








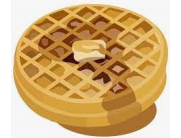


March

2023



OREGON

Living & Rehabilitation Center
811 S 10th St, Oregon, IL 61061

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Personal shopping is the 2nd Thursday of every month 1:00PM - 4:00PM.</p> <p>* Mail is delivered Monday - Saturday unless a holiday.</p>	<p>March Birthdays Genet Anderson 3/11 Daphne Kennan 3/17 Janice Shaffer 3/22 Lee Wollack 3/25 Lawan Peters 3/27 Judy Hollenbeck 3/27 Barb Pepper 3/28</p>	<p>1 8:00 A Look At this Month 9:30 Scarfercise 10:00 Hymns w/ Father George 11:00 Appreciation of Irish Singers: Bono 2:00 Make your own Dancing Shamrock 3:00 "Let's Talk" with Carol 3:30 Movie Madness and Popcorn : Big Fish</p>	<p>2 8:00 Today in the News... 9:30 Fitness Club 10:00 Wii Bowling League 11:00 Oldies but Goodies 2:00 Bingo Blitz 3:00 Birthday Card Club 3:30 Drumming 4:00 Mail Call</p>	<p>3 8:00 Rise and Shine 9:30 Book Club 10:00 Ireland a History 11:00 What's that Song?! 2:00 Ice Cream Social : Specialty Toppins' 3:00 Chair Exercises 4:00 Hydration Station</p>	<p>4 8:00 Good Morning OLRC 9:30 Morning Stretches 10:00 Coloring in Green 11:00 Guess the Movie Theme Song 2:00 Connect 4 Tournament 3:00 Don't Drop the Balloon Game 4:00 Movie Night</p>
<p>5 8:00 Sunday Funnies 9:30 Sunday Stretches 10:00 Catholic Mass w/ Father Dave 11:00 Who Sang it?:Classic Rock 2:00 God Cares Church Service 3:00 Balloon Hockey 4:00 Hydration Station</p>	<p>6 Casimir Pulaski Day 8:00 Today in the News... 9:30 Book Club 10:00 A Biography of Casimir Polaski 11:00 Music and Menus 2:00 Cooking Club: Pierogis 3:30 Dance to the Beat 4:00 Mail Call</p>	<p>7 National Cereal Day 8:00 Today in Weird History 9:30 Writing to our Pen Pals 10:00 Cereal Bar 11:00 Guess That Tune: Cereal Jingles 2:00 Bingo Hour—Cereal Types 3:00 Pretty Nails 3:30 Exercise w/ Sherry Zak Morris 4:00 Jigsaw Puzzle Group</p>	<p>8 8:00 Current Events 9:30 Yoga For You 10:00 Hymns with Father George 11:00 Appreciation of Irish Singers: Van Morrison 2:00 Make your own Leprechaun 3:00 Popcorn and Movie: The Green Mile 4:00 Boards and Cards</p>	<p>9 National Barbie/ G.I Joe Day 8:00 Weird News 9:30 Sitting Zumba 10:00 Wii Bowling 11:00 Music & History of Barbie/GI Joe 2:00 Bingo Hour 3:00 Become a Doll /Action Figure 3:30 Drumming 4:00 Mail Pass</p>	<p>10 8:00 News and Chat 9:30 Book Club 10:00 Landmarks of Ireland 11:00 Guess That Tune:80's 2:00 Ice Cream Social: Cones or Bowls? 3:00 Game Night: Poker with chips 4:00 Mail Call</p>	<p>11 8:00 Current Events 9:30 Yoga For You 10:00 Broom ball 11:00 Guess That Tune 2:00 Big Dice Game 3:00 Story Hour: Friendship Tales 4:00 Movie Night: Driving Miss Daisy</p>
<p>12 8:00 News and Coffee 9:30 Morning Stretches 10:00 Catholic Mass w/ Father Dave 11:00 Sing-a-long 2:00 Hymn singing 3:00 Spades Tournament 4:00 Hand Massages</p>	<p>13 8:00 News Catch up 9:30 Book Club 10:00 Discussion of April Activities 11:00 Guess That Tune: Cartoons 2:00 Family Feudin' 3:30 Dance to the Beat 4:00 Mail Call</p>	<p>14 National Potato Chip Day 8:00 This Day in History 9:30 Scarfercise 10:00 Cooking Club: Potato Chips 11:00 Guess That Tune: Chip Jingles 2:00 Potato Chip Bingo 3:00 Stretching to the Beat 4:00 Mail Call</p>	<p>15 The Ides of March 8:00 Weird News 9:30 Sit n Stretch 10:00 Father George Mass 