













How will you spend your day?

The quest for knowledge, inspiration and enrichment is lifelong.





Cape Cod Senior Residences March Calendar

ANNOUNCEMENTS & EVENTS:

March 6th - Liz Saunders Entertains

March 11th - Computer Class w/ Sarah

March 13th - Knitting Group off to Michaels

March 16th - Rick Walsh Entertains

March 19th - Lifetime Achievement For Gus Frey

March 23rd - All Community Meeting

March 25th - Eddie Scheer on the Piano

March 26th - Hearing Exams with Shawn

March 26th - Art with Tessa

March 31st - Guest speaker Robin Putnam 'How to prevent Identity Theft and Fraud'

STAFF DIRECTORY:

Michael LeBrun, **Executive Director**

Pat Caron, **Director of Business Administration**

Cathie Cox,
Resident Care Director

Lisa Marie Chinappi, **EnrichedLIFE Director**

Brendon Forrest, **Director of Dining Experience**

Dan Doughty, **Director of Building & Grounds**

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|------|--|---|--|---|---|--|---|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 Happy Birthday- Myrt C. 10:30 Catholic Mass 11:00 Sunday Stroll 2:00 Marvelous Manicures 2:30 Movie Matinee 3:30 Scrabble | 9:00 Coffee Talk 10:30 Exercise Class 11:00 1on1 w/ Lisa Marie 11:00 Indoor Walking 2:30 \$1.00 Bingo 3:30 Let's Play Games | 3 Hairdresser is in Happy Birthday - Marilyn H. 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 Planet Earth Video Presentation 7:00 Bible Study | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 11-12 Bayada Nurse in 2:30 \$1.00 Bingo 3:15 Face Match Game 7:00 Evening Knitter | 9:00 Coffee Talk 10:30 Exercise Class 10:30 Bible Study 11:00 Indoor Walking 2:30 \$2.00 Bingo 3:30 Jeopardy Game | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:00 Let's Play Cards 3:00 Liz Saunders Entertains 7:30 Movie Night! TBA | 7 Hairdresser is in 10:30 Exercise Class With Alice 11:00 Saturday Stroll 3:15 Scratch Card Bingo AL 3:30 Card Sharks 7:30 Movie Night! TBA |
| | Happy Birthday - Jane T. 10:30 Catholic Mass 11:00 Sunday Stroll 2:00 Marvelous Manicures 2:30 Movie Matinee 3:30 Scrabble | 9 9:00 Coffee Talk 10:30 Exercise Class 11:00 Zip Trip - Library 11:00 Indoor Walking 2:30 \$1.00 Bingo 3:30 Let's Play Games | 10 Hairdresser is in 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 Planet Earth Video Presentation 7:00 Bible Study | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 11-12 Bayada Nurse in 2:00 Computer Class 3:30 Knitting Class 7:00 Evening Knitter | 9:00 Rest of the Story 9:15 Walmart & Lunch at the Gateway 10:30 Bible Study 11:00 Indoor Walking 2:30 \$1.00 Bingo 3:30 Exercise Class | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:00-4:00 Falmouth Michael's Knitting Group 2:30 \$2.00 Bingo 3:15 Let's Play Cards 7:30 Movie Night! TBA | 14 Hairdresser is in 10:30 Exercise Class With Alice 11:00 Saturday Stroll 3:15 Scratch Card Bingo AL 3:30 Card Sharks 7:30 Movie Night! TBA |
| 920 | 10:30 Catholic Mass 11:00 Sunday Stroll 2:00 Marvelous Manicures 2:30 Movie Matinee 3:30 Scrabble | 9:00 Coffee Talk 10:30 Exercise Class 11:00 1on1 w/ Lisa Marie 11:00 Indoor Walking 2:00 Let's Play Games 3:00 Rick Walsh Entertains | 17 Hairdresser is in Happy Birthday - Pat L. 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 St. Patrick's Day \$1:00 Bingo 4:00 Spin Class 7:00 Bible Study | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 11-12 Bayada Nurse in 2:30 Discovery Learning- Illinois 7:00 Evening Knitter | 9:00 Coffee Talk 10:30 Exercise Class 10:30 Bible Study 11:00 Indoor Walking 2:30 \$1.00 Bingo 7:00 Lifetime Achievement For Gus Frey Ceremony with Tom Madden | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 \$2.00 Bingo 3:15 Let's Play Cards 7:30 Movie Night! TBA | 21 Hairdresser is in 10:30 Exercise Class 11:00 Saturday Stroll 3:15 Scratch Card Bingo AL 3:30 Card Sharks 7:30 Movie Night! TBA |
| | 10:30 Catholic Mass 11:00 Sunday Stroll 2:00 Marvelous Manicures 2:30 Movie Matinee 3:30 Scrabble 7:00 Christian Worship | 9:00 Coffee Talk & Bagels 9:30 Catholic Mass 10:30 Exercise Class 11:00 Zip Trip - Library 11:00 Indoor Walking 2:30 All Community / Safety and Birthday Celebration Fall Prevention Presentation | 24 Hairdresser is in 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 Planet Earth Video Presentation 7:00 Bible Study | 25 Happy Birthday - Faith S. 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 11-12 Bayada Nurse in 2:00 Knitting Class 3:00 Eddie Scheer on Piano 7:00 Evening Knitter | 9:15 Zip Trip - Market Basket 10:30 Bible Study 11:00 Indoor Walking 12:30 Hearing Exam w/ Shawn 2:30 Art with Tessa 3:30 Exercise Class 4:30 Theme Dinner-Illinois | 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 National Park Presentation 3:30 Let's Play Cards 7:30 Movie Night! TBA | 28 Hairdresser is in 10:30 Exercise Class 11:00 Saturday Stroll 3:15 Scratch Card Bingo AL 3:30 Card Sharks 7:30 Movie Night! TBA |
| 3500 | 10:30 Catholic Mass 11:00 Sunday Stroll 2:00 Marvelous Manicures 2:30 Movie Matinee 3:30 Scrabble | 9:00 Coffee Talk 10:30 Exercise Class 11:00 1on1 w/ Lisa Marie 11:00 Indoor Walking 2:30 \$1.00 Bingo 3:30 Let's Play Games | 31 Hairdresser is in 9:00 Coffee Talk 10:30 Exercise Class 11:00 Indoor Walking 2:30 Speaker Robin Putnam 'How to prevent Fraud and Identity Theft 4:00 Spin Class 7:00 Bible Study | Program Key: Dining Room Activity Ro Patio Media Roo Outing Round roo * Programs are subject to change be | om Country Kitchen (2nd Floom Outdoors | oor) 3/28 - Mil | Barrett |