

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Daily Devotional (Bookshelf) 1 2:00 Picture & Puzzle Hour 3:30 Music & Movement: Living Room Dance Party! 7:00 Fireplace Films: <i>Sinatra in Palm Springs</i> (Prime)	11:30 Music Therapy w/ Greg + Ja'lynn! 2 2:00 Worship Service w/ Pastor Chrissie 4:00 Yoga w/ Kellie! 4:45 Pet Therapy: Visit with Kanzi from ROC Dog! 7:00 Color Club	11:00 Decorate for St. Patrick's Day! 3 2:00 Art Hour: Watercoloring 3:30 Music Therapy w/ Lizzy (B/J's Hosts) 7:00 Manicures/Hand Massage (with Lotion) & Music w/ Staff	11:00 Catholic Communion w/ Allegra and Dennis in B/J 4 2:00 Music Hour: <i>Patsy Cline Concert - Layton Ampitheatre</i> (YT) 3:15 Zumba w/ Denise! 7:00 Women's History Month: " <i>Patsy Cline 'Crazy' Full Documentary</i> (YT - Cal Vid)	11:00 Coffee & Conversation: March Monthly Gazette 5 2:00 Table Games: Ping Pong 3:30 Music & Movement: Living Room Soccer 7:00 Nature Viewing: <i>The Colors of Nature: A Hidden Language</i> (YT - Free Documentary - Nature)	11:00 Music and Walking Club 6 2:00 Table Games: Ping Pong 3:30 Happy Hour: Kettle Corn! 7:00 Friday Night Popcorn and a Movie!	11:00 Saturday Morning Music - Elder's Choice 7 2:00 Art Hour: Finger Painting 3:30 15 Minute Seated Disco Workout (YT - Improved Health) 7:00 Love Stories: " <i>The Seven Year Itch</i> " (Prime)
11:00 Picture & Puzzle Hour 8 2:00 Coffee & Conversation 3:30 Balloon Badminton 7:00 Daily Devotional (Bookshelf) Daylight Saving Time Begins	11:30 Music Therapy w/ Greg + Ja'lynn! 9 2:00 Worship Service w/ Pastor Chrissie (B/J's Hosts) 4:00 Yoga w/ Kellie! (B/J's Hosts) 7:00 Color Club	11:00 Table Games: Bean Bag Toss 10 2:00 Art Hour: Clover Painting 3:30 Music Therapy w/ Lizzy 7:00 Best of West Ireland (YT - Rick Steves)	11:00 Card Club w/ Staff 11 1:30 House Huddle/Elder Council 3:15 Zumba w/ Denise! 7:00 Manicures/Hand Massage (with Lotion) & Music w/ Staff	11:00 Coffee & Conversation: Daily Chronicles 12 2:30 Concert w/ The Rochester Bagpiper! (B/J's Hosts) 3:30 Art Hour: St. Patrick's Coloring Pages 7:00 Snack & Chat w/ Staff	2:00 Music & Movement: Living Room Soccer! 13 2:00 Table Games: Ping Pong 3:30 Happy Hour: Chocolate Clover Pretzels! 7:00 Friday Night Popcorn and a Movie!	11:00 Saturday Morning Music - Elder's Choice 14 2:00 Art Hour: Spring Crafts 3:30 Music & Movement: Balloon Badminton 7:00 Snack & Chat w/ Staff
11:00 Daily Devotional (Bookshelf) 15 2:00 Art Hour: Irish Coloring Pages 3:15 Rochester Academy of Irish Dance Performance! (Nancy's Hosts) 7:00 13th Moon Gravity Well - Irish Trad Session (YT - Portland Irish Music)	11:30 Music Therapy w/ Greg + Ja'lynn! 16 2:00 Worship Service w/ Pastor Chrissie 3:30 Seniorshape Chair Yoga! (Youtube) 7:00 Color Club	WEAR GREEN! 17 11:00 Making Shamrock Shakes! 