

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

Trident Regional Ombudsman  
5895 Core Road  
Suite 419  
North Charleston, SC 29406

\*Activities are subject to change due to resident needs/preferences.

### Location Key

- (T) Terrace 2<sup>nd</sup> floor
- (B) Bistro 2<sup>nd</sup> floor
- (TR) Theater Room 2<sup>nd</sup> floor
- (OD) Overflow Dining
- (4) 4<sup>th</sup> Floor Dining
- (5) 5<sup>th</sup> Floor Dining
- (PD) Private Dining

Outings may be weather permitting. We will meet in the lobby at time indicated. Sign-up sheets are in the theater room. Please see Ashley or Leah with questions



1

Daily Chronicles (4,5)  
10:10 & 10:45 Exercise  
11:00 Crafts with Mikayla (4)  
2:00 Crafts with Mikayla (TR)

2

2:00 Community Worship (TR)



3

10:10 & 10:45 Exercise TR  
11:30 Snack Cart (5)  
1:30 Gwen to bring Library books (TR)  
**1:30 Movie Matinee (TR)**  
3:00 1:1 Visits

**Mardi Gras**

4

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
2:45 Mardi Gras Masks (TR)  
**3:30 LRC with Mardi Gras Beads (B)**

5

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Mini Golf (TR)  
2:00 Virtual Travel: New Orleans (TR)  
**3:00 Happy Hour with Ian (TR)**

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9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Puzzles (B)  
**1:45 Sing Along with Jessica (TR)**  
2:45 Art Therapy (5)

7

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR  
**11:30 Trip to have lunch Waters Edge**  
1:30 Movie (TR)  
3:00 1:1 Visits

8

Daily Chronicles (4,5)  
10:10 & 10:45 Exercise  
**11:00 Knitting w Nancy (B)**  
**11:00 Pet Therapy With Henry (4)**  
1:30 Bingo (TR)  
3:00 1:1 Visits

Daylight Savings 9



2:00 Community Worship (TR)

10

10:10 & 10:45 Exercise TR  
11:30 Snack Cart (5)  
**2:00 Library team to share Tech Info (TR)**  
**3:00 Legacy Players Theater Show (TR)**

11

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Jenga (B)  
2:00 Treats on the Terrace (T)  
3:30 Elder Advocate Erin Tagler (TR)

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9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
**11:30 Pet Therapy with Cayenne (TR)**  
**2:00 Green Smoothies (TR)**  
**3:00 St Paddy's Day Happy Hour with Jack on the Bagpipes (TR)**

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9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise TR  
11:20 Maddie RMDH (TR)  
11:30 Puzzles (B)  
1:45 Sing Along (3)  
2:45 Art Therapy (5)

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9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR  
**1:30 Trip to Hampton Park**  
1:30 Movie (TR)  
3:30 1:1 Visits

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Daily Chronicles (4,5)  
10:10 & 10:45 Exercise  
11:00 Noodle Ball 4  
1:30 Bingo (TR)  
3:00 Shamrock Yarn Craft (4)

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2:00 Community Worship (TR)



**St. Patrick's Day**

10:10 & 10:45 Exercise TR  
11:30 Snack Cart (5)  
**2:00 Resident Council: Rehab only**  
3:30 1:1 Visits

18

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Cornhole (TR)  
**2:00 Irish Music w the Pipers Quarter (TR)**  
3:00 Drinks on the Terrace (T)

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9:30 Daily Chronicles (3,5)  
**9:30 Tour of Mt. Pleasant with Vanessa**  
10:10 & 10:45 Exercise (TR)  
11:30 Trivia (TR)  
**1:30 Virtual Travel: Ireland**  
**3:00 Monthly Birthday Party**

**First Day of Spring**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise TR  
11:30 Puzzles (B)  
**1:45 Sing Along with Jessica (TR)**  
2:45 Art Therapy (5)

21

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR  
**1:30 Trip to Colonial Lake**  
1:30 Movie (TR)  
2:30 1:1 Visits

22

Daily Chronicles (4,5)  
10:10 & 10:45 Exercise  
11:00 Tour of Charleston (4)  
1:30 Bingo (TR)  
**3:00 Popcorn And Movie (4)**

23

2:00 Community Worship (TR)

30

2:00 Community Worship (TR)

10:10 & 10:45 Exercise TR

11:30 Snack Cart (5)  
**3:00 Art with Andre (TR) (Must sign up in TR)**

10:10 & 10:45 Exercise TR

11:30 Snack Cart (5)  
**2:00 Resident Council: Assisted Living only (TR)**  
3:30: 1:1 Visits

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9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Ladder Ball (TR)

**1:30 Bible Study with Tony (TR)**

2:30 Popsicles on the Terrace

25

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Trivia (TR)

1:30 Rummikub (B)  
**3:00 Happy Hour (TR)**

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9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise TR  
11:30 Puzzles (B)

1:45 Sing Along (3)  
2:45 Art Therapy (5)  
**4:30 Support Group Dinner (Sign up in TR)**

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9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR

**1:30 Trip to Daniel Island Waterfront Park**  
1:30 Movie (TR)  
3:00 1:1 Visits

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Daily Chronicles (4,5)  
10:10 & 10:45 Exercise  
11:00 Bowling (4)  
1:30 Bingo (TR)  
3:00 1:1 Visits

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