [AR]
- 2:30 Manicure and Hand Massages [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Ball Toss [AR]

Daylight Saving Time Begins
10
- 8:30 Breakfast [DR]
- 9:00 Morning Meditations [AR]
- 9:30 Catholic Communion [DR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Movie Matinee [B]
- 2:00 Wii Dance party! [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 4:30 Dinner [DR]
- 5:30 New Release Movie [AR]

11
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 Morning Exercise: Let's Dance! [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:30 Ball Toss [AR]
- 2:30 Its All Right: Expressive Design [AR]
- 2:30 Twister Toss [AR]
- 3:00 Artist Alley: Learn about a famous Painter! [AR]
- 3:30 Garden Club [C]
- 3:30 Get To know You Beach Ball [C]
- 3:30 Get To know You Beach Ball [C]
- 4:30 Dinner [DR]

12
- 8:30 Breakfast [DR]
- 9:40 Morning Stretch & Walking Club [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Musical Entertainment: Irby Gascon [AR]
- 2:00 Culinary Creations! [AR]
- 2:00 Snacks in The Garden [C]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Arts & Crafts
- 3:00 Arts & Crafts [AR]
- 3:30 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Bowling Time [AR]

13
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Wii bowling! [AR]
- 2:00 Balloon Toss [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 3:00 Sensory Boards
- 3:30 Puzzle Challenge
- 4:30 Dinner [DR]
- 5:30 Evening News

14
- 8:30 Breakfast [DR]
- 9:30 Morning Stroll [C]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Stroll In the Garden [C]
- 2:00 Snacks and Ball Toss Out Side in the Garden! [C]
- 2:30 Ball Toss [AR]
- 2:30 Bowling for fun [AR]
- 2:30 Twister Toss [AR]
- 3:00 Let's Dance! [AR]
- 3:30 Thursday Afternoon Card Club: Poker, Black Jack , Solitare [AR]
- 4:30 Dinner [DR]
- 5:30 Evening News [DR]

15
- 8:30 Breakfast [DR]
- 9:30 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Let's Explore! Scenic Drive
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Match [B]
- 4:30 Dinner [DR]
- 5:00 Evening Movie [AR]

16
- 8:30 Breakfast [DR]
- 9:30 Morning Patio Stroll
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Tea [AR]
- 2:00 Afternoon Snacks
- 2:00 Sensory Boards [AR]
- 2:30 Ball Toss [AR]
- 2:30 Manicure and Hand Massages [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Ball Toss [AR]

St. Patrick's Day
17
- 8:30 Breakfast [DR]
- 9:00 Morning Meditations [AR]
- 9:30 Catholic Communion [DR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Movie Matinee [B]
- 2:00 Wii Dance party! [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 4:30 Dinner [DR]
- 5:30 New Release Movie [AR]

18
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 Morning Exercise: Let's Dance! [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:30 Ball Toss [AR]
- 2:30 Its All Right: Expressive Design [AR]
- 2:30 Twister Toss [AR]
- 3:00 Artist Alley: Learn about a famous Painter! [AR]
- 3:30 Garden Club [C]
- 3:30 Get To know You Beach Ball [C]
- 3:30 Get To know You Beach Ball [C]
- 4:30 Dinner [DR]

19
- 8:30 Breakfast [DR]
- 9:40 Morning Stretch & Walking Club [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Musical Entertainment: Jet Ricardo [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Arts & Crafts
- 3:00 Arts & Crafts [AR]
- 3:30 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Bowling Time [AR]

20
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Wii bowling! [AR]
- 2:00 Balloon Toss [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 3:00 Sensory Boards
- 3:30 Puzzle Challenge
- 4:30 Dinner [DR]
- 5:30 Evening News

