

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10:30 Chair Yoga 11 Hymn Sing & Worship w/ Ken from Renew Bible Church 1:30 Go Hog Wild & Stars Who Were Famous as A Child Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)	10 Exercise 10:30 The Life & Times of Desi Arnaz 11 Pickles to Penguins 1:30 Bingo 3:30 Indoor Walk or Roll Challenge (meet in the lobby) 6 Train Dominoes Group Purim Begins at Sundown	10 Reach & Stretch 10:30 Sunshine State Day: Famous Floridians, Facts & Fun 11 Say It with Music 1:30 Manicures, Music & Hand Massages 3:30 Armchair Travel: (theatre) 6 Jokereno Game Night	10 Exercise 10:30 Daily Chronicles & Doses of Laughter 11 Hook Darts Ring Toss 1:30 Loom, Crochet, or Hobby Your Way w/Donna 2:30 March Forth w/ Music-Traditional Marches & Makers 4 What's in The Box	10 Sit & Be Fit 10:30 Activity Planning Mtg. 11 Resident Council Mtg. 1:30 Outing Scenic Drive: Local Landmarks (sign up in the theatre 2nd fl by 9am) 2 Velvet Art Color-ful Designs 3:30 Remembering <i>My Fair Lady</i>	10 Exercise 10:30 "How Do I Love Thee?" 11 Left, Center, Right Game 1:30 Web Cam Wonders- (theatre) 2:30 Super Sundae Social (café) 4 Train Dominoes Group	10:30 Exercise 11 Double Card Bingo 1:30 Lynn Swann Made the Play & "We Are the World" Day Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)		
10:30 Exercise 11 Juke Box Music Bingo 1:30 Lynn Redgrave's Family Tree & Surprising Facts About the NYSE Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 2 Bible Baptist Service (1st fl lounge) Movie Night (theatre) Daylight Saving Time Begins	10 Exercise 10:30 Good News Today 11 Memories & Music of Frankie Avalon 1:30 Bingo 3:30 Indoor Walk or Roll Challenge (meet in the lobby) 6 Train Dominoes Group	10 Reach & Stretch 10:30 Tech Tips Tuesday 11 Blackjack 21 1:30 Make & Donate- Bracelets to <i>Pink City</i> 2 St. Agnes Mass (1st. fl.) 3:30 Minute to Win It Relay Races	10 Exercise 10:30 This Day in History 11 "Don't Worry, Be Happy"- Music That Makes Us Smile 1:30 Art Expression: Acrylic Painting 2:30 Group Crossword Puzzle 4 Cup Pong: Catch It If You Can	10 Bible Study w/Penny- 12 (1st fl. lounge) 10:30 Words in A Word 11 Daffy Definitions (1st fl. lounge) 1:30 Experimental Science 3 You Tube Music Review- (theatre) 4:30 Out to Dinner (sign up in the theatre 2nd fl by 9am)	10 Exercise 10:30 History of the K9 Corps & Much More 11 Dice Bowling 1:30 Music Trivia & Tidbits 2:30 Relax & Rejuvenate: Guided Mediation (theatre) 4 Train Dominoes Group	10:30 Easy Cardio-Exercises 11 Collector's Corner & Cranberry Coolers 1:30 The Medicine That Helped the War & Quincy Jones Now & Before Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)		
