



# MARCH 2020

**SUNDAY**                      **MONDAY**                      **TUESDAY**                      **WEDNESDAY**                      **THURSDAY**                      **FRIDAY**                      **SATURDAY**

**01**

10:00 | Sunday Bible Chat      LC  
 10:45 | Sunday Crossword      LC  
 01:00 | World Travelers' Challenge      FL  
 02:30 | Riverdale Christian Church      LC  
 04:00 | Televised Church Service      LB  
 06:00 | Music & Memories      DR  
 06:30 | Classic Christian Movie      LB

**02**

10:00 | Artistic Expressions      LC  
 10:30 | Stretch It Out      LC  
 11:30 | Word In A Word      LC  
 12:45 | BINGO      LC  
 02:00 | Canvas Art      LB  
 02:30 | Painting to the rhythm      LC  
 04:00 | Laugh Block      LC  
 06:00 | Chick Flick      LB

**03**

10:00 | Cardio Training      LC  
 10:30 | Alphabet Songs      LC  
 11:00 | Jazz Memories      LC  
 01:00 | Crazyball      FL  
 02:00 | Shopping Trip      FL  
 02:30 | Crafter's Corner      LC  
 06:00 | CNA's Checker Challenge      LC

**04**

10:30 | Chair Tai Chi      LC  
 11:30 | Front Porch Chat      CY  
 11:30 | Wednesday Wellness      CY  
 01:00 | BINGO      LC  
 02:00 | Activity Meeting      LC  
 02:00 | Happy Hour      LC  
 03:30 | Classic Tv Series      LC  
 07:00 | Wednesday Westerns      LB

**05**

10:00 | Resistance Training      LC  
 10:30 | Silver Sneakers      LC  
 11:30 | Hangman      LC  
 01:00 | Nail Spa      LC  
 02:00 | Trivial Pursuits!      LC  
 03:00 | BINGO      LC  
 06:00 | Let's Chat!!      LC

**06**

10:00 | Ceramic Painting      LC  
 10:00 | Rev. Hastings Message      LB  
 11:30 | Moving to the Music      LC  
 02:01 | Shannon's Social      LC  
 03:30 | Movie & Snacks      LC  
 05:30 | Musical Memories      FL  
 06:30 | Viewer's Choice Movie      LB

**07**

09:30 | Morning News      LB  
 10:00 | Artistic Expressions      LC  
 11:30 | Saturday Crossword      LC  
 01:30 | My Cadence      FL  
 02:30 | Zion Hill Baptist Church Visit      DR  
 05:30 | Musical Stroll      FL  
 06:00 | Life Lessons      LC  
 06:30 | Feel Good Evening Movie      LB

**08**

10:00 | Sunday Bible Chat      LC  
 10:45 | Sunday Crossword      LC  
 11:00 | Divine Faith Ministries      LB  
 01:00 | World Travelers' Challenge      FL  
 02:00 | Room to Room World Changers      LC  
 02:00 | Chicken Soup For The Soul      LC  
 04:00 | Televised Church Service      LB  
 06:00 | Music & Memories      DR  
 06:30 | Classic Christian Movie      LB

**09**

10:30 | Stretch It Out      LC  
 11:00 | Dominoes      LB  
 11:30 | Cranium Crunchies      LC  
 12:45 | BINGO      LC  
 02:00 | Canvas Art      LB  
 02:30 | Painting to the rhythm      LC  
 04:00 | Laugh Block      LC  
 06:00 | Chick Flick      LB

**10**

10:00 | Cardio Training      LC  
 10:30 | Radio Remembrance      LC  
 11:00 | Country Western Memories      LC  
 01:00 | Snapshot Sneakers      FL  
 02:00 | Shopping Trip      FL  
 02:30 | Crafter's Corner      LC  
 06:00 | Alzheimer's Support Group Meeting      LB  
 06:00 | CNA's Checker Challenge      LC

**11**

10:30 | Chair Dancing      LC  
 10:30 | Resident Council Meeting      LC  
 11:30 | Front Porch Chat      CY  
 01:00 | BINGO      LC  
 02:00 | Happy Hour      LC  
 03:30 | Classic Tv Series      LC  
 07:00 | Wednesday Westerns      LB

