

March 2026

Parkview Memory Care Vitality Calendar

Room Key Codes:
GR – Great Room **MS** – Main Street
C – Chapel **VT** – Village Theater
CY – Courtyard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 AM Cardio Drumming (MS & GR) AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)	2 AM Band Stretching Exercise (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Starlyte Duo Performs (GR)	3 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Rohr Park in Bonita (MS) 4:00 Set Up for Dinner (DR)	4 AM Balloon Tennis (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)	5 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: J St. Marina Boat Luanch (MC) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)	6 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi	7 AM Balloon Tennis (MS & GR) AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)		
8 AM Cardio Drumming (MS & GR) AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)	9 AM Band Stretching Exercise (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Keyboard Karaoke w/ Glenn (MS)	10 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 2:00 Scenic Drive: Imperial Beach Pier (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)	11 AM Balloon Tennis (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)	12 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)	13 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi	14 AM Balloon Tennis (MS & GR) AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Shelter Island (MS) 2:00 Christian Service w/ Ed Equid (C) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)		
15 AM Cardio Drumming (MS & GR) AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)	16 AM Band Stretching Exercise (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Rose Academy Irish Dancers (GR) 4:00 Set Up for Dinner (DR) 5:00 Sing-a-Long w/ Maribel (MS)	17 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 2:00 Irish Music & St. Patrick's Day Art Project (GR) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)	18 AM Balloon Tennis (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)	19 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)	20 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi	21 AM Balloon Tennis (MS & GR) AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: La Jolla Cove (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)		
22 AM Cardio Drumming (MS & GR) AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)	23 AM Band Stretching Exercise (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Sing-a-Long w/ Maribel (MS)	24 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Otay Lakes Chula Vista (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)	25 AM Balloon Tennis (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)	26 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 2:00 Birthday Celebration w/ Raymond (GR) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)	27 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:00 Welcome New Resident Social w/Rikacha Music (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi	28 AM Balloon Tennis (MS & GR) AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Mt. Soledad (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)		
29 AM Cardio Drumming (MS & GR) AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)	30 AM Band Stretching Exercise (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Sing-a-Long w/ Maribel (MS)	31 AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)	March Culture Topic: Move More in March * Exercise stimulates brain chemical that can leave you feeling happier and more relaxed. * Regular exercise can enhance the body's immune response, making it more effective at fighting off infections. * Being physically active can help you fall asleep faster and deepen your sleep. * Exercise can improve your memory and brain function in all phases of life. * An improved fitness level can reduce the risk of diabetes and stroke. * Engaging in regular physical activity is associate with a longer lifespan.					