



Monthly Outings

3/13 Lunch Out at Red Lobster
3/27 Scenic Drive

Sign up with Activities! Limited Spots



March 4 Annie Jones
March 10 Kenny Gilliam
March 26 Rosemary Bartow



Joyrides will be moving to Thursdays!
The weather is warming up, so take
advantage and enjoy a beautiful ride around
Dunedin in the fresh air!
Wheelchair accessible!



An  **Acts** Community
Where Loving-Kindness Lives

The Cedar at Mease Life Newsletter

March, 2024

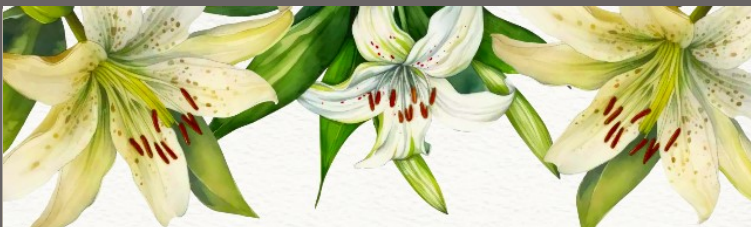
—HAPPY—
**SOCIAL
WORKERS
MONTH**
—MARCH—

**ST.
PATRICK'S
DAY**

Happy
Easter

Wishing you a very
Happy Easter that is
filled with plenty of love
and happiness.






Please join us for a
Celebration of Life
 ~ In Loving Memory of ~
Mease Life Residents
 who passed in 2023

March 21, 2024
 2:00 PM in the Auditorium

Service led by Chaplain Glenn &
 assisted by Corporal John Bate




MARCH 17TH

ST. PATRICK'S DAY PARTY

IRISH MUSIC | GREEN DRINKS | SWEET TREATS

WEAR YOUR GREEN AND COME HAVE A SHAMROCKIN' GOOD TIME!




March 19, 2024

12:00 pm

Ha Long Chinese

Patio



Spring Forward!

Don't forget to turn your clocks
 forward 1 hour on Sunday,
 March 10, 2024






The collage includes several photographs of residents and staff participating in various activities:

- Two women sitting at a table, one wearing a colorful mask and beads.
- A group of people sitting at a long table in a dining area, with one man giving a thumbs up.
- A group of people in a room with a large screen, some holding mirrors.
- A woman in a wheelchair holding a red balloon.
- A man playing a trumpet at a table.
- Three women sitting at a table with a purple tablecloth, wearing masks and beads.
- A graphic of a heart shape made of colorful beads.
- A graphic showing the components of wellness: Physical, Mental, Environmental, Social, Emotional, and Spiritual.

