

MERIT Centre North

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Banana Cream Pie Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 The Concert in Central Park (1981): Simon & Garfunkel's historic reunion in New York City is a timeless favorite (youtube)</p> <p>8:30 Jenga</p> <p>10:00 Monday's @ Main Street Smarts: Designing Safe Streets for Everyone with Erin Duffer, Travis Key, & Jenna Dinkel (depart @ 930)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Springtime Magazine Collages</p> <p>1:30 Snack</p> <p>2:00 Wii Bowling</p> <p>3:00 Puzzles/Brain Games</p>	<p>3 Pancake Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Pink Floyd - Pulse (1994): A visually stunning and musically flawless performance (youtube)</p> <p>10:30 Local Archaeology @ West Salem Library (What was life like in Wisconsin at the end of the Ice Age? How did it change over the next 13,000 years? Come see artifacts from each time period and explore how lifestyles changed over time.) (depart @ 945)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Wisconsin Chat Pack</p> <p>1:30 Snack</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Puzzles</p>	<p>4 Marching Music Day</p> <p>7:30 Brews & News</p> <p>8:00 The Beatles Rooftop Concert (1969): Their legendary final performance on the roof of Apple Corps</p> <p>8:30 Yahtzee</p> <p>9:30 Sorry</p> <p>10:00 Floyd's Senior Moments- Chasing The Stars- Badger Talks @ Onalaska Library (depart @ 915)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:15 Crystals & Gems with Steph</p> <p>1:00 Music with Abbey Lane (MCS will join @ MCN)</p> <p>2:00 Snack</p> <p>2:30 Cornhole</p> <p>3:00 Puzzles Brain Games</p>	<p>5 Cheese Doodle Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Elvis: That's the Way It Is (1970): Captures the King of Rock and Roll at the peak of his Las Vegas residency era</p> <p>9:30 Q-tip Pointillism Flowers: Use Q-tips as "brushes" to create delicate floral designs with acrylic or tempera paint.</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1:00 South Side Neighborhood Center Music Café- John Pinski</p> <p>2:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>6 Dress Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Rod Stewart - Live at Copacabana Beach (1994): Famous for being one of the largest concerts in history</p> <p>9:00 Manicures and Hand Massages</p> <p>10:00 Walking @ Paul E. Stry Nature Preserve</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Truth Be Told Card Game</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>

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<p>9 National Barbie Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Songs for Seniors (Waveland): A dedicated project featuring virtual concerts from various artists (youtube)</p> <p>10:00 Mondays @ Main <u>Peep Light: Stories of a Mississippi River Boat Captain</u> with Author Lee Hendrix</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Shamrock Mason Jars</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>10 National Napping Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Elderly Living Room Sessions: A playlist of livestreamed acoustic performances featuring folk and roots music (youtube)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Harley Davidson Tour</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>11 National Worship of Tools Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Great Performances on PBS: This channel offers high-quality recordings of Broadway hits, classical music, and legendary vocalists like Audra McDonald.</p> <p>9:00 Manicures and Hand Massages</p> <p>10:00 Floyd's Senior Moments- Navy Seabees and the Cold War- Jeff Nylander @ Onalaska Library (depart @930)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Painting with Alison</p> <p>1:30 Snack</p> <p>2:00 White Board Word Square Game</p> <p>3:00 Puzzles / Brain Games</p>	<p>12 Plant A Flower Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Senior Services Timeless Tunes: Specialized concerts featuring classic melodies like "La Vie En Rose" and "You Are My Sunshine" (youtube)</p> <p>9:30 Leprechaun Gnomes using felt, fur, and foam</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1:00 South Side Neighborhood Center Music Café- Members of Prairie Smoke (depart @ 1230)</p> <p>2:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>13 National K9 Veteran's Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Manicures and Hand Massages</p> <p>9:00 Walking Club</p> <p>10:00 Music with Joe Cody @ MCN (MCS will join)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Karaoke</p> <p>1:30 Snack</p> <p>2:00 The Storymatic Rememory Card Game</p> <p>3:00 Puzzles / Brain Games</p>

