March 2025

Potomac Place Assisted Living

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 09:00 Construction of the Hoover Dam (YT) 10:00 Chair Yoga (L) 10:30 Wyatt Earp and the Cowboy War (NF) 12:00 The Who: Who's Next (YT) 01:00 The History of the Peace Corps (YT) 03:00 Did someone say Dominos? Bring a Friend or two (L)
2 *Birthday Salute: Julia G.* 09:00 Story of Cleopatra (YT) 10:00 Virtual Church Service: Lakewood 12:00 The Carpenters: Behind the music (Tubi) 01:00 Spiritual Theater: (NF) Testament The Story of Moses 02:30 Board Games, your Choice Bring a Friend or two! 03:30 Resident's Choice	**3** 09:00 Celtic Woman: Songs from the heart (YT) 10:30 Beginner Chair Exercise (YT) 12:00 Irish Theater: The Quiet Man (Pluto) 01:00 Therapeutic Coloring and Painting (AR) 02:00 BINGO (L) 03:00 Trivia Hour / The Floor (Tubi-L)	**4** 09:00 Animal Planet: Wildlife! (YT) 10:00 Simple Seated Yoga (YT) 10:30 Things that happened during 1988 (YT) 12:00 Irish Movie: Sing Street (NF) 01:00 Sci fi Series: 02:00 Volleyball (DR) 03:00 The Floor (Tubi-L) Therapeutic Coloring/ Painting Mardi Gras	**5** 09:00 Revolt: American Revolution (Tubi) 09:30 A Spiritual Journey w/ Tim & Dale (L) 10:30 Mini Concert: Ray Charles 12:00 Historic Theater: Antony & Cleopatra 02:00 BINGO (L) 03:00 Make'm Laugh TV!	**6** *Birthday Salute: Bernice Y.* *Birthday Salute: Janet D.* 09:00 AM Concert: Elton John (YT) 10:00 Easy Yoga for the Elderly (YT) 10:30 Bio Pic: Shaquille O'Neal (YT) 12:00 The Siege of Jadotville (NF) 02:00 Exercise with Lesley (L) 02:30 The Alamo (Tubi)	**7** 09:00 Irish Music and Dance 10:00 Sittercise 10:30 Bio Pic: Peyton Manning (YT) 12:00 The Outlaw King 02:00 BINGO (L) 03:00 Weekend Wine Down (L) 05:30 Movie and Popcorn 06:00 Employee Appreciation Party Feature: JC Extraordinaire!	**8** *International Woman's Day* 09:00 Music of 73 (Tubi) 10:00 Chair Yoga (L) 12:00 I am Woman (NF) The Helen Reddy Story 02:00 Live to Lead (NF) Celebrating Woman! 03:00 Did someone say Dominos? Bring a Friend or two (L)
9 09:00 Travel To: New Orleans 10:00 Virtual Church Service: (YT) Elevation Church: Steven Furtick 12:00 Way back When TV 12:30 Spiritual Theater: Oh, God Book II (Tubi) 02:30 Board Games, your Choice Bring a Friend or two! 03:30 Game Shows Daylight Saving Time Begins	**10** 09:00 Celtic Woman Believe 2012 (YT) 10:30 Beginner Chair Exercise (YT) 12:00 Birthday Spotlight: Chuck Noris: Lone Wolf (Tubi) 02:00 BINGO (L) 03:00 Trivia Hour / The Floor (Tubi-L)	**11** 09:00 Star Trek Anniversary (Pluto) 10:00 Simple Seated Yoga (YT) 10:30 The Irish Tenor Trio (YT) 11:00 Veteran's Lunch & Documentary Yalta, the twilight of the big 12:00 Irish Theater: Bodkin (NF) 02:00 Volleyball (DR) 03:00 Bio Pic: Sam Donaldson	**12** *Birthday Salute: Carol C.