



# March 2026 Arbor Hall Activities Calendar

This calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30</b> Exercise / Workout <b>1</b> <b>10:00</b> Daily Audio Prayer /Bible Reading <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Relaxation / TV Time <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:00</b> Socialization <b>5:10</b> Final Stretch of the Day	<i>Prism begins at sundown</i> <b>2</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Hair Cuts /TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>3</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>4</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Remembering History /Videos/Books <b>2:00</b> Snacks & Puzzles <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>5</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Haircuts/ TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>6</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>7</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Learning about Cultures /Videos/Books <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day
<i>Daylight Saving Time begins</i> <b>8</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Audio Prayer /Bible Reading <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Relaxation / TV Time <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:00</b> Socialization <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>9</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Hair Cuts /TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>10</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>11</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Remembering History /Videos/Books <b>2:00</b> Snacks & Puzzles <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>12</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Haircuts/ TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>13</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>14</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Learning about Cultures /Videos/Books <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day
<i>8th Academy Awards</i> <b>15</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Audio Prayer /Bible Reading <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Relaxation / TV Time <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:00</b> Socialization <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>16</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Hair Cuts /TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<i>St. Patrick's Day</i> <b>17</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>18</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Remembering History /Videos/Books <b>2:00</b> Snacks & Puzzles <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>19</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Haircuts/ TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<i>Spring Equinox begins</i> <b>20</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>21</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Learning about Cultures /Videos/Books <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day
<b>9:30</b> Exercise / Workout <b>22</b> <b>10:00</b> Daily Audio Prayer /Bible Reading <b>10:30</b> Snacks & TV Time <b>11:30</b> Lunch <b>12:30</b> Relaxation / TV Time <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:00</b> Socialization <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>23</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Hair Cuts /TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>24</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>25</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Remembering History /Videos/Books <b>2:00</b> Snacks & Puzzles <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>26</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Haircuts/ TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>27</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>28</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Learning about Cultures /Videos/Books <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day
<i>Palm Sunday</i> <b>29</b> <b>9:30</b> Exercise / Workout <b>10:00</b> Daily Audio Prayer /Bible Reading <b>10:30</b> Snacks & TV Time <b>11:30</b> Lunch <b>12:30</b> Relaxation / TV Time <b>2:00</b> Snacks & Dominos <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:00</b> Socialization <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>30</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Colorful Nails /Hair Cuts /TV Time <b>2:00</b> Snacks & Movie <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<b>9:30</b> Exercise / Workout <b>31</b> <b>10:00</b> Daily Prayer /Bible Reading /Worship Audio <b>10:30</b> Snacks / TV Time <b>11:30</b> Lunch <b>12:30</b> Shave /Socialization /TV Time <b>2:00</b> Snacks & Playing Cards <b>3:00</b> Bingo! <b>4:00</b> Dinner <b>5:10</b> Final Stretch of the Day	<p>"Our life is March weather, savage and serene in one hour."  ~ Ralph Waldo Emerson</p>		<b>MARCH DAYS TO NOTE...</b> <b>01</b> Peanut Butter Lover's Day <b>19</b> Swallow Day (Return to SJC) <b>03</b> I want You To Be Happy Day <b>20</b> Int'l Day of Happiness <b>08</b> Int'l Women's Day <b>21</b> Nat'l California Strawberry Day <b>10</b> Salvation Army Day <b>21</b> Nat'l Flower Day <b>11</b> Dream Day <b>21</b> World Poetry Day <b>14</b> Nat'l Pi Day <b>21</b> World Water Day <b>15</b> Ides of March <b>23</b> Cuddly Kitten Day <b>16</b> Nat'l Panda Day <b>25</b> Medal of Honor Day <b>18</b> Nat'l Sloppy Joe Day <b>26</b> Nat'l Purple Day <b>19</b> Na'Il Certified Nurses Day <b>30</b> Nat'l Doctors Day <b>19</b> Let's Laugh Day <b>31</b> Dance Marathon Day	
						<i>Month of March</i> <b>Birthstone:</b> Aquamarine (Happiness, Hope, Youth) and Bloodstone (Courage)  <b>Flowers:</b> Daffodil & Jonquil (New Beginnings)  <b>Colors:</b> White