











Alder Bay Assisted Living—March 2017

1355 Myrtle Ave--Eureka, CA 95501—Ph: 707-273-6474—www.alderbayalf.com

~Creating environments where moments of joy, independence, and wellness are the focus each and every day.~



Sun	Mon	Tue	Wed	Thu	Fri	Sat
RESIDENT OF THE MONTH: Irene S 	RESIDENT BIRTHDAYS: Kathryn H. 3/19 Bonnie W 3/20 	STAFF BIRTHDAYS: Ashley W 3/5 Meghan G 3/7 Berenice R 3/22 Peter B 3/24 Patrick S 3/26	1 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo 3:00 Patrick on Piano	2 10:00 Fitness 10:30 Dog Visits 11:00 Hand Care 2:00 Bingo 3:00 History of National Anthem	3 9:30 Coffee & Donuts 10:00 Netflix 1:00 Cards 2:00 Bingo 3:00 Happy Hour	4 10:00 Fitness 11:00 Coffee & Tea 1:30 Bingo 3:00 Popcorn and a movie
5 10:00 Netflix 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	6 9:30 Fitness 10:00 Music Makers 1:30 Target outing 3:00 Black Jack 	7 Medical Appointments 10:00 Fitness 11:00 Massages 2:00 Bingo 3:00 Peanut Butter Social	8 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo 3:00 Resident Council 6:00 Accordion Players	9 10:00 Fitness 11:00 Hand care 2:00 Bingo 3:00 Remember When	10 9:30 Coffee & Donuts 10:00 Animal Planet Documentary 1:00 Cards 2:00 Bingo 3:00 Happy Hour 	11 10:00 Hymn Karaoke 11:00 Coffee & Tea 1:30 Bingo 3:00 Popcorn and a movie
12 10:00 Netflix 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night 	13 10:00 Fitness 11:00 Hand care 2:00 Bingo 3:00 Butterfly Documentary	14 Medical Appointments 10:00 Fitness 11:00 Massages 2:00 Bingo 3:00 Garden Indoors	15 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo 3:00 Patrick on Piano 	16 10:00 Fitness 11:00 Hand Care 1:00 On this day history 2:00 Bingo 3:00 Dog Visits	17 9:30 Coffee & Donuts 11:30 St. Patty's Day Lunch 1:00 Cards 2:00 Bingo 3:00 Happy Hour	18 10:00 Fitness 11:00 Coffee & Tea 1:30 Bingo 3:00 Popcorn and a movie
19 10:00 Netflix 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	20 ERRAND DAY 10:00 Fitness 11:00 Hand Care 2:00 Bingo 3:00 Tie Dye Day!	21 Medical Appointments 10:00 Fitness 11:00 Massages 2:00 Bingo 3:00 Brain Games	22 10:00 Fitness 11:00 Coffee & Tea 1:00 Brain Games 2:00 Bingo 3:00 Black Jack	23 10:00 Fitness 11:00 Hand Care 2:00 Bingo 3:00 Remember When	24 9:30 Coffee & Donuts 10:00 Netflix 1:00 Cards 2:00 Bingo 3:00 Happy Hour 	25 10:00 Fitness 11:00 Coffee & Tea 1:30 Bingo 3:00 Popcorn and a movie
26 10:00 Netflix 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night 	27 10:00 Fitness 11:00 Hand Care 2:00 Bingo 3:00 Human Planet Documentary	28 Medical Appointments 10:00 Fitness 11:00 Massages 2:00 Bingo 3:00 April Centerpieces	29 10:00 Fitness 11:00 Coffee & Tea 1:00 Brain Games 2:00 Bingo 3:00 Out for a Drive	30 10:00 Fitness 11:00 Hand Care 11:30 Chapalas 2:00 Bingo 3:00 Crafters Corner	31 9:30 Coffee & Donuts 10:00 Food Committee 1:00 Cards 2:00 Bingo 3:00 Happy Hour	Volunteers are always welcomed & appreciated at Alder Bay. Call Emily at 707-444-8000