**12**

10:00 | Resistance Training      LC  
 10:30 | Crazyball      LC  
 11:30 | Truth or Blarney      LC  
 01:00 | March Madness Trivia      LC  
 02:00 | Did you know?      LC  
 03:00 | Logos and Commercials      LC  
 03:30 | Movie & Snacks      LC  
 06:00 | Let's Chat!!      LC

**13**

10:00 | Ceramic Painting      LC  
 10:00 | Rev. Hastings Message      LB  
 11:30 | Moving to the Music      LC  
 01:00 | BINGO      LC  
 01:00 | Nail Spa      LC  
 03:00 | Friday Delicacy      LC  
 05:30 | Musical Memories      FL  
 06:30 | Viewer's Choice Movie      LB

**14**

09:30 | Morning News      LB  
 10:00 | Apostolic Tabernacle Bible Study      LC  
 11:30 | Saturday Crossword      LC  
 01:30 | Love Culture Church Visit      LB  
 05:30 | Musical Stroll      FL  
 06:00 | Life Lessons      LC  
 06:30 | Feel Good Evening Movie      LB

**15**

10:00 | Sunday Bible Chat      LC  
 10:45 | Sunday Crossword      LC  
 01:00 | World Travelers' Challenge      FL  
 02:00 | Humor For The Heart      LC  
 02:30 | The Color Green      LC  
 04:00 | Televised Church Service      LB  
 06:00 | Music & Memories      DR  
 06:30 | Classic Christian Movie      LB

**16**

10:00 | Artistic Expressions      LC  
 10:30 | Stretch It Out      LC  
 11:00 | Choir Practice      FL  
 11:30 | Word In A Word      LC  
 12:45 | BINGO      LC  
 02:00 | Canvas Art      LB  
 02:30 | Painting to the rhythm      LC  
 04:00 | Laugh Block      LC  
 06:00 | Chick Flick      LB

**17**

10:00 | Cardio Training      LC  
 10:30 | Irish Folk Remembrance      LC  
 11:00 | Motown Memories      LC  
 11:00 | Sweating it With Sharon      LC  
 01:00 | Finding the Gold      FL  
 02:00 | Shopping Trip      FL  
 02:30 | Crafter's Corner      LC  
 06:00 | CNA's Checker Challenge      LC

**18**

10:30 | Chair Tai Chi      LC  
 11:30 | Front Porch Chat      CY  
 01:00 | BINGO      LC  
 02:00 | Luck of the Irish Happy Hour      LC  
 03:00 | Romeo Meeting      LC  
 03:30 | Classic Tv Series      LC  
 07:00 | Wednesday Westerns      LB

**19**

10:00 | Resistance Training      LC  
 10:30 | Silver Sneakers      LC  
 11:30 | Name 5      LC  
 01:00 | Easy Does It Trivia      LC  
 01:30 | Nail Spa      LC  
 03:00 | Sharon's Sophisticates      LC  
 06:00 | Let's Chat!!      LC

**20**

10:00 | Ceramic Painting      LC  
 10:00 | Rev. Hastings Message      LB  
 11:30 | Crazyball      LC  
 12:00 | Romeo Lunch Outting      FL  
 01:00 | BINGO      LC  
 03:30 | Movie & Snacks      LC  
 05:30 | Musical Memories      FL  
 06:30 | Viewer's Choice Movie      LB

**21**

09:30 | Morning News      LB  
 11:30 | Saturday Crossword      LC  
 01:30 | Faith Walk Ministries Visit      LB  
 01:30 | My Cadence      FL  
 03:00 | Vanessa Chapman Gospel Blessings      LR  
 05:30 | Musical Stroll      FL  
 06:00 | Life Lessons      LC  
 06:30 | Feel Good Evening Movie      LB

**22**

10:00 | Sunday Bible Chat      LC  
 10:45 | Sunday Crossword      LC  
 01:00 | World Travelers' Challenge      FL  
 02:00 | Divine Faith Ministries      LR  
 02:00 | World Changers Bible Study      LC  
 04:00 | Televised Church Service      LB  
 06:00 | Music & Memories      DR  
 06:30 | Classic Christian Movie      LB

