March 2023
Activities Calendar

Mount Sinai
MEDICAL CENTER
Eldercare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **8 p.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Parachute Toss **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Scattergories **2 p.m.** Movie and Popcorn **4 p.m.** Bingo Alternate: Cards or Dominos	**2** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Tai Chi **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Arts and Crafts **3 p.m.** Board Games **4 p.m.** Cranium Crunches Alternate: Cards or Dominos	**3** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Cardo **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Dancing **2 p.m.** Art with Mary **3 p.m.** Bingo Alternate: Cards or Dominos
6 **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Noodle Ball **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Music **2 p.m.** Monthly Event: What **3 p.m.** Clue **4 p.m.** Game Shows Alternate: Cards or Dominos	**7** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Chair Yoga **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Art with Mary **3 p.m.** Yahtzee **4 p.m.** Sing Along Alternate: Cards or Dominos	**8** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Balloon Volleyball **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Scattergories **2 p.m.** Movie and Popcorn **4 p.m.** Bingo	**9** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Balloon Volleyball **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Scattergories **2 p.m.** Movie and Popcorn **4 p.m.** Bingo	**10** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Cardio **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Dancing **2 p.m.** Monthly Birthday Celebrations **3 p.m.** Bingo Alternate: Cards or Dominos
13 **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Corn Hole Toss **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Music **2 p.m.** Monthly Event: Where **3 p.m.** Board Games **4 p.m.** Game Shows Alternate: Cards or Dominos	**14** **8 a.m.** Cafecito Time: News and Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Chair Yoga **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Book of the Month **3 p.m.** Bowling **4 p.m.** Name That Tune Alternate: Cards or Dominos	**15** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Ring Toss **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Yahtzee **2 p.m.** Movie and Popcorn **4 p.m.** Bingo	**16** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Tai Chi **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Arts and Crafts **3 p.m.** Board Games **4 p.m.** Cranium Crunches	**17** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Toss and Talk **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Music and Nature **2 p.m.** Italian Heritage Month **3 p.m.** Bingo Alternate: Cards or Dominos
20 **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Noodle Ball **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Music **2 p.m.** Monthly Events: When **3 p.m.** Clue **4 p.m.** Game Shows Alternate: Cards or Dominos	**21** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Chair Yoga **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Art with Mary **3 p.m.** Jenga **4 p.m.** Call Out the Answer Alternate: Cards or DominoS	**22** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Parachute Toss **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Trivia **2 p.m.** Movie and Popcorn **4 p.m.** Bingo Alternate: Cards or Dominos	**23** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Sit and Be Fit **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Computer Learning **3 p.m.** Board Games **4 p.m.** Remember When Alternate: Cards or Dominos	**24** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Bowling **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Trivia **2 p.m.** Scrabble **3 p.m.** Bingo Alternate: Cards or Dominos
27 **8 a.m.** Cafecito Time: News and Views or Bible Study **9 a.m.** Scary Puzzles 10:00 Corn Hole Toss **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Music **2 p.m.** Yahtzee **4 p.m.** Game Shows	**28** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Exercise **11 a.m.** Social Time **Noon** Lunch **1 p.m.** Music **2 p.m.** Monthly Event: Who **3 p.m.** Board Games **4 p.m.** Game Shows Alternate: Cards or Dominos	**29** **8 a.m.** Cafecito Time: News & View **9 a.m.** Puzzles **10:30 a.m.** Exercise **11 a.m.** Social Time **Noon** Lunch **1 p.m.** Music **2 p.m.** Monthly Event: Who **3 p.m.** Board Games **4 p.m.** Game Shows Alternate: Cards or Dominos	**30** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Tai Chi **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Arts and Crafts **3 p.m.** Board Games **4 p.m.** Cranium Crunches Alternate: Cards or Dominos	**31** **8 a.m.** Cafecito Time: News & Views or Bible Study **9 a.m.** Puzzles **10:30 a.m.** Chair Yoga **11 a.m.** Social Hour **Noon** Lunch **1 p.m.** Art with Mary **3 p.m.** Yahtzee **4 p.m.** Sing Along Alternate: Cards or Dominos

Mount Sinai Eldercare 6050 W. 20th Avenue, Suite 2001 · Hialeah, FL 33016 · 786.584.5560