

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Cardinal Village
4621 Spotsylvania
Parkway Fredericksburg,
Va. 22408

March

- ♥ Emotional
- 🌿 Environmental
- 🧠 Intellectual
- 🏃 Physical
- 🏠 Purposeful
- 👥 Social
- 🦋 Spiritual

Special Dates

March 3rd - String of Pearls
March 12th-Denim and Lace
March 17th - Music by Ron Howard
March 26th Davis and Bradley
March 28th- Music with Mike



<p>In the Woods Week</p> <p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Where Hope is Found - Virtual Church Service [MS]</p> <p>AM The Armchair Travels - The Black Forest [DRW]</p> <p>AM Guidepost Devotions [MS]</p> <p>AM Move It! - Flour Sack Dish Towel Exercises [DRW]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Scooping up Smiles [DRW]</p> <p>PM Art Club - Lion Painting [DRW]</p> <p>PM Finding Peace in Poetry and Nature [CC]</p> <p>PM That's Puzzling [MS]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Vintage Movie Time [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM In the Kitchen - Baked Cheese Balls [DRW]</p> <p>PM Cardinal Village Basketball tournament [MS]</p> <p>PM Book Corner - A Book of Trees [CC]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Romantic Movie & Popcorn [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Balloon Volleyball [DR]</p> <p>AM In Our Backyard - My Best Friend [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Yoga Time</p> <p>PM Drama - A Floral Enigma [DRW]</p> <p>PM Floral Arrangements [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM My Favorite Comedies from Yesteryear [MS]</p>	<p>AM Men's Club- Prescribed Burns [CC]</p> <p>AM Today Is... [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Seated Ballet</p> <p>AM Brain Games</p> <p>AM Readers Digest Discussion [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM What's Cooking? - Black Forest Cake Cookies [DRW]</p> <p>PM Book Club</p> <p>PM Sing a long [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Documentary Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - A delicate Balance [DRW]</p> <p>AM Kickball [DRW]</p> <p>AM Sort It Out [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM String of Pearls [MS]</p> <p>PM Bible Study- Ten Commandment Crossword [CC]</p> <p>PM Thinking Cap Club- All About Lions [DRW]</p> <p>PM Book Time - Andy and the Lion [CC]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Drama Movie Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Laughter Yoga [DRW]</p> <p>AM Latte & Laughs [DRW]</p> <p>AM In Our Backyard [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Crafters Club - Lion Centerpieces [DRW]</p> <p>PM Bingo! [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Mystery Movie [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Stretching to the Oldies [MS]</p> <p>AM Makes Sense - Sensory Activity [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Nails and Tales [MS]</p> <p>PM Timeless Tea Talks [CC]</p> <p>PM Reminiscing About Nat King Cole [DRW]</p> <p>PM A Mixed Up Fairy Tale - Mad Libs [DRW]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Sing-A-Long [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Action Movie Night w/Popcorn [MS]</p>
<p>Daylight Saving Time Begins</p> <p>Everything Green Week!</p> <p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Move It! - Flour Sack Dish Towel Exercises [DRW]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Scooping up Smiles [DRW]</p> <p>PM Fun with Food - Lucky Charm Treats [DRW]</p> <p>PM Magazine Scavenger Hunt - Everything Green [DRW]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Vintage Movie Time [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Bowling [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM The Cookie Jar - Seeing Green Mint Chocolate Chip [DRW]</p> <p>PM It's Not Easy Being GREEN Trivia [DRW]</p> <p>PM Makes Sense - Feely Fashions [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Romantic Movie & Popcorn [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Virtual Pets [DRW]</p> <p>AM Balloon Volleyball [DR]</p> <p>AM Reader's Digest Discussions [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Yoga Time</p> <p>PM Drama Club - A Friend in Need [DRW]</p> <p>PM Crafty Club - Leprechaun Door Decor [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM My Favorite Comedies from Yesteryear [MS]</p>	<p>AM Men's Club- Name That Tool [CC]</p> <p>AM Today Is... [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Seated Ballet</p> <p>AM Brain Games</p> <p>AM Readers Digest Discussion [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM What's Cooking? - Rainbow Cake Mix Bars [CC]</p> <p>PM Book Club</p> <p>PM Sing a long [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Documentary Night [MS]</p>	<p>St. Patrick's Day</p> <p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - A delicate Balance [DRW]</p> <p>AM Kickball [DRW]</p> <p>AM Sort It Out [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Irish Cafe with Ron Howard [DRW]</p> <p>PM St. Patrick's Day History [DRW]</p> <p>PM Bible Study [CC]</p> <p>PM Thinking Cap Club- Fun with Limericks [DRW]</p> <p>PM Fun and Games - Truth or Blarney [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Drama Movie Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Laughter Yoga [DRW]</p> <p>AM Latte & Laughs - Irish Humor [DRW]</p> <p>AM In Our Backyard [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Fun and Games - Table Shuffle Board and Corn Hole [MS]</p> <p>PM Bingo! [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Mystery Movie [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Stretching to the Oldies [MS]</p> <p>AM Makes Sense - Sensory Activity [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Timeless Tea Talks [CC]</p> <p>AM Nails and Tales [MS]</p> <p>3:00 Irish Poetry and Painting [DRW]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Sing-A-Long [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Action Movie Night w/Popcorn [MS]</p>
