




























MARCH 2023

MUSCLE SHOALS LIVING CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY in MARCH to: Rosa Smith -2 nd Laura Kelly -8 th Martha Brackeen -9 th Joan Madden -16 th Henry Kerstiens -23 rd Vicky Waddle -25 th Happy Anniversary to Janet & David Nichols - 20 th			1 9:30 BINGO 10:00 Exercise 10:30 BP Checks CenterWell Home Health 	2 9:30 BINGO 10:00 Exercise 12:00 Ceramics Class 	3 9:30 BINGO 10:00 Coffee & Donuts 10:15 March and St. Patrick's Trivia  	4 Muscle Shoals Living Center 994 Gattman Park Dr. Muscle Shoals, AL 35661 256-386-9280
5	6 9:30 BINGO 10:00 Exercise 11:30 BINGO with Gentiva Hospice 	7 9:30 BINGO 10:00 Exercise 11:45 Birthday Ice Cream Social 	8 9:30 BINGO 10:00 Exercise	9 9:30 BINGO 10:00 Exercise 10:30 Medicare Spotlight 12:00 Ceramics Class 	10 9:30 BINGO 10:00 Penny Auction w/ Tonya Genesis Healthcare 	12 Set your clocks UP one hour BEFORE going to bed tonight! 
12 Did YOU set your clocks UP one hour last night? 	13 9:30 BINGO 10:00 Exercise 11:30 BINGO with Morgan Aveanna Hospice 	14 9:30 BINGO 10:00 Exercise 4:30 Dinner Out! Momma Jeans 	15 9:30 BINGO 10:00 Exercise 11:30 Penny Auction & Health Talk w/ Ericka - Columbia Cottage 	16 9:30 BINGO 10:00 Exercise 11:30 Leprechaun Floats 12:00 Ceramics Class 	17 9:30 BINGO 10:00 Bingo with Amanda Renaissance of Florence 	18 St. Patrick's Day 
19 March 20 is the First Day of Spring 	20 9:30 BINGO 10:00 Exercise 11:15 Elaine Softley, Nutritionist 10:30 Preparing for Severe Weather Michael Smith Colbert EMA 	21 9:30 BINGO 10:00 Exercise 11:30 BINGO with Brooke Mitchell Hollingsworth 	22 9:30 BINGO 10:00 Exercise Peanut Butter Lovers Day 11:30 Celebrate Peanut Butter! 	23 9:30 BINGO 10:00 Exercise 12:00 Ceramics Class 	24 9:30 BINGO 10:00 'SPRING' Wheel of Fortune 	25
26	27 9:30 BINGO 10:00 Exercise 11:45 CRAFT CLASS: Easter Wreaths or Topiaries 	28 9:30 BINGO 10:00 Exercise 11:30 Piano Music Garry Lovette, Gentiva Hospice	29 9:30 BINGO 10:00 Exercise 11:45 LUCKY Bingo 	30 9:30 BINGO 10:00 Exercise 12:00 Ceramics Class 	31 9:30 BINGO 10:00 APRIL Calendar Review 	Easter is Sunday APRIL 9 