




March 2019

Prairie Home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>See the last page of the calendar for information on the Gundersen Health System's Minutes in Motion Fitness Challenge.</i></p> <p><i>Sign up on the Bulletin Board if you wish to participate.</i></p> <p><i>Always check with your Primary Care Provider before starting any exercise program!</i></p>	<p>Prairie Home Tenant Meeting</p> <p>Tuesday, March 12th 10:00am in the Dining Room</p> <p>Agenda:</p> <ul style="list-style-type: none"> • Tenant Rights • Severe Weather • POST Form and Advance Directives • Dietary Discussion, Menu Ideas • Minutes in Motion Challenge • Open Discussion • Fire Safety • 10:30am Quarterly Fire Drill <p><i>Please Plan to Attend!</i></p>		 <p>Mary Ann B. March 20th</p> <p>June H. March 20th</p> <p>Joyce A. March 27th</p> <p>~ ~ ~</p>	<p>March Fun Facts</p> <p>Birthstones: Aquamarine and Bloodstone Symbolizing <i>Courage</i></p> <p>Flower: Daffodil</p>  <p>Zodiac Signs: Pisces February 20- March 20</p> <p>Aries March 21-31</p>	<p>1</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>10:00am Scrabble West Lounge</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour Featuring Wine, Beer, Soda, and Snacks Dining Room</p> <p>6:00pm Dominos</p>	<p>2</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>10:00am Music Time West Lounge</p> <p>2:00pm Card Club-500 West Lounge</p> <p>3:00pm Scrabble</p> <p>5:00pm Lawrence Welk Channel 12</p> <p>6:00pm Dominos West Lounge</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
<p><i>Healing from the Inside Out Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Catholic Mass Channel 19</p> <p>2:30pm Euchre Tournament with Soda and Beer Dining Room</p> <p>6:00pm Red Skelton DVD Center Lounge</p> <p>6:00pm Dominos</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am The Price Is Right</p> <p>1:30pm Bingo Dining Room</p> <p>2:30pm Tea & Coffee Social Dining Room</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos West Lounge</p>	<p><i>Fat Tuesday</i> <i>Mardi Gras</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour With Orange Rolls</p> <p>9:30am Chair Exercise</p> <p>10:30am Pet Therapy</p> <p>2:30pm Ice Cream Treats Dining Room</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos West Lounge</p>	<p><i>Ash Wednesday</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>10:00am Lutheran Service</p> <p>1:30pm Ash Wednesday Catholic Mass</p> <p>2:30pm Card Club-500 West Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:00am Book Club</p> <p>2:00pm Euchre Dining Room</p> <p>3:00pm Scrabble West Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p>Employee Appreciation Day!</p> <p></p> <p><i>Thank you to the AMAZING Staff Members at Prairie Home for your dedication to our tenants!</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee & Tea</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour</p> <p>6:00pm Dominos West Lounge</p>	<p><i>Chocolate Chip Cookie Week</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am Music Time West Lounge</p> <p>2:30pm Chocolate Chip Cookie Social</p> <p><i>Daylight Savings Time begins tomorrow. Set your clocks ahead one hour tonight!</i></p>
						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<p>Day Light Savings Time Begins</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Catholic Mass Channel 19 West Lounge</p> <p>2:30pm Euchre Tournament with Soda and Beer</p> <p>6:00pm Carol Burnett DVD Center Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p><i>Good Samaritan Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee & Tea</p> <p>9:30am Chair Exercise</p> <p>10:00am Book Club</p> <p>1:30pm Bingo</p> <p>2:30pm Village of Holmen at Prairie Home to Assist with Voter Registration and Hot Cocoa Social Dining Room</p> <p>6:00pm Dominos</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>10:00am Tenant Meeting</p> <p>10:30am Quarterly Fire Drill</p> <p>10:30am Pet Therapy</p> <p>1:00pm Shopping at Festival Foods</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>10:00am Lutheran Service</p> <p>1:30pm Catholic Lenten Mass</p> <p>2:30pm Card Club-500 West Lounge</p> <p>6:00pm Popcorn and Movie Night: <i>The Blind Side</i> Drama Starring Sandra Bullock Center Lounge</p>	<p><i>March Madness Begins</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>2:00pm St. Patrick's Day Wreath Creations with Nancy Dining Room</p> <p>3:00pm Scrabble West Lounge</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p><i>March Madness</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee & Tea</p> <p>9:30am Chair Exercise</p> <div style="text-align: center;">  </div> <p>2:00pm St. Patrick's Day Party</p> <p>3:00pm Musical Entertainment by Wally Tran and Friends</p> <p>6:00pm Dominos</p>	<p><i>March Madness</i></p> <p>9:00am Coffee Hour</p> <p>10:00am Music Time-Celtic CD West Lounge</p> <p>2:00pm Movie Matinee: <i>The Sound of Music</i> Center Lounge</p> <p>3:00pm Card Club-500 West Lounge</p> <p>5:00pm Lawrence Welk Center Lounge</p> <p>6:00pm Dominos West Lounge</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
