



**Birthstone:** Diamond (Innocence)  
**Flowers:** Sweet Pea (Alt. - Daisy)  
**Colors:** Yellow and Red  
**2019**



**Zodiac Signs**  
 Aries: Mar. 21st to Apr. 19th  
 Taurus: Apr. 20th to May 20th

**This Months Observances**

Dog Appreciation Month, Music for the Ages Month  
 National: Decorating, Garden, Humor and Poetry Month  
 You may also want to celebrate National Recycling, Soft Pretzel, Straw Hat, Woodworking and Wellness Month.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 11:30am Daily Stretch 12:30pm Arts and Crafts <b>1:00pm Hand and Foot and Card Games</b> 5:00pm BINGO <b>Birthday:</b> Georgia Forsythe	<b>2</b> 11:30am Daily Stretch 1:30pm Trivia/Brain Games 2:30pm Cards, Games and Puzzles ★National Ferret Day	<b>3</b> 1:00pm Drawing and Creative Coloring for Relaxation 2:00pm BINGO ★National Find A Rainbow Day	<b>4</b> 10:30am Daily Stretch <b>11:30am RSO: Senior Social at St. Patrick's Church</b> <b>3:00pm Our Singing Group "Marlow Out Of Tune"</b> ★National Read A Road Map Day	<b>5</b> 10:00am What's New In The News 10:30am Daily Stretch <b>Lunch: Deep Dish Pizza Day</b> <b>1:00pm Salvation Army</b> 2:00pm BINGO 5:30pm Movie Night Birthday: Jean Brim	<b>6</b> 1:30pm Performance Joy's Music Studio 
<b>7</b> 3:00pm Church ★1945: Slinky's Birthday	<b>8</b> 11:30am Daily Stretch 12:30pm Arts and Crafts <b>1:00pm Hand and Foot and Card Games</b> 5:00pm BINGO	<b>9</b> 11:30am Daily Stretch <b>12:30pm RSO: Trip to Fred Meyers</b> 2:30pm Cards, Games and Puzzles	<b>10</b> 1:00pm Drawing and Creative Coloring for Relaxation 2:00pm BINGO <b>Birthday:</b> Bobbie Doubleday	<b>11</b> 10:30am Daily Stretch 12:30pm Arts and Crafts <b>2:30pm Birthday Party with "Close Enough"</b> 	<b>12</b> 10:00am What's New In The News 10:30am Daily Stretch 2:00pm BINGO 5:30pm Movie Night	<b>13</b> ★Scrabble Day
<b>14</b> 3:00pm Church  <b>HOLY WEEK</b> <b>Palm Sunday</b>	<b>15</b> 11:30am Daily Stretch 12:30pm Arts and Crafts <b>1:00pm Hand and Foot and Card Games</b> 5:00pm BINGO	<b>16</b> 10:30am Resident Council Meeting 11:30am Daily Stretch 1:30pm Decorating Easter Cookies 2:30pm Cards, Games and Puzzles	<b>17</b> 1:00pm Drawing and Creative Coloring for Relaxation 2:00pm BINGO ★1964: Ford Mustang's Birthday	<b>18</b> 10:30am Food Forum <b>11:30am RSO: Senior Social at St. Patrick's Church</b> <b>3:00pm Our Singing Group "Marlow Out Of Tune"</b>	<b>19</b> 10:00am What's New In The News 10:30am Daily Stretch <b>Today at Lunch Hot Cross Buns Day</b> 1:00pm Easter Egg Decorating 2:00pm BINGO	<b>20</b>
<b>21</b> Easter Brunch 10:30am-12:00pm or 12:30pm-2:00pm 12:30pm Easter Egg Hunt 3:00pm Church	<b>22</b> 11:30am Daily Stretch 12:30pm Arts and Crafts <b>1:00pm Hand and Foot and Card Games</b> 5:00pm BINGO	<b>23</b> Lunch: Cherry Cheesecake Day 11:30am Daily Stretch 1:30pm Trivia/Brain Games 2:30pm Cards, Games and Puzzles	<b>24</b> 1:00pm Drawing and Creative Coloring for Relaxation 2:00pm BINGO	<b>25</b> 10:30am Daily Stretch 12:30pm Arts and Crafts <b>3:00pm Our Singing Group "Marlow Out Of Tune"</b>	<b>26</b> 10:00am What's New In The News 10:30am Daily Stretch <b>1:00pm Hurricane Dave</b> 2:00pm BINGO 5:30pm Movie Night	<b>27</b> ★Write to and Old Friend Day
<b>28</b> 3:00pm Church  ★Save The Frogs Day	<b>29</b> 11:30am Daily Stretch 12:30pm Arts and Crafts <b>1:00pm Hand and Foot and Card Games</b> 5:00pm BINGO	<b>30</b> 11:30am RSO: Surprise Drive 1:30pm Trivia/Brain Games 2:30pm Cards, Games and Puzzles	Check with Maria in the Wellness Room for other Activities and the most current calendar. Things may be added or changed during the month.	 5:30pm Friday Movie Night	<b>★NOTE: May 1st is the Older American Month Lunch at the ASAC</b> RSO = Resident Scheduled Outing ASAC = Anchorage Senior Activity Center	