

# Sunset Nursing & Rehab Center

## C 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 6:00- Table Ball	9:00-Coffee hour 2 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo 6:00- Card Games	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-	9:00-Coffee Hour 4 10:30- Give Me 3 2:00- Bingo 3:00- Parachute 6:00- Painting or coloring	9:00-Coffee Hour 5 10:30- Table Talk <b>2:00- Birthday Party</b> 6:00- Chair Exercise	9:00-Coffee Hour 6 10:30- Name That Tune 2:00- Bingo 3:00- Craft 6:00- Sensory Hour	9:00-Coffee hour 7 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games
<b>Day Light Savings</b> 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 6:00- Card Games	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 6:00- Painting or coloring	9:00-Coffee hour 12 <b>10:30- Adirondack Chorus</b> <b>2:00- Cloggers</b> 3:00- Brews and Tattoos 6:00- Chair Exercise	9:00-Coffee hour 13 <b>10:15-PaulRyder</b> 2:00- Bingo 3:00- Craft 6:00- Sensory Hour	9:00-Coffee hour 14 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games 6:00- Music
9:00-Coffee hour 15 10:30- Church Hymns 2:00- Movie 6:00- Table Ball	9:00-Coffee hour 16 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo 6:00- Card Games	<b>St. Patrick's Day</b> 17 9:00-Coffee hour 10:30- Catholic Mass 11:00- Hymns <b>2:00- St. Patrick's Day Party</b> 6:00- Paint Nails	9:00-Coffee Hour 18 10:30- Make Chocolate Covered Bananas 2:00- Bingo 3:00- Snack and Chat 6:00- Painting or coloring	9:00-Coffee Hour 19 10:30- I Spy <b>2:00- Ladies Tea Party</b> 3:00- Snowball fight 6:00- Chair Exercise	<b>First Day of Spring</b> 20 9:00-Coffee Hour 10:30- Name That Tune 2:00- Bingo 3:00- Craft 6:00- Sensory Hour	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 6:00- Card Games	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 <b>1:30- Food Committee</b> <b>2:00- Residents Council</b> 3:00- Bingo 6:00- Painting or coloring	9:00-Coffee hour 26 <b>10:30- Adirondack Chorus</b> <b>2:00- Men's Group</b> 3:00- In Door Games 6:00- Chair Exercise	9:00-Coffee hour 27 <b>10:15-PaulRyder</b> 2:00- Bingo 3:00- Paint 6:00- Sensory Hour	9:00-Coffee hour 28 10:00-Rosary Prayer 10:30- Alphabet Game 2:00- Card Games or Board Games 6:00- Music
9:00-Coffee hour 29 10:30- Church Hymns 2:00- Movie 6:00- Table Ball	9:00-Coffee hour 30 10:30-Exercise with Rose 1:30-Sing Fit with Amie 3:00- Bingo 6:00- Card Games	9:00-Coffee hour 31 10:30- Catholic Mass 11:00- Hymns <b>2:00-Ageless Attitudes Shopping</b> 6:00- Paint Nails	<b>Outings have limited seats see activities to sign up. Lists need to be turned in the latest day before outing (15 items max)</b>	 	<h3>Happy Birthday</h3> <p>C Carey 3/10, S Brasie 3/11, R Chase 3/22</p> 	

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THAT TAKE PLACE AT OUR FACILITY IS TO

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@vestracare

**SUNSET**  
NURSING &  
REHABILITATION  
*living legends*



SCAN THE  
**QR CODES**

& FOLLOW ALONG  
WITH THE FUN!

\*ANDROID USERS MAY NEED TO  
SEARCH USING THE PROFILE @