<p><i>Happy St. Patrick's Day!</i></p> <p>8:30am Morning Stroll</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>9:30am Catholic Mass Channel 19 West Lounge</p> <p>2:30pm Euchre Tournament with Beer and Soda Dining Room</p> <p>6:00pm Dominos West Lounge</p> <p>Second Round NCAA March Madness</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>11:00am Lunch at Dublin Square</p> <p>1:30pm Bingo</p> <p>2:30pm Village of Holmen at Prairie Home to Assist with Voter Registration and Cookies & Coffee Social Dining Room</p> <p>6:00pm Dominos</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise</p> <p>10:00am Book Club</p> <p>10:30am Pet Therapy</p> <p>3:00pm Last Day of Winter Celebration— Ice Cream Sundae Bar</p> <p>3:00pm Euchre</p> <p>6:00pm Dominos</p>	<div style="text-align: center;"></div> <p>Happy Birthday Mary Ann B. And June H.!</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Chair Exercise</p> <p>10:00am Lutheran Lenten Service</p> <p>1:30pm Catholic Lenten Mass</p> <p>2:30pm Card Club-500</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>1:00pm Shopping at Festival Foods</p> <p>2:00pm Movie Matinee: West Side Story Starring Natalie Wood Center Lounge</p> <p>3:00pm Euchre Dining Room</p> <p>6:00pm Dominos West Lounge</p>	<p><i>National Chip and Dip Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise</p> <p>10:00am Book Club</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour Featuring Chips and Dip</p> <p>6:00pm Dominos West Lounge</p>	<p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am Music Time West Lounge</p> <p>2:30pm Card Club West Lounge</p> <p>5:00pm Lawrence Welk</p> <p>6:00pm Dominos West Lounge</p> <p>NCAA Basketball March Madness Elite Eight</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30am 24 Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>9:30am Catholic Mass Channel 19</p> <p>2:30pm Euchre Dining Room</p> <p>March Madness</p>	<p>25 <i>National Pancake Week</i></p> <p>8:30am Birthday Breakfast Blueberry Pancakes, Bacon, Sausage, Orange Juice and Coffee</p> <p>8:30am Morning Stroll</p> <p>9:30am Chair Exercise</p> <p>10:00am Morning Stroll</p> <p>9:30am Chair Exercise</p> <p>10:00am Book Club</p> <p>1:30pm Bingo</p> <p>2:30pm Tea & Coffee Social</p> <p>6:00pm Dominos</p>	<p>26 8:30am Morning Stroll</p> <p>9:00am Coffee Hour In the Café</p> <p>9:30am Chair Exercise</p> <p>10:00am The Price is Right</p> <p>10:30am Pet Therapy</p> <p>2:00pm Euchre Dining Room</p> <p>3:00pm Scrabble West Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p>27 <i>Happy Birthday Joyce A.!</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour In the Café</p> <p>9:30am Chair Exercise</p> <p>10:00am Lutheran Lenten Service Dining Room</p> <p>1:30pm Catholic Lenten Mass West Lounge</p> <p>2:30pm Card Club-500 West Lounge</p> <p>6:00pm Dominos</p>	<p>28 8:30am Morning Stroll</p> <p>9:00am Coffee Hour In the Café</p> <p>10:00am The Price is Right</p> <p>2:00pm Euchre</p> <p>2:30pm Healthy Afternoon Snack Fruit Smoothies Café</p> <p>3:00pm Scrabble West Lounge</p> <p>6:00pm Dominos</p>	<p>29 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>11:00am Lunch at Famous Dave's</p> <div data-bbox="1528 743 1766 1040" data-label="Image"> </div> <p>2:30pm Wine of the Month Club Wine Wine and Cheese Tasting</p> <p>6:00pm Dominos West Lounge</p>	<p>30 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am Music Time West Lounge</p> <p>2:30pm Card Club-500 West Lounge</p> <p>5:00pm Lawrence Welk</p> <p>6:00pm Dominos</p> <p>NCAA Basketball March Madness Final Four</p>
<p>MARCH 31</p> <p>9:00am Coffee Hour</p> <p>9:30am Catholic Mass Channel 19</p> <p>2:30pm Euchre</p> <p>6:00pm Dominos</p>						

Gundersen Health System's MINUTES IN MOTION
Six-week physical activity challenge begins April 1, 2019 and ends on May 12, 2019

Tenant Participation is optional. Check with and follow the recommendations of your Primary Health Care Provider for exercise limitations.

Sign up on the sheet by March 31st on the Dining Room Bulletin Board if you wish to participate.

Pick up a tracking sheet from the Dining Room Bulletin Board.

Track your minutes every day.

Turn in your tracking sheet to Sandy by May 13, 2019.

With Minutes in Motion, you can:

Pick any physical activity that fits your lifestyle and limitations—go at your own pace and at your ability level.

Aim for 30 minutes of physical activity a day—this includes all walking including to and from meals or the mail box, stretching exercise, or movement activities.

Win Gift Card Prize Drawings for Participants just for entering and for meeting the challenge of 30 minutes per day in motion!