

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2023
Heritage Court
 1925 Reeves Rd Plainfield, IN 46168
 Cumberlandtrace.us 317.838.7070

Cheez Doodle Day 5
 9:00 Sunday Puzzler
 10:00 Sit & Stretch
 10:15 Daily Chronicle
 10:30 Morning Prayer – Peace & Beauty Prayer
 11:00 Sensory Therapeutic Music & Cheeto Snacks
 2:00 Plainfield Christian Church (AL)
 3:30 Small Group Butterfly Button Art

9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Baking Club: Cake Mix Cookies
 11:00 Purim Paper Crowns
 1:30 Monday Movie
 1:30 Popcorn Cart
 2:30 Manicures

National Cereal Day 7
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Arts & Crafts: Cereal Birdfeeders
 11:00 Small Group Reminisce Cereals of the 60s
 2:15 Bingo
 3:30 Cereal Snack Mix & Social
 5:30 Meet & Greet
 6:00 Church Hour w/ Dean White

International Women's Day Wear Purple! 8
 9:30 Trip to Walmart
 11:00 Game Shows
2:30 Ladies Fancy Tea Party
 4:00 Rosie the Riveter Coloring Page
 5:30 Meet & Greet
 6:00 Kings in The Corner

Happy Birthday, Barbie 9
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Men's Group Coffee, Current Events, & Puzzles (AS)
10:30 Ladies Barbie Doll Reminisce & Coloring
 11:00 Small Group Remembering Iconic Outfits
 2:15 Bingo
 3:30 Social Hour
 5:30 Meet & Greet
 6:00 Root Beer Float Cart

Clover All Over Day 10
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Arts & Crafts: Shamrock Art
 11:00 Can You Picture This?
2:00 Glacier Line Jammer Band (AL)
 3:15 Bible Study w/ Catherine

Don't Worry, Be Happy Day 11
10:00 Music w/ Don White (AS)
 11:00 Sensory Touch & Taste: Tortilla Wraps
2:15 Special St. Patty Bingo!!! Goody Bags!!!
 3:30 Manicures

9:00 Sunday Puzzler
 10:00 Sit & Stretch
 10:15 Daily Chronicle
10:30 Spiritual Coloring & Faithfulness Mining
 11:00 Sensory Fun & Feel Play-Doh
 2:00 First Baptist Church (AL)
 3:30 Small Group What Am I? & Puzzles

Labour Day (Australia) 13
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Arts & Crafts: Hoppy Easter Signs
 11:00 A to Z Occupations Game
2:00 Raccoon Lake Saxophone Quartet (AL)
 3:30 Popcorn Cart

Potato Chip Day 14
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Baking Club: Andes Mint Chocolate Cookies
 11:00 Small Group History of Potato Chips & Snacks
 2:15 Bingo
 3:30 Social Hour
 5:30 Meet & Greet
 6:00 Church Hour w/ Dean White

Brain Awareness Week 15
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Lunch at Grey Brother's Cafeteria
 11:00 Game Shows
2:00 Sensory Smell & Reminisce Garden Days Spray
 2:30 Toss a Tune
 3:00 Cranium Crunches & Coloring
 3:30 Junk Drawer Detective & Snack
 5:30 Meet & Greet
 6:00 Evening Bingo

Outdoor Sports Day 16
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Men's Group March Madness Bracket Fun!!! (AS)
10:30 Ladies Beading Bracelets
 11:00 Small Group History of St. Patrick's Day
 2:15 Bingo
 3:30 Social Hour
 5:30 Meet & Greet
 6:00 Adult Coloring

9:45 Sit & Stretch
 10:00 Daily Chronicle
 10:30 Manicures
 11:00 St. Patty's Rhymes & Puzzles
2:00 St. Patrick's Day Social! Beers & Cheers!
 3:15 Bible Study w/ Catherine

Western Movie Night 18
 10:00 Sit & Stretch
 10:15 Daily Chronicle
 10:30 Corn Hole
 11:00 Sensory Sorting & Table Puzzles
 2:15 Bingo
 3:30 Refreshment Cart
 6:00 Evening Movie "Butch Cassidy and the Sundance Kid" (Channel 4)

