

MARCH 2025

MUSCLE SHOALS LIVING CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY in MARCH to: Laura Kelly –8 th Martha Brackeen –9 th Joan Madden –16 th Lula Eggleston –17 th Wendy Holden -17 th Evelyn Wynn –19 th Faye Posey – 23 rd Henry Kerstiens –23 rd Joann Gargis –24 th Vicky Waddle –25 th Buddy Troutt –28 th			Nutrition and You Our purpose in March is to promote good nutrition. Good nutrition is essential for a healthy body and to reduce risk of diseases like heart disease, osteoporosis and diabetes. We also celebrate St. Patrick's Day and welcome the first day of Spring & daylight savings time!			1
2 	3 9:30 BINGO 10:00 Exercise 11:45 Presidents BINGO 	4 9:30 BINGO 10:00 Exercise MARDI GRAS 11:30 King Cake & Ice Cream	5 9:30 BINGO 10:00 Exercise 12:00 Ceramics Class w/ Lucy Swindle Free Item Day 'Bunnies' Theme	6 9:30 BINGO 10:00 Exercise 10:30 CornHole! 11:45 Leprechaun Floats 	7 9:30 BINGO 10:00 COFFEE, HOT COCOA & DONUTS 10:15 March I.Q. Trivia 	8 Set your clocks UP one hour BEFORE going to bed tonight 
9 Did YOU set your clocks UP one hour last night? 	10 9:30 BINGO 10:00 Exercise 11:45 Birthday Banana Split Social 	11 9:30 BINGO 10:00 Exercise 11:30 Bingo with Savannah Gentiva Hospice 	12 9:30 BINGO 10:00 Exercise 11:45 Bingo w/ Kristen Enhabit Hospice 12:00 Ceramics Class	13 9:30 BINGO 10:00 Exercise 10:30 CornHole! 11:45 Bingo with Dylan The Summitt 12:00 Bible Study 	14 9:30 BINGO 10:00 Penny Auction w/ Vicki Genesis Healthcare 	15
16 	17 9:30 BINGO 10:00 Exercise 11:15 Elaine Softley, Nutritionist St. Patrick's Day! 11:45 Lucky Bingo	18 9:30 BINGO 10:00 Exercise Peanut Butter Lovers Day 11:45 Celebrate Peanut Butter! 	19 9:30 BINGO 10:00 Exercise 11:30 Penny Auction w/ Ericka Columbia Cottage 12:00 Ceramics Class 'Your Choice/Good Price'	20 9:30 BINGO 10:00 Exercise 10:30 CornHole! 11:45 Preparing for Severe Weather Jody Hitt Colbert EMA 	21 9:30 BINGO 10:00 Blood Pressure checks w/ Kelli Centerwell Home Health 	22 MARCH 20 IS First Day of SPRING 
23	24 9:30 BINGO 10:00 Exercise	25 9:30 BINGO 10:00 Exercise 11:45 Ice Cream Treats 	26 9:30 BINGO 10:00 Exercise 11:45 Popcorn & Cokes 12:00 Ceramics Class 	27 9:30 BINGO 10:00 Exercise 10:30 CornHole! 11:30 Medicare Spotlight w/ Amanda Elledge 12:00 Bible Study 	28 9:30 BINGO 10:00 JEOPARDY! (our version!) 	29
30	31 9:30 Bingo 10:00 B-Fit w/Janet 10:30 APRIL Review					