**23**

10:30 | Crazyball      LC  
 11:00 | Choir Practice      FL  
 11:30 | Wacky Words      LC  
 12:45 | BINGO      LC  
 02:00 | Canvas Art      LB  
 02:30 | Painting to the rhythm      LC  
 04:00 | Laugh Block      LC  
 06:00 | Chick Flick      LB

**24**

10:00 | Cardio Training      LC  
 10:30 | Those crazy Animals      LC  
 11:00 | Rock Memories      LC  
 01:00 | Snapshot Sneakers      FL  
 02:00 | Shopping Trip      FL  
 02:30 | Crafter's Corner      LC  
 03:00 | Vincent's Card!!      LB  
 06:00 | CNA's Checker Challenge      LC

**25**

10:30 | Chair Dancing      LC  
 11:30 | Front Porch Chat      CY  
 01:00 | BINGO      LC  
 02:00 | Birthday Happy Hour      LC  
 03:00 | Juliette Meeting      LC  
 03:30 | Sporting with Shwan      LC  
 03:30 | Classic Tv Series      LC  
 07:00 | Wednesday Westerns      LB

**26**

10:00 | Resistance Training      LC  
 10:30 | Silver Sneakers      LC  
 11:30 | Word Bee      LC  
 01:00 | Are You Smarter than.....      LC  
 02:00 | Follow Your Nose?      LC  
 02:30 | Name 5      LC  
 03:30 | Movie & Snacks      LC  
 06:00 | Let's Chat!!      LC

**27**

10:00 | Rev. Hastings Message      LB  
 10:15 | Painting With Cindy      LC  
 11:30 | Moving to the Music      LC  
 01:00 | BINGO      LC  
 01:00 | Nail Spa      LC  
 03:00 | Friday Delicacy      LC  
 05:30 | Musical Memories      FL  
 06:30 | Viewer's Choice Movie      LB

**28**

09:30 | Morning News      LB  
 10:00 | Artistic Expressions      LC  
 11:30 | Saturday Crossword      LC  
 01:30 | Love Culture Church Visit      LB  
 03:00 | Guitar Ministries w/Vanessa Chapman      DR  
 05:30 | Musical Stroll      FL  
 06:00 | Life Lessons      LC  
 06:30 | Feel Good Evening Movie      LB

**29**

09:00 | Connections Sunday School      LB  
 10:00 | Sunday Bible Chat      LC  
 10:45 | Sunday Crossword      LC  
 01:00 | World Travelers' Challenge      FL  
 03:00 | Connections Worship Service      DR  
 04:00 | Televised Church Service      LB  
 06:00 | Music & Memories      DR  
 06:30 | Classic Christian Movie      LB

**30**

10:00 | Artistic Expressions      LC  
 10:30 | Stretch It Out      LC  
 11:00 | Choir Practice      FL  
 11:30 | Word In A Word      LC  
 12:45 | BINGO      LC  
 02:00 | Canvas Art      LB  
 02:30 | Painting to the rhythm      LC  
 04:00 | Laugh Block      LC  
 06:00 | Chick Flick      LB

**31**

10:00 | Cardio Training      LC  
 10:30 | Radio Remembrance      LC  
 11:00 | Musical Memories      LC  
 01:00 | Snapshot Sneakers      FL  
 02:00 | Shopping Trip      FL  
 02:30 | Crafter's Corner      LC  
 06:00 | CNA's Checker Challenge      LC

**Assisted Living at Cadence at Mt. Zion**  
**7493 Mt. Zion BLVD**  
**Jonesboro, GA 30236**  
**(770) 210-6433**

**Meeting Places**  
 LC Lifestyle Center  
 FL Front Lobby  
 LB Library  
 DR Dining Room  
 CY Courtyard  
 LR Living Room

**Dimensions of Wellness**  
 Physical  
 Emotional  
 Spiritual  
 Environmental  
 Vocational  
 Social  
 Intellectual