A "Bubbly" Day 19
 9:00 Sunday Puzzler
 10:00 Sit & Stretch
 10:15 Daily Chronicle
10:30 Jellybean Prayer Jars
11:00 Sensory Bubbles & Slime Fun!
 2:00 United Methodist Church (AL)
 3:30 Small Group Write Word Game

9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Arts & Crafts: Easter Bunny Wreaths
 11:00 Short Story – The Recipe
 1:30 Manicures
3:00 Music w/ Steve Elston

"Melts in Your Mouth, Not in Your Hand" Day 21
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Baking Club: M&M Pretzel Flowers
 11:00 Small Group Spring Reminiscing & Snacks
 2:15 Bingo
 3:30 Social Hour
 5:30 Meet & Greet
 6:00 Church Hour w/ Dean White

9:30 Trip to Dollar Tree 22
 11:00 Game Shows
 2:00 Sensory Magazines & Memories
 2:30 Group Up Game
 3:00 Watercolor Painting Ramadan Lanterns
 3:30 Ramadan Trivia & Music
 5:30 Meet & Greet
 6:00 Kings in The Corner

Chip & Dip Day 23
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Men in The Kitchen: Grilled Cheese Sandwiches (AS)
10:30 Ladies Spa Day
 11:00 Small Group Painting Mosaic Stones
 2:15 Bingo
 3:30 Queso & Chips!
 5:30 Meet & Greet
 6:00 Root Beer Float Cart

Beatles Wax Figure Anniversary 24
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Baking Club: Bird Nest Rice Krispies
 11:00 Beatles Songs Sing-along
 1:30 Manicures
 3:15 Bible Study w/ Catherine
 6:00 Evening Movie "Yesterday" (Channel 4)

DIY Day 25
 10:00 Sit & Stretch
 10:15 Daily Chronicle
 10:30 Table Bowling
 11:00 Sensory Touch & Taste: Pizza Cups
 2:15 Bingo
 3:30 DIY Glitter Foam Eggs

Spring Cleaning Week! 26
 9:00 Sunday Puzzler
 10:00 Sit & Stretch
 10:15 Daily Chronicle
10:30 Easter Cross Sand Bottles
 11:00 Sensory Fun & Feel Play-Doh
 2:00 Plainfield Christian Church (AL)
 3:30 Small Group Folding Laundry & Socks

Singin' in the Rain Day 27
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Arts & Crafts: Egg-Citing Potato Stamping
 11:00 Wacky Wordies
 1:30 Manicures
 1:30 Monday Movie "Singin' in The Rain" (Channel 4)
 3:15 Popcorn Cart

Dump Cake Day 28
10:00 Music w/ Doug Debaun (AS)
10:30 Baking Club: Cherry Dump Cake
 11:00 Small Group EZ Trivia & Puzzles
 2:15 Bingo
 3:30 Social Hour
 5:30 Meet & Greet
 6:00 Church Hour w/ Dean White

Coca-Cola Day 29
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Lunch Orders Subway
 11:00 Game Shows
 2:00 Sensory Aromatherapy Diffuser & Hand Massages
 2:30 Ring Toss
 3:00 Easter Trivia & Coloring
 3:30 Coke Floats!
 5:30 Meet & Greet
 6:00 Kings in The Corner

Baseball Season Opens! 30
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Resident Council & Food Council (PT)
 2:15 Bingo
3:30 Cracker Jacks & Baseball Facts!
 5:30 Meet & Greet
 6:00 Adult Coloring

Orange and Lemon Day 31
 9:45 Sit & Stretch
 10:00 Daily Chronicle
10:30 Men's Group Painting Birdhouse Kits (AS)
10:30 Ladies Let's Make Fairy Gardens!
 11:00 Bunny Funnies!
 1:30 Manicures
 3:15 Bible Study w/ Catherine (HC)

AS – Ambassador Square
HC – Heritage Court
RW – Renaissance Way
AL – Assisted Living

Activities are subject to change. Outings are subject to cancellation. Sign up for outings/lunch orders prior with activities staff. Must have your own money.