11:00 Appreciation of Irish Singers: Eric Bell 2:00 History/Ides of March Activity 3:00 " Table Talk" With Carol 3:30 Assorted Popcorn and Movie Madness - Hacksaw Ridge</p>	<p>16 8:00 Current Events 9:30 Chair Zumba 10:00 Wii Bowling Time 11:00 Making Leprechaun Hats 2:00 Bingoganza 3:30 Drumming 4:00 Mail Call</p> 	<p>17 St. Patrick's Day 8:00 News and Chat 9:30 Book Club 10:00 Golden Coin Toss Game 11:00 Guess That Tune 2:00 St. Patrick's Party/Ice Cream Social 3:30 Stretching to the Beat 4:00 Mail Call</p> 	<p>18 National Quilting Day 8:00 Rise and Shine 9:30 Sit n Stretch 10:00 Making Paper Quilts 11:00 Finish the lyric 2:00 Big Parachute Game 3:00 Movie Trivia Tournament 4:00 Movie Night</p>
<p>19 National Let's Laugh Day 8:00 This Day in History 9:30 Sit n Stretch 10:00 Catholic Mass w/ Father Dave 11:00 Have a Laugh! 2:00 God Cares Church Service 3:00 Art with Bob Ross 4:00 Hand Massages</p>	<p>20 International Day of Happiness 8:00 Current Events 9:30 Book Club 10:00 Reminiscing: Happy Times 11:00 Happy Song Karaoke 2:00 Wheel of Fortune 3:30 Exercise Class w/ Sherry Zak Morris 4:00 Mail Call</p> 	<p>21 8:00 Rise and Shine 9:30 Fun with Fitness 10:00 Cooking Club:Emerald Candy 11:00 What's That Tune?!! 2:00 Double Luck Bingo 3:00 Manicures 3:30 Zumba Club 4:00 Mail Call</p>	<p>22 Armchair Travel to Ireland 8:00 Rise & Shine 9:30: Making Irish Flags 10:00 Father George 11:00 Appreciation of Irish Music 2:00 Armchair Travel: Ireland 3:00 Dining in Ireland and Return Home 3:30 Popcorn and Movie Madness—Darby O'Gill and the Little People</p> 	<p>23 World Meteorological Day 8:00 Current Events 9:30 Scarfercise 10:00 Wii Bowlers League 11:00 Making Rainbows 2:00 Nature Bingo 3:00 Birthday Celebration 3:30 Exercise Group 4:00 Mail Call</p> 	<p>24 8:00 Current Events 9:30 Book Club 10:00 Kings Corner Tournament 11:00 Westerns and Country Music 2:00 Sno-Cone Social 3:30 Chair Yoga 4:00 Mail Call</p> 	<p>25 Waffle Day 8:00 Current Events 9:30 Fitness Club 10:00 UNO w/ Waffles 11:00 Finish the Lyric: 70's 2:00 Big Dice Game 3:00 Relaxing Meditation w/ Music 4:00 Movie Night</p> 
<p>26 8:00 Rise and Shine 9:30 Morning Exercise 10:00 Catholic Mass w/ Father Dave 11:00 Coloring to Celtic Music 2:00 Hymn Sing-Along 3:00 Disney Movie Magic + Popcorn : Brave 4:00 Hydration Station</p>	<p>27 8:00 Occurring Events 9:30 Book Club 10:00 Resident Council 11:00 Who Sang it? 2:00 Hunt for the Leprechaun's Gold 3:30 Musical Stretch 4:00 Hydration Station</p> 	<p>28 8:00 2 Truths and 1 Lie 9:30 Scarfercise 10:00 Shopping with Tickets 11:00 Name that Tune: 60's 2:00 Bingo Hour 3:00 Painting Nails 3:30 Move to the Beat 4:00 Mail Pass</p>	<p>29 8:00 Today in the News 9:30 Scarfercise 10:00 Father George 's Mass 11:00 Appreciation of Irish Singers: Sinead O'Connor 2:00 Learning Celtic Words 3:00 "Tea Time" With Carol 3:30 Movie and Popcorn: Grumpy Old Men</p>	<p>30 8:00 Wake Up Coffee Talk 9:30 Scarfercise 10:00 Wii Bowling League 11:00 Reminiscing: Childhood 2:00 Bingo Hour 3:00 Painting Nails 3:30 Move to the Beat 4:00 Mail Pass</p>	<p>31 8:00 2 Truths and 1 Lie 9:30 Scarfercise 10:00 Saying Good-bye to Ireland 11:00 Name that Tune: Commercials 2:00 Ice Cream Social: Root Beer Floats 3:00 Dancing to the Beat 3:30 Move to the Beat 4:00 Mail Pass</p>	 <p>Happy St. Patrick's Day</p>