2:00 St. Patrick's Day Social w/ Annie, Bill, and Dave! (Nancy's Hosts) 3:30 Music Therapy w/ Lizzy (B/J's Hosts) 7:00 Dublin, Ireland Walking Tour (YT - World Wanderings) St. Patrick's Day	11:00 Table Games: Hockey 18 2:00 Trivia w/ Staff! 3:30 Women's History Month: <i>Whitney Houston Live in Concert</i> (YT) 7:00 Snack & Chat w/ Staff!	11:00 Coffee & Conversation: Daily Chronicles 19 2:00 Music & Movement: Living Room Soccer 3:30 Art Hour: Craft Painting 7:00 Nature Viewing "The Humboldt Current (YT - Free Documentary Nature)	First Day of Spring! 20 11:00 Table Games: Spring Launch! 2:00 Spring Time Story Time w/ Staff 3:30 Happy Hour: Ice Cream Sundaes! 7:00 Friday Night Popcorn and a Movie!	11:00 Saturday Morning Music - Elder's Choice 21 2:00 Art Hour: Watercoloring 3:30 Music & Movement: Ball Roll 7:00 Women's History Month: <i>The Realms of the Unreal Jessica Yu</i> (YT - accochamps)
11:00 Picture & Puzzle Hour 22 2:00 Table Games: Staff Choice! 3:30 Music & Walking Club 7:00 Daily Devotional (Bookshelf)	11:30 Music Therapy w/ Greg + Ja'lynn! 23 2:00 Worship Service w/ Pastor Chrissie (B/J's Hosts) 3:30 Music & Stretching Club 7:00 Color Club	11:00 Singalong w/ Suzie Q! (YT) 24 2:00 Art Hour: Watercoloring 3:30 Music Therapy w/ Lizzy 7:00 South Ireland w/ Rick Steves (YT - Rick Steves)	11:00 Celebrating Spring Social w/ Music by Joe Miltsch! (Helene's Hosts) 25 2:00 Card Club w/ Staff 3:30 Spring Trivia w/ Staff 7:00 Manicures/Hand Massage (with Lotion) & Music w/ Staff	11:00 Coffee & Conversation: Daily Chronicles 26 2:00 Music Hour: <i>Vivaldi's Four Seasons - Visual Journey Through Italy's Landscapes</i> (YT - Classical Relaxation) 3:30 Art Hour: Spring Coloring Pages 7:00 Snack & Chat w/ Staff	11:00 Card Club w/ Staff 27 1:45 Fairport Library Outing w/ Greg + Christine 2:00 Music & Walking Club! 3:30 Happy Hour: Dirt Cups! 7:00 Friday Night Popcorn and a Movie!	11:00 Saturday Morning Music - Elder's Choice 28 2:00 Art Hour: March Coloring Pages 3:30 Music & Movement: Living Room Soccer 7:00 Snack & Chat w/ Staff
11:00 Spiritual Eldercare Palm Sunday (Youtube) 29 2:00 Picture & Puzzle Hour 3:30 Balloon Badminton 7:00 Women's History Month: <i>Ella Fitzgerald Live in Milan</i> (YT) Palm Sunday	11:30 Music Therapy w/ Greg + Ja'lynn! 30 2:00 Palm Sunday Service w/ Pastor Chrissie (B/J's Hosts) 3:30 Music & Walking Club 7:00 Color Club	11:00 Seniorshape Chair Yoga (Youtube) 31 2:00 Art Hour: Collage 3:30 Music Therapy w/ Lizzy (B/J's Hosts) 7:00 Manicures/Hand Massage (with Lotion) & Music w/ Staff	<h1>March 2026</h1> <h2>Helene's House</h2>			

Activities are provided by the Shahbazim in each house, unless otherwise noted. Activities subject to change to honor elder choice. To verify events or check for changes, please contact the house Shahbaz. For any questions, please email greg.delacruz@rph.org.