

Rochester Rehab & Living Center

Life Enrichment Calendar

March 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|---|
| 1 10:30am Church Service Online (Resident Run) 1:00pm Music with Charlie Roth | 2 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 1:30pm Games 3:00pm Movie & Popcorn | 3 10:30am Morning Club with Trivia 11:00am Stretching 1:00pm Activity Planning Meeting 3:00pm Bingo | 4 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 6:00pm Wednesday Word Puzzles | 5 10:30am Morning Club with Trivia 11:00am Stretching 1:00pm Nail Polishing 2:30pm Video Music Concert | 6 10:30am Morning Club with Trivia 11:00am Stretching 1:30pm Sing-Along 3:00pm Bingo | 7 Independent Leisure: Jigsaw Puzzles Word Games Coloring Sheets Board, Dice, & Card Games |
| Daylight Saving Time 8 10:30am Church Service Online (Resident Run) | 9 10:30am Morning Club with Health Info 11:00am Pool Noodle Exercises 1:30pm Games 3:00pm Movie & Popcorn | 10 10:30am Morning Club with Trivia 11:00am Stretching 1:00pm Food Committee Meeting 3:00pm Bingo | 11 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 2:30pm Chapel with Pastor Floyd 3:30pm Cookie Decorating 6:00pm Wednesday Word Puzzles | 12 10:30am Morning Club with Health Info 11:00am Music Therapy with Sam 1:00pm Plant A Flower 2:30pm Video Music Concert | 13 10:30am Morning Club with Health Info 11:00am Stretching 1:30pm Sing-Along 3:00pm Bingo | 14 Independent Leisure: Jigsaw Puzzles Word Games Coloring Sheets Board, Dice, & Card Games |
| 15 10:30am Church Service Online (Resident Run) | 16 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 1:30pm Games 3:00pm Movie & Popcorn | St. Patrick's Day 17 10:30am Morning Club with Trivia 11:00am Stretching 1:00pm St. Patrick's Day Social 3:00pm Bingo | 18 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 2:30pm Sing-Along 3:30pm Art Corner 6:00pm Wednesday Word Puzzles | 19 10:30am Morning Club with Health Info 11:00am Stretching 1:00pm Nail Polishing 2:30pm Comedy Hour | First Day of Spring 20 10:30am Morning Club with Trivia 11:00am Stretching 1:00pm Monthly Birthday Party with Tim Kriese 3:00pm Bingo | 21 Independent Leisure: Jigsaw Puzzles Word Games Coloring Sheets Board, Dice, & Card Games |
| 22 10:30am Church Service Online (Resident Run) | 23 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 1:30pm Pet Visit 3:00pm Movie & Popcorn | 24 10:30am Morning Club with Trivia 11:00am Stretching 2:30pm Resident Council Meeting 3:30pm Bingo | 25 10:30am Morning Club with Trivia 11:00am Pool Noodle Exercises 2:30pm Chapel with Pastor Floyd 3:30pm Art Corner 6:00pm Wednesday Word Puzzles | 26 10:30am Morning Club with Trivia 11:00am Music Therapy with Sam 1:00pm Sing-Along 2:30pm Games | 27 10:30am Morning Club with Trivia 11:00am Stretching 1:30pm Movement with Music 3:00pm Bingo | 28 Independent Leisure: Jigsaw Puzzles Word Games Coloring Sheets Board, Dice, & Card Games |
| Palm Sunday 29 10:30am Church Service Online (Resident Run) | 30 10:30am Morning Club with Health Info 11:00am Pool Noodle Exercises 1:30 Games 4:00 Happy Hour with Michael Nelson | 31 10:30 Morning Club with Trivia 11:00 Stretching 1:30pm Movement with Music 3:00pm Bingo |  | **Outing participation is subject to nursing approval | Most activities are held in the Lobby or Dining Room unless otherwise noted on the calendar. |  |

Calendar Subject to Changes