

Sunset Nursing & Rehab Center

A & B March 2026

***Activities are subject to change based on residents' preferences and unforeseen circumstances. For questions regarding the calendar, please contact Rebecca Pond, Director of Activities (315)-942-4301 or Rpond@sunsetnrc.com**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-Coffee hour 1 10:30- Church Hymns 2:00- Movie	9:00-Coffee hour 2 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo	9:00-Coffee hour 3 10:30- Catholic Mass 11:00- Hymns 1:30-Happy hour and Popcorn Showing: Beauty and The Beast 6:00- Paint Nails	9:00-Coffee Hour 4 10:30- Give Me 3 2:00- Bingo 3:00- Parachute	9:00-Coffee Hour 5 10:30- Table Talk 2:00- Birthday Party	9:00-Coffee Hour 6 10:30- Name That Tune 2:00- Bingo 3:00- Craft	9:00-Coffee hour 7 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games
Day Light Savings 8 9:00-Coffee hour 10:30- Church Hymns 2:00- Movie	9:00-Coffee hour 9 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo	9:00-Coffee hour 10 10:30- Catholic Mass 11:00- Hymns 1:30-Happy hour and Popcorn Showing: Hachi 6:00- Paint Nails	9:00-Coffee Hour 11 10:30- Trivia 2:00- Bingo 3:00- Volleyball	9:00-Coffee hour 12 10:30- Adirondack Chorus 2:00- Cloggers 3:00- Brews and Tattoos	9:00-Coffee hour 13 10:15-PaulRyder 2:00- Bingo 3:00- Craft 6:00- Visits	9:00-Coffee hour 14 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games
9:00-Coffee hour 15 10:30- Church Hymns 2:00- Movie	9:00-Coffee hour 16 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo	St. Patrick's Day 17 9:00-Coffee hour 10:30- Catholic Mass 11:00- Hymns 2:00- St. Patrick's Day Party 6:00- Paint Nails	9:00-Coffee Hour 18 10:30- Make Chocolate Covered Bananas 2:00- Bingo 3:00- Snack and Chat	9:00-Coffee Hour 19 10:30- I Spy 2:00- Ladies Tea Party 3:00- Table Talk	First Day of Spring 20 9:00-Coffee Hour 10:30- Name That Tune 2:00- Bingo 3:00- Craft	9:00-Coffee hour 21 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games
9:00-Coffee hour 22 10:30- Church Hymns 2:00- Movie	9:00-Coffee hour 23 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo	9:00-Coffee hour 24 10:30- Catholic Mass 11:00- Hymns 1:30-Happy hour and Popcorn Showing: Finding Nemo 6:00- Paint Nails	9:00-Coffee Hour 25 10:30- Reminiscing 1:30- Food Committee 2:00- Residents Council 3:00- Bingo	9:00-Coffee hour 26 10:30- Adirondack Chorus 2:00- Men's Group 3:00- In Door Games	9:00-Coffee hour 27 10:15-PaulRyder 2:00- Bingo 3:00- Sip and Paint 6:00- Visits	9:00-Coffee hour 28 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games
9:00-Coffee hour 29 10:30- Church Hymns 2:00- Movie	9:00-Coffee hour 30 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo	9:00-Coffee hour 31 10:30- Catholic Mass 11:00- Hymns 2:00-Ageless Attitudes Shopping 6:00- Paint Nails	Outings have limited seats see activities to sign up. Lists need to be turned in the latest day before outing (15 items max)			



Happy Birthday
C Miller 3/10, B Wheelock 3/24, C Miles 3/25

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THAT TAKE PLACE AT OUR FACILITY IS TO

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