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<p>16 National Panda Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 UNO</p> <p>9:00 Bunco</p> <p>10:00 Mondays @ Main Musical Performance with The Tri-State Accordion Club</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 No-Bake Birdseed Ornaments: Mix birdseed with water and gelatin, then press into cookie cutters. Once set, hang them with a ribbon to welcome returning spring birds.</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>17 St Patrick's Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Blowin' in the Wind Retro Sing-Along: Designed as an interactive acoustic song circle for seniors (youtube)</p> <p>9:30 Sponge-Painted Spring Trees: Cut common kitchen sponges into small squares. Use clothespins as "handles" to grip the sponge pieces. Dip them into pastel paints and dab them onto a printed outline of a bare tree to create "blooming" cherry blossoms or spring leaves.</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 St Patrick's Day Bingo @ MCS</p> <p>1:30 Snack</p> <p>2:00 Nature Walk</p> <p>3:00 Puzzles / Brain Games</p>	<p>18 National Awkward Moments Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Jimmy Live - 3500th Concert for Seniors: A milestone performance featuring upbeat classics like "Rockin' Robin" and "You Are My Sunshine"</p> <p>10:00 Floyd's Senior Moments- Irish Legends & Folklore- Chad Lewis @ Onalaska Library OR Music with Joe Cody (MCS will join @ MCN)</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Oodles Card Game</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>19 National Let's Laugh Day</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Seniors Rock! (Alive & Kickin): A unique channel featuring talented performers aged 65-93 performing contemporary and classic rock.</p> <p>9:00 Mosaic Coasters from Magazine Scraps: Cut colorful pages from old magazines into small squares. Glue them in patterns onto cardboard squares or inexpensive cork tiles. Seal with a thin layer of glue to make them water-resistant.</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1:00 South Side Neighborhood Center Music Café- Rich Pinski</p> <p>2:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>20 Day Of Happiness</p> <p>7:30 Coffee & Conversations</p> <p>8:00 Jazz at Lincoln Center Orchestra: Led by Wynton Marsalis, this ensemble is world-renowned for its authentic Big Band and Swing performances</p> <p>10:00 Walking at Riverside Park</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1:00 Drum Fit with Alison @ MCS (MCN will join)</p> <p>1:30 Snack</p> <p>3:00 Puzzle / Brain Games</p>

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<p>23 <i>National Puppy Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 The Big Swingin' Big Band: A high-energy <u>full concert experience</u> that focuses on the classic sounds of the swing era, perfect for those who enjoy the 1940s and 50s aesthetic</p> <p>10:00 Mondays @ Main Women Air Force Service Pilots of WWII with Frederick Beseler</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 The Game Guy @ MCN</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>24 <i>National Chocolate Covered Raisin Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Eagles - Hotel California (Live 1977): One of the most famous <u>live rock recordings</u> of the decade, capturing the band at their commercial peak.</p> <p>9:30 Shake A Memory</p> <p>12:30 Ranison Ice Cream & Candy</p> <p>1:30 Snack</p> <p>2:00 White Board Jeopardy</p> <p>3:00 Puzzles / Brain Games</p>	<p>25 <i>National Medal of Honor Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Led Zeppelin - Madison Square Garden (1973): Highlights from the legendary 1973 residency that defined the "Arena Rock" era.</p> <p>10:00 Floyd's Senior Moments- Aldo Leopold's Shack @ Onalaska Library</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Taboo Card Game</p> <p>1:30 Snack</p> <p>2:00 Medal of Honor Discussion</p> <p>3:00 Puzzles / Brain Games</p>	<p>26 <i>Epilepsy Awareness Day-Purple Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Southern Rock Legends Live: A curated collection of 70s coliseum concerts featuring bands like Lynyrd Skynyrd and The Allman Brothers Band.</p> <p>9:00 Bubble Wrap Printing: Tape <u>bubble wrap</u> to the table, paint it with spring colors, and press paper on top. This tactile "pop and press" activity is low-effort and results in unique, textured patterns.</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1:00 South Side Neighborhood Center Music Café- Driftless Dulcimers</p> <p>2:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>27 <i>National Scribble Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Smooth Jazz in Concert: For a more relaxed atmosphere, this channel features full-length smooth jazz festivals from around the world</p> <p>10:00 McDonald's</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Decorating Easter Eggs with shaving cream and food coloring and Ziploc bags</p> <p>1:30 Snack</p> <p>2:00 Easter Egg Scavenger Hunt</p> <p>3:00 Puzzles / Brain Games</p>

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<p>30 <i>Virtual Vacation Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Virtual World Tour on youtube</p> <p>10:00 Mondays @ Main The Impossible Show with Magician Isaiah Foster</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>12:30 Yarn-Wrapped "Bird Nests": Inflate a small balloon and have seniors wrap it with yarn dipped in white glue. Once dry, pop the balloon to reveal a hollow "nest" shape. Fill with shredded paper or small paper-mâché eggs for a spring centerpiece.</p> <p>1:30 Snack</p> <p>3:00 Puzzles / Brain Games</p>	<p>31 <i>National Prom Day</i></p> <p>7:30 Coffee & Conversations</p> <p>8:00 Prom over the years</p> <p>9:00 Nature Walk</p> <p>10-11 Pampering Station & Glamour Shots</p> <p>11:00 Exercise</p> <p>11:30 Lunch</p> <p>1-4 MERIT Centre Prom -dancing -finger foods, fruit platters, mocktails</p>			

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MERIT Centre Birthdays:

Chuck – March 11th

MERIT Centre Employee Birthdays:

Coleen – March 28th

Carol - March 28th

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