

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 2023 Trident Regional Ombudsman 5895 Core Road Suite 419 North Charleston, SC 29406		 Puzzles, Cards, and Board Games are always available in the Multipurpose Room	1 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 Trivia (5) 3:00 Volleyball (T)	2 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Ladies Lunch 2:00 Music Therapy w/ Jessica (4 th Floor DR)	3 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Manicures (4) 1:00 1:1 Room Visits (5) 2:00 Card Games (B) 3:00 Happy Hour (B)	4 10:45 Exercise (MR) 2:00 Movie Matinee (MR)
5 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:00 Community Worship (MR)	6 Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5) 2:00 Library visit (MR) 3:30 Walking Club (B)	7 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Tour of Charleston II 3:00 Flower Arranging (OD)	8 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Noodle Ball (4) 2:00 St. Patrick's Day Wreaths (MR) 3:00 Ed Macy: Historian, story-teller (MR)	9 Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (5 th Floor) 2:00 Trip to North Charleston Fire Museum	10 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Noodle Ball (4) 2:00 Volleyball (T) 3:00 Happy Hour (T)	11 10:45 Exercise (MR) 2:00 Movie Matinee (MR)
12 2:00 Community Worship (MR) 	13 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Snack Cart (5) 2:00 St Patrick's Day Scavenger Hunt (B)	14 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 March Madness Basketball (MR) 2:00 Art Therapy (4) 2:45 Art Therapy (5) 3:00 Flower Arranging (OD)	15 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 1:30 1:1 Room Visits 3:00 Movie Matinee (MR)	16 Daily Chronicle Delivery 10:00 Men's Coffee (B) 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (4 th Floor DR) 2:00 White Point Garden	17 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Whiteboard (MR) 2:00 Bingo (MR) 3:00 St Patrick's Day Happy Hour (T)	18 10:45 Exercise (MR) 2:00 Puzzles, Jenga, Trivia (MR)
19 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:00 Community Worship (MR)	First Day of Spring 20 Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5) 2:30 Crafts w Addie (MR) 3:30 Walking Club (B)	21 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Flower Arranging (OD) 2:30 White Point Garden 3:00 Spring Reminisce (T)	22 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 Resident Council (5) 3:00 Resident Council (MR)	23 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Art Project 4 th floor 2:00 Music Therapy w/ Jessica (5 th Floor DR) 2:00 Hampton Park	24 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Whiteboard (MR) 2:00 Rummikub (5) 3:00 Monthly Birthday Party (T)	25 10:45 Exercise (MR) 2:00 Movie Matinee (MR)
26 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:00 Community Worship (MR)	27 Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart 5 th Floor 2:30 Springing into Spain (MR) 3:30 Walking Club (B)	28 Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Art Therapy (4) 2:45 Art Therapy (5) 2:00 Colonial Lake 3:00 Flower Arranging (OD)	29 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 1:1 Room Visits (3) 2:00 Spring Planting (4) 3:00 Current Events (5)	30 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Hand Massage (4) 2:00 Music Therapy w/ Jessica (4 th Floor DR) 2:00 Colonial Lake	31 Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Volleyball (MR) 2:00 Cornhole (T) 3:00 Happy Hour (T)	Location Key (T) Terrace 2 nd floor (B) Bistro 2 nd floor (MR) Multipurpose Room (2 nd floor) (DR) Dining Room (OD) Overflow Dine (1 st floor) (4) 4 th Floor (5) 5 th Floor