10:30 Sweatin' to The Oldies Exercise 11 Chicken Soup for The Soul & Psalms of Praise 1:30 Julius Caesar Was Warned Today & Rebus Puzzles to Solve If You May Coming to You (1st, 2nd, & 3rd fl.) 2 Book Club 2 Table Games (Ind.) 6 Movie Night (theatre)	10 Exercise 10:30 Antique Roadshow- You Be the Appraiser 11 Puckey (tabletop hockey) 1:30 Bingo 3:30 Standing Balance: Tips & Strength Training 6 Train Dominoes Group	10 Reach & Stretch 10:30 That's A Bunch of Blarney 11 Double 4 Dice Game 1:30 Irelands Snakes & Shamrock Shakes 3 Pray the Rosary (theatre) 6 Music & Songs with Anthony Porter St. Patrick's Day	9 Campus Outing: McDonalds Bingo & Breakfast (sign up by 8am) 10 Exercise 10:30 Daily Chronicles & Doses of Laughter 11 Nix The 6 Dice Game 1:30 March Madness Hoops Shot Contest 2:30 Clay Creations 4 Do You Hear What I Hear	10 Bible Study w/Penny- 19 (1st fl. lounge) 10:30 Coupon Cutters 11 Birds of A Feather Flock Together (Swallows Return Day) 1:30 Manicures, Music & Hand Massages 3:30 Indoor Scavenger Hunt: The Search for Dillinger's Luggage of Loot (Meet in The Lobby on 1st fl.)	10 Exercise 10:30 Flower Powers 11 Signs of The Times Trivia 1:30 Welcome Spring Note Card Creation 2:30 Relax & Rejuvenate: Guided Mediation (theatre) 4 Train Dominoes Group Spring Begins	10:30 Exercise 11 Playing Card Lotto 1:30 Aries the Ram Begins Today & Julio Gallo's Special Way Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)		
10:30 Exercise 11 Bible Bingo 1:30 A Special Day for James T. Kirk & The Secretary of State Does a Lot of Work Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)	10 Exercise 10:30 Truth or Tales 11 Make & Take: Chip & Dip Day Delights 1:30 Bingo 3:30 Indoor Walk or Roll Challenge (meet in the lobby) 6 Train Dominoes Group	10 Reach & Stretch 10:30 Ag Day (Agriculture) Facts & Fun 11 Uno w/ A Twist Card Game 1:30 Manicures, Music & Hand Massages 3:30 A Step Back in Time to the 70's (theatre)	10 Exercise 10:30 This Day in History 11 Grand Slam Shuffle Game 1:30 Loom, Crochet, or Hobby Your Way w/Donna 2:30 Scent-sational Spring 4 Ball Park Chants, Rants, & Sing Along Songs MLB Opening Night	10 Bible Study w/Penny- 26 (1st fl. lounge) 10:30 Unscramblers 11 Same Day Salute To: Diana Ross & Steven Tyler 1:30 Outing: Dollar General (sign up in the theatre 2nd fl by 9am) 2 Mosaic Sticker Designs 3:30 Wii Fun & Games (theatre) 6 Hidden Meadows Chorus	10 Exercise 10:30 Joe Day- Name It! 11 Penny Ante Reminiscing Game 1:30 Watercolor Painting: Spring in Bloom 2:30 March Birthday Social (café) 4 Train Dominoes Group	10:30 Easy Cardio-Exercises 11 Creative Crafting 1:30 Jesse Owens His Life & Legacy & Scrub Board Days from Memory Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre)		
10:30 Chair Yoga 11 Hollywood Ringo 11:15 Catholic Communion w/ Terri (theatre) 1:30 Niagara Falls Stopped on This Date & Coca Cola Sure Does Rate Coming to You (1st, 2nd, & 3rd fls.) 2 Table Games (Ind.) 6 Movie Night (theatre) Palm Sunday	10 Exercise 10:30 Sing A Song or Pay the Piper 11 Dr's, Day Jeopardy 1:30 Bingo 3:30 Indoor Walk or Roll Challenge (meet in the lobby) 6 Train Dominoes Group	10 Reach & Stretch 10:30 Everyday Heroes with Extra Ordinary Stories 11 Blink Card Game 1:30 Manicures, Music & Hand Massages 3:30 Armchair Travel (theatre)	 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living			 March 2026		 CELEBRATIONS ACTIVITIES & EVENTS

Please note: Activities are weather permitting and calendar is subject to change.

Dawn Mason, Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114