<p>Spring Forward Week!</p> <p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Move It! - Flour Sack Dish Towel Exercises [DRW]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Scooping up Smiles [DRW]</p> <p>PM Spring Poetry Corner [CC]</p> <p>PM Crafty Club - Flowers All Around [DRW]</p> <p>PM That's Puzzling [MS]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Vintage Movie Time [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Bowling [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM The Cookie Jar - Cookie Dough Bites [DRW]</p> <p>PM Book Corner - Awesome Women [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Romantic Movie & Popcorn [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Balloon Volleyball [DR]</p> <p>AM Reader's Digest Discussions [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Yoga Time</p> <p>PM Drama Club - Legacy [DRW]</p> <p>PM Scenic Drive</p> <p>PM Getting Crafty - Coffee Filter Butterfly [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM My Favorite Comedies from Yesteryear [MS]</p>	<p>AM Men's Club- March Madness Basketball [CC]</p> <p>AM Today Is... [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Seated Ballet</p> <p>AM Brain Games</p> <p>AM Readers Digest Discussion [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM In the Kitchen - Terrific Banana Pudding [DRW]</p> <p>PM Book Club</p> <p>PM Sing a long [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Documentary Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - A delicate Balance [DRW]</p> <p>AM Kickball [DRW]</p> <p>AM Sort It Out [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Spring Cafe [DRW]</p> <p>PM Get Me Laughing - Spring Humor [DRW]</p> <p>PM Bible Study- Spring - A Time for Renewal [CC]</p> <p>PM Thinking Cap Club [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Drama Movie Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Laughter Yoga [DRW]</p> <p>AM Latte & Laughs [DRW]</p> <p>AM In Our Backyard [MS]</p> <p>11:30 Craft Club - Clothespin Birds [DRW]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Fun and Games - Bean Bag Bullseye [MS]</p> <p>PM Bingo! [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Mystery Movie [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Stretching to the Oldies [MS]</p> <p>AM Makes Sense - Sensory Activity [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Timeless Tea Talks with Davis and Bradley [MS]</p> <p>AM Nails and Tales [MS]</p> <p>PM Spring Poetry [DRW]</p> <p>PM Spring Art [DRW]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Sing-A-Long [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Action Movie Night w/Popcorn [MS]</p>
<p>Out Like a Lamb!</p> <p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Virtual Church Service [MS]</p> <p>AM The Travel Book [DRW]</p> <p>AM Guidepost Devotions [MS]</p> <p>AM Move It! - Flour Sack Dish Towel Exercises [DRW]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Scooping up Smiles [DRW]</p> <p>PM Richard Simmons Fitness Trail [MS]</p> <p>PM In the Kitchen - Coconut Cream Pie [DRW]</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Vintage Movie Time [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Bowling [DRW]</p> <p>AM Zumba [DRW]</p> <p>AM Chicken Soup for the Soul [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Resident Council [DRW]</p> <p>PM Cake and Coffee Cafe</p> <p>PM Music with Mike [MS]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Romantic Movie & Popcorn [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM Balloon Volleyball [DR]</p> <p>AM Reader's Digest Discussions [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Yoga Time</p> <p>PM Drama Club - The Princess and the Ogre [DRW]</p> <p>PM Craft Club - Fuzzy Lambs [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM My Favorite Comedies from Yesteryear [MS]</p>	<p>AM Men's Club- Sporty Nicknames Trivia [CC]</p> <p>AM Today Is... [DRW]</p> <p>AM Chaircise [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - Seated Ballet</p> <p>AM Brain Games</p> <p>AM Readers Digest Discussion [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM In the Kitchen - Blueberry Bliss [DRW]</p> <p>PM Book Club</p> <p>PM Sing a long [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Documentary Night [MS]</p>	<p>AM Today Is... [DRW]</p> <p>AM The Daily Chronicle [DRW]</p> <p>AM Move It! - A delicate Balance [DRW]</p> <p>AM Kickball [DRW]</p> <p>AM Sort It Out [MS]</p> <p>AM Guidepost Devotions [MS]</p> <p>PM Reminiscence Time - One on One [MS]</p> <p>PM Our Daily Bread [MS]</p> <p>PM Black Sheep Cafe [DRW]</p> <p>PM Remembering Our Pets [DRW]</p> <p>PM Bible Study- Psalm 23 [CC]</p> <p>PM Thinking Cap Club- Woodland Matching Game [DRW]</p> <p>PM Aroma Therapy</p> <p>PM It's Never 2 Late [MS]</p> <p>PM Movin and Groovin in the Evening [MS]</p> <p>PM Drama Movie Night [MS]</p>		