21
- 8:30 Breakfast [DR]
- 9:30 Morning Stroll [C]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Stroll In the Garden [C]
- 2:00 Snacks and Ball Toss Out Side in the Garden! [C]
- 2:30 Ball Toss [AR]
- 2:30 Bowling for fun [AR]
- 2:30 Twister Toss [AR]
- 3:00 Let's Dance! [AR]
- 3:30 Thursday Afternoon Card Club: Poker, Black Jack , Solitare [AR]
- 4:30 Dinner [DR]
- 5:30 Evening News [DR]

22
- 8:30 Breakfast [DR]
- 9:30 Morning Walk
- 10:00 Music with Jeff Lass [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Let's Explore! Scenic Drive
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Match [B]
- 4:30 Dinner [DR]
- 5:00 Evening Movie [AR]

23
- 8:30 Breakfast [DR]
- 9:30 Morning Patio Stroll
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Tea [AR]
- 2:00 Afternoon Snacks
- 2:00 Sensory Boards [AR]
- 2:30 Ball Toss [AR]
- 2:30 Manicure and Hand Massages [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Ball Toss [AR]

24
- 8:30 Breakfast [DR]
- 9:00 Morning Meditations [AR]
- 9:30 Catholic Communion [DR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Movie Matinee [B]
- 2:00 Wii Dance party! [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 4:30 Dinner [DR]
- 5:30 New Release Movie [AR]

25
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 Morning Exercise: Let's Dance! [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:30 Ball Toss [AR]
- 2:30 Its All Right: Expressive Design [AR]
- 2:30 Twister Toss [AR]
- 3:00 Artist Alley: Learn about a famous Painter! [AR]
- 3:30 Garden Club [C]
- 3:30 Get To know You Beach Ball [C]
- 3:30 Get To know You Beach Ball [C]
- 4:30 Dinner [DR]

26
- 8:30 Breakfast [DR]
- 9:40 Morning Stretch & Walking Club [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Culinary Creations! [AR]
- 2:00 Snacks in The Garden [C]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Arts & Crafts
- 3:00 Arts & Crafts [AR]
- 3:30 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Bowling Time [AR]

27
- 8:30 Breakfast [DR]
- 9:40 Morning Walk
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Wii bowling! [AR]
- 2:00 Balloon Toss [AR]
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 3:00 Sensory Boards
- 3:30 Puzzle Challenge
- 4:30 Dinner [DR]
- 5:30 Evening News

28
- 8:30 Breakfast [DR]
- 9:30 Morning Stroll [C]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Stroll In the Garden [C]
- 2:00 Snacks and Ball Toss Out Side in the Garden! [C]
- 2:30 Ball Toss [AR]
- 2:30 Bowling for fun [AR]
- 2:30 Twister Toss [AR]
- 3:00 Let's Dance! [AR]
- 3:30 Thursday Afternoon Card Club: Poker, Black Jack , Solitare [AR]
- 4:30 Dinner [DR]
- 5:30 Evening News [DR]

29
- 8:30 Breakfast [DR]
- 9:30 Morning Walk
- 10:00 Musical Entertainment: Jeff Lass [AR]
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 2:00 Let's Explore! Scenic Drive
- 2:30 Ball Toss [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Match [B]
- 4:30 Dinner [DR]
- 5:00 Evening Movie [AR]

30
- 8:30 Breakfast [DR]
- 9:30 Morning Patio Stroll
- 10:00 The Daily Chronicle read by Kathy Hillas [AR]
- 11:00 Sing along to Those Tunes
- 11:30 Lunch [DR]
- 12:00 Tune In to me: Music Appreciation [AR]
- 1:00 Lets Play BINGO!! [DR]
- 1:30 Afternoon Tea [AR]
- 2:00 Afternoon Snacks
- 2:00 Sensory Boards [AR]
- 2:30 Ball Toss [AR]
- 2:30 Manicure and Hand Massages [AR]
- 2:30 Twister Toss [AR]
- 3:00 Poker Club [AR]
- 4:30 Dinner [DR]
- 5:30 Ball Toss [AR]

Continued at top