

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

Elk Run Assisted Living 31383 Frost Way, Evergreen, CO 80439
303.679.8777



<p>10:00 Visits with Pimento 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Piano Music with Jonathan 3:00 Aspen Ridge Church</p>	<p>10:00 The Rosary 10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 2:00 Jeopardy 3:00 Ladder Ball</p>	<p>9:30 Hall Hiking 10:00 The Daily Chronicle & Exercise with Sharlene NOON Mardi Gras Party 2:00 Travelogue: New Orleans for Mardi Gras 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Cross Word Puzzles 2:00 Design A Picture Frame 3:30 Funny You Tube Clips</p>	<p>9:30 Hall Hiking 10:00 Catholic Communion 10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 1:30 Choir/Karaoke with Tom 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Complete the Phrase 2:00 Jeopardy 3:00 Documentary</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Crossword Puzzles 2:00 Bingo 3:15 Arm Chair Travel</p>		
<p>10:00 Visits with Pimento 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Piano Music with Jonathan 3:00 Bible Study with Michelle</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 2:00 Jeopardy 3:00 Mountain Mommas Meeting</p>	<p>9:30 Hall Hiking 10:00 Dining Forum with Nick 10:30 Exercise & Chronicle 1:30 Word Games 2:00 Bagpipes with Burke 3:00 Documentary "Pipers in the Trenches"</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Piñata Party with Activity Options 3:00 Design A Picture Frame Pt 2</p>	<p>Dr Seuss Day 9:30 Hall Hiking 10:00 Catholic Communion 10:30 Chair Exercise 11:00 The Daily Chronicle 2:00 Suessabration 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Romney Family Musicians 2:30 Jeopardy</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Crossword Puzzle 2:00 Bingo 3:15 Ladder Ball</p>		
<p>10:00 Visits with Pimento 10:00 Church Service with Tom 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Piano Music with Jonathan 3:00 Bible Study with Michelle</p>	<p>Wear Green 10:00 The Rosary 10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 2:00 Jeopardy</p>	<p>9:30 Hall Hiking 10:00 Resident Council 1:30 Crossword Puzzles 2:00 Bingo 3:00 Funny You Tube Clips 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:00 The Daily Chronicle & Exercise with Sharlene 2:00 Evergreen Garden Club 3:30 Tic Tac Toe Tournament</p>	<p>9:30 Hall Hiking 10:00 Catholic Communion 10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 1:30 Choir/Karaoke with Tom 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:30 Load Bus for Senior4Wellness Luncheon 2:00 Jeopardy</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Crossword Puzzle 2:00 Saturday Movie: "Newsies"</p>		
<p>10:00 Visits with Pimento 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Piano Music with Jonathan 3:00 Bible Study with Michelle</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 2:00 Jeopardy 4:00 Resistance Bands</p>	<p>9:30 Hall Hiking 10:00 The Daily Chronicle & Exercise with Sharlene 1:30 Trip to Echo</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Cross Word Puzzles 2:00 Jeopardy 3:00 National Geographic</p>	<p>9:30 Hall Hiking 10:00 Catholic Communion 10:30 Chair Exercise 11:00 The Daily Chronicle 1:00 Tai Chi 1:30 Choir/Karaoke with Tom 4:00 Resistance Bands</p>	<p>9:30 Standing Exercise 10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Cranium Crunches 2:00 Entertainment Harry Olsson</p>	<p>10:30 Chair Exercise 11:00 The Daily Chronicle 1:30 Crossword Puzzle 2:00 Bingo 3:15 Ladder Ball</p>		
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Changes and Updates will be posted on the daily activity sheet