

# March 2026

## Potomac Place Assisted Living Activity Calendar

\*NOTE\* Activities are subject to change based on resident preferences and coinciding appointments.



### Locations

**DR = Dining Room**

**L = Library**

**AR = Activity Room**

**O = Outing**

**P = Parlor/Lobby**

### Happy Birthday!

**03/02 Julia Golden**

**03/06 Bernice York**

**03/06 Kathryn Miller**

**03/06 Janeth Doyle**

**03/17 Ellen Young**

**03/25 Joyce Loftus**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Virtual Church Service (AR)</li> <li>1:00 Spiritual Theater (L)</li> <li>2:00 Trivia Games (L)</li> <li>3:00 Recreation Room Games (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Yoga (L)</li> <li>10:30 Meditation and Mandalas (L)</li> <li>2:00 BINGO (DR)</li> <li>3:00 Historical Documentary: Texas Independence Day (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Tai Chi (L)</li> <li>10:30 Fancy Nails (AR)</li> <li>2:00 Cornhole (DR)</li> <li>3:00 Craft Corner: Shamrock Ornaments (AR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Spriritual Journey w/ Tim &amp; Dale (L)</li> <li>11:30 <b>Out &amp; About (O): WALMART</b></li> <li>2:00 Pokeno (DR)</li> <li>3:00 Western Wednesdays: Movies (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Zumba (L)</li> <li>10:30 Travelogue to Boston (L)</li> <li>2:00 Volleyball (DR)</li> <li>3:30 <b>Monthly Birthdays' Celebration! (DR)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:30 Jeopardy! (L)</li> <li>3:30 <b>Live Music w/ Ron Howard! (DR)</b></li> <li>4:00 Week Wine Down (DR)</li> <li>6:00 Friday Night Films: House of Guinness (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Brain Boosters Trivia (L)</li> <li>11:00 Soothing Sounds (L)</li> <li>1:00 1 on 1 Room Visits</li> <li>2:00 BINGO (L)</li> <li>3:00 Memory Lane: Reminiscing (L)</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Virtual Church Service (AR)</li> <li>1:00 Spiritual Theater (L)</li> <li>2:00 BINGO (L)</li> <li>3:00 Recreation Room Games (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Yoga (L)</li> <li>10:30 Meditation and Mandalas (L)</li> <li>2:00 BINGO (DR)</li> <li>3:00 Historical Documentary: Freedom of Information Day (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Tai Chi (L)</li> <li>10:30 Fancy Nails (AR)</li> <li>11:30 <b>Veteran's Lunch w/ Dash (L)</b></li> <li>2:00 Cornhole (DR)</li> <li>3:00 Craft Corner: Shamrock Suncatchers (AR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Spriritual Journey w/ Tim &amp; Dale (L)</li> <li>10:30 Jewelry Making (AR)</li> <li>2:00 <b>WIN BIG BINGO (DR)</b></li> <li>3:00 Western Wednesdays: Movies (L)</li> <li>5:00 <b>Sit Down with Sarah! (P)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Zumba (L)</li> <li>10:30 Travelogue to Ireland (L)</li> <li>2:00 Volleyball (DR)</li> <li>3:00 Food Committee w/ Chef Unisa (DR)</li> <li>3:30 <b>Men's Club: Poker Games (L)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:30 Jeopardy! (L)</li> <li>2:00 BINGO (DR)</li> <li>4:00 Week Wine Down (DR)</li> <li>6:00 Friday Night Films: Irish Wish (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Brain Boosters Trivia (L)</li> <li>11:00 Soothing Sounds (L)</li> <li>1:00 1 on 1 Room Visits</li> <li>2:00 Creative Expressions: Coloring (AR)</li> <li>3:00 Memory Lane: Reminiscing (L)</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Virtual Church Service (AR)</li> <li>10:30 <b>Dale City Church Group</b></li> <li>1:00 Spiritual Theater (L)</li> <li>3:00 Recreation Room Games (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Yoga (L)</li> <li>10:30 Meditation and Mandalas (L)</li> <li>2:00 BINGO (DR)</li> <li>3:00 Historical Documentary: St. Patrick's Day (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Tai Chi (L)</li> <li>10:30 Fancy Nails (AR)</li> <li>2:00pm <b>Shamrock Shindig Feat. Kathy Davis (DR)</b></li> <li>3:00 Trivia Games (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Spriritual Journey w/ Tim &amp; Dale (L)</li> <li>11:30 <b>Out &amp; About (O): Outback Steak House</b></li> <li>2:00 Pokeno (DR)</li> <li>3:00 Western Wednesdays: Movies (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Zumba (L)</li> <li>10:30 Travelogue to London (L)</li> <li>2:00 Volleyball (DR)</li> <li>3:00 <b>Resident Council (L)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:00 Spring Equinox!</li> <li>10:30 Jeopardy! (L)</li> <li>2:00 BINGO (DR)</li> <li>4:00 Week Wine Down (DR)</li> <li>6:00 Friday Night Films: Peaky Blinders (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Brain Boosters Trivia (L)</li> <li>11:00 Soothing Sounds (L)</li> <li>1:00 1 on 1 Room Visits</li> <li>2:00 BINGO (L)</li> <li>3:00 Memory Lane: Reminiscing (L)</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Virtual Church Service (AR)</li> <li>1:00 Spiritual Theater (L)</li> <li>2:00 BINGO (L)</li> <li>3:00 Recreation Room Games (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Yoga (L)</li> <li>10:30 Meditation and Mandalas (L)</li> <li>2:00 BINGO (DR)</li> <li>3:00 Historical Documentary: Origin of Mathematics (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Tai Chi (L)</li> <li>10:30 Fancy Nails (AR)</li> <li>2:00 Cornhole (DR)</li> <li>3:00 Craft Corner: Abstract Art (AR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Spriritual Journey w/ Tim &amp; Dale (L)</li> <li>10:30 Music &amp; Memory (L)</li> <li>2:00 <b>Music w/ Anthony Leonard! (DR)</b></li> <li>3:00 Western Wednesdays: Movies (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>9:30 Armchair Exercise: Zumba (L)</li> <li>11:00 <b>SongMaster's Musical Performance! (DR)</b></li> <li>2:00 Volleyball (DR)</li> <li>3:00 Travelogue to Chicago (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:30 Jeopardy! (L)</li> <li>2:00 BINGO (DR)</li> <li>4:00 Week Wine Down (DR)</li> <li>6:00 Friday Night Films: The Irishman (L)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Daily Chronicle and Coffee (L)</li> <li>10:00 Brain Boosters Trivia (L)</li> <li>11:00 Soothing Sounds (L)</li> <li>1:00 1 on 1 Room Visits</li> <li>2:00 Creative Expressions: Coloring (AR)</li> <li>3:00 Memory Lane: Reminiscing (L)</li> </ul>
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