The Cedar at Mease Life Activities Calendar - March 2024

Activity Dates, Times & Locations
Are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music/Dance Program Takeout Lunch Special Events Exercise/Wellness Outing	2 - 2nd Floor Lounge A - Auditorium W - Wellness Center J - Jacaranda DR - Dining Room P - Patio FC - Front Circle Drive O - Outing					
9:30 Daily Chronicles 3 10:00 Movement Therapy w/ Cassandra (2) 11:00 Elder Grow (2) 1:30 Social Visits (Rm-Rm) 1:30 Netflix Movie (2) 2:00 <u>Worship Service</u> (A)	9:15 Coffee & News (2) 4 9:30 Bible Stories w/ Chaplain (2) 10:00 iN2L Exercise (2) 11:00 Open Games (2) 1:30 iN2L™ Travel Log (2) 2:15 Coloring Corner (2) 3—5 Music Therapy w/ Whitney (Rm-Rm)	8:30 Morning Stroll 5 9:30 Daily Chronicles 10:00 <u>Drum Circle/Megan</u> (DR) 11:00 Patio Time & Trivia 2:15 Bingo (2) 3:00 InstruMix (2) 3:30 Snack Attack (1)	9:15 Juice Bar w/Fruit (2) 6 10:00 Balloon Volleyball (2) 10:30 Catholic Service (J) 11:15 Communion (1-2) 1:30 Nails w/Melva (2) 3:00 Music Trivia (2) 3:30 Rolling Reading Library w/Pam (1,2) NO Carter	8:30 Morning Stroll 7 9:30 Daily Chronicles 9:45 InstruMix (2) 11:00 Joy Ride Sign Up 11:00 Fitness w/ Carol (1) 1:30 Bingo Store (2) 2:15 Bingo (2) 3:30 Activity Cart (1)	9:15 Mornings w/ Pam (2) 8 10:00 Bible Study w/ June (2) 10:30 Kitten Therapy (1-2) 11:00 Hydration w/ Lisa (1-2) 2:15 Happy Hour w/Paul Miller (DR) 3:30 Social Visits (1)	9:30 Daily Chronicles 9 2:30 Bingo w/ Pam (2) 3:30 Movie Matinee (2L) 3:30 Open Games (1)
Daylight Savings 10 9:30 Daily Chronicles 10:00 iN2L™ Sing Along 11:00 Patio Time (2) 1:30 Social Visits (Rm-Rm) 1:30 Netflix Movie (2) 2:00 <u>Worship Service</u> (A)	9:15 Coffee & News (2) 11 9:30 Bible Stories w/ Chaplain (2) 10:00 iN2L Exercise (2) 11:00 Open Games (2) 1:30 iN2L™ Travel Log (2) 2:15 St. Patrick Day Crafts 3—5 Music Therapy w/ Whitney (Rm-Rm)	8:30 Morning Stroll 12 9:30 Daily Chronicles 10:30 Exercise w/ Trina (2) 11:00 Patio Time & Trivia 2:15 Bingo (2) 3:30 Snack Attack (1)	9:15 Juice Bar w/Fruit (2) 13 10:00 Balloon Volleyball (2) 10:30 Catholic Service (J) 11:15 Communion (1-2) 11:15 Outing: Red Lobster 2:15 Cover the Dice (2) 3:30 Rolling Reading Library w/Pam (1,2) Pet Therapy w/Carter	8:30 Morning Stroll 14 9:30 Daily Chronicles 9:45 InstruMix (2) 11:00 Joy Ride Sign Up 11:00 Crafts w/ Carol (1) 2:15 Monthly Birthday (DR) Party w/ Randy 3:30 Activity Cart (1) 5:00 Purim Dinner (P)	9:15 Mornings w/ Pam (2) 15 10:00 Bible Study w/ June (2) 10:30 Kitten Therapy (1-2) 11:00 Hydration w/ Lisa (1-2) 2:15 Happy Hour w/Jack & Josie (DR) 3:30 Social Visits (1)	9:30 Daily Chronicles 16 2:30 Bingo w/ Pam (2) 3:30 Movie Matinee (2L) 3:30 Open Games (1)
St. Patrick's Day 17 9:30 Daily Chronicles St. Patty Day Music 10:00 Movement Therapy w/ Cassandra (2) 11:00 Elder Grow (2) 1:30 Social Visits (Rm-Rm) 1:30 Netflix Movie (2) 2:00 <u>Worship Service</u> (A)	9:15 Coffee & News (2) 18 9:30 Bible Stories w/ Chaplain (2) 10:00 iN2L Exercise (2) 11:00 Open Games (2) 1:30 NEW Linked Senior (2) 2:15 Kreative Ceramics (2) 3—5 Music Therapy w/ Whitney (Rm-Rm)	8:30 Morning Stroll 19 9:30 Daily Chronicles 10:30 Exercise w/ Trina (2) 12:00 Takeout Tuesday (P) “Chinese on Patio” 2:15 Storytellers (2) 3:00 InstruMix (2) 3:30 Snack Attack (1)	9:15 Juice Bar w/Fruit (2) 20 10:00 Balloon Volleyball (2) 10:30 Catholic Service (J) 11:15 Communion (1-2) 1:30 Nails w/Melva (2) 3:00 Resident Council & Food Council Meeting (2) 3:30 Rolling Reading Library w/Pam (1,2) Pet Therapy w/Carter	8:30 Morning Stroll 21 9:30 Daily Chronicles 9:45 InstruMix (2) 11:00 Joy Ride Sign Up 11:00 Fitness w/ Carol (1) 2:15 Spring Concert w/harpist (DR) 3:30 Activity Cart (1)	9:15 Mornings w/ Pam (2) 22 10:00 Bible Study w/ June (2) 10:30 Kitten Therapy (1-2) 11:00 Hydration w/ Lisa (1-2) 2:15 Happy Hour w/ Jelvis (DR) 3:30 Social Visits (1)	9:30 Daily Chronicles 23 2:30 Bingo w/ Pam (2) 3:30 Movie Matinee (2L) 3:30 Open Games (1)
9:30 Daily Chronicles 24/31 10:00 iN2L™ Sing Along 11:00 Patio Time (2) 1:30 Social Visits (Rm-Rm) 1:30 Netflix Movie (2) 2:00 <u>Worship Service</u> (A)	9:15 Coffee & News (2) 25 9:30 Bible Stories w/ Chaplain (2) 10:00 iN2L Exercise (2) 11:00 Open Games (2) 1:30 NEW Linked Senior (2) 2:15 Spring Crafts (2) 3—5 Music Therapy w/ Whitney (Rm-Rm)	8:30 Morning Stroll 26 9:30 Daily Chronicles 10:00 Linked Senior Yoga (2) 11:00 Patio Time & Trivia 2:15 Bingo (2) 3:30 Snack Attack (1)	9:15 Juice Bar w/Fruit (2) 27 10:00 Balloon Volleyball (2) 10:30 Catholic Service (J) 11:15 Communion (1-2) 1:45 Scenic Drive 3:00 Cover the Dice (2) 3:30 Rolling Reading Library w/Pam (1,2) NO Carter	8:30 Morning Stroll 28 9:30 Daily Chronicles 9:45 InstruMix (2) 11:00 Joy Ride Sign Up 11:00 Patio Time w/ Golfing 1:30 Bingo Store (2) 2:15 Bingo (2) 3:30 Activity Cart (1)	Good Friday 29 9:15 Mornings w/ Pam (2) 10:00 Bible Study w/ June (2) 10:30 Kitten Therapy (1-2) 11:00 Hydration w/ Lisa (1-2) 2:00 Remember the Cross (A) “Good Friday Service” 3:30 Social Visits (1)	9:30 Daily Chronicles 30 2:30 Bingo w/ Pam (2) 3:30 Movie Matinee (2L) 3:30 Open Games (1)
31 Easter 2:00 Rejoicing in the Resurrection & Communion “Chaplain” (A)						