* 09:00 General Knowledge Trivia (YT) 09:30 A Spiritual Journey w/ Tim & Dale (L) 10:30 Out on the town: Walmart Bio Pick: Janet Reno (YT) 12:00 After Lunch Bunch: 02:00 BINGO (L) 03:00 Make'm Laugh TV!	**13** 09:00 Eric Clapton in concert (YT-L) 10:00 Easy Yoga for the Elderly (YT) 10:45 Song Masters, Entertainment 12:00 National K-9 VD: Recued by Ruby (NF-L) 02:00 Homemade Card w/Leslie (AR) 03:00 Meagan Leavey (NF) Purim Begins	**14** 09:00 Who was Eli Whitney (YT) 10:00 Sittercise 10:30 Quincy Jones Greatest Music (YT) 12:00 Irish Theater: Kneecap (NF-L) 02:00 BINGO (L) 03:00 Weekend Wine Down (L) 05:30 Movie and Popcorn	**15** 09:00 Beach Boys in Concert 10:00 Chair Yoga (L) 10:30 Music Mania: The 70's Videos (YT) 12:00 After Lunch Bunch: Julius Caesar (Tubi) 02:00 03:00 Did someone say Dominos? Bring a Friend or two (L)
16 09:00 Animal Planet: The Panda (YT) 10:00 Virtual Church Service: Michael Todd Transformation Church (YT) 12:00 Way Back when TV (Tubi) 12:30 Spiritual Theater: Messiah (NF) Dale City Church Communing 02:30 Board Games, your Choice Bring a Friend or two! 03:30 King Tut Pyramids (YT)	**17** *Birthday Salute: Ellen Y.* 09:00 Celtic Woman Show (YT) 10:30 Beginner Chair Exercise (YT) 12:00 Irish Theater: Irish Wish (NF) 01:00 Shamrock Art (AR) 02:00 BINGO (L) 03:00 Bradley Davis Band Shamrock Social St. Patrick's Day	**18** 09:00 AM Concert: US Festival (YT) 10:00 Simple Seated Yoga (YT) 10:30 Most Bizarre travels (YT) 12:00 After Lunch Bunch: Freud's Last Lesson (Tubi) 02:00 Volleyball (DR) 03:00 The Floor (Tubi-L)	**19** 09:00 Bible Trivia (YT) 09:30 A Spiritual Journey w/ Tim & Dale (L) 10:30 Bob Dylan: Concert (YT) 12:00 After Lunch Bunch: Fatal Attraction (Pluto) 02:00 BINGO (L) 03:00 Make'm Laugh TV!	**20** 09:00 Ancient History of modern Fashion 09:30 Global Trivia (YT) 10:00 Easy Yoga for the Elderly (YT) 10:30 Bio Pic: Mr. Rogers (YT) 12:00 After Lunch Bunch: Watcher (NF) 02:00 Tabletop Games (L) 03:00 Resident Council (L) Spring Positivity! Spring Begins	**21** 09:00 Springtime Concert: Paul Simon (YT) 10:00 Sittercise 10:30 Bio Pic: Jimmy Carter (YT 12:00 After Lunch Bunch: Midnight in the switchgrass (NF) 02:00 BINGO (L) 03:00 Weekend Wine Down (L) 05:30 Movie and Popcorn	**22** 09:00 Classic Rock Videos (YT) 10:00 Chair Yoga (L) 10:30 Star Trek: William Shatner's BD (Pluto) 12:00 After Lunch Bunch: The Comet (Tubi-L) 02:00 The Floor (Tubi) 03:00 Did someone say Dominos? Bring a Friend or two (L)
23 09:00 Land Before Time (Tubi) 10:00 Virtual Church Service: Joyce Meyers (YT) 12:00 Way back when TV (Tubi) 12:30 Spiritual Theater: Freaks (NF) 02:30 Board Games, your Choice Bring a Friend or two! 03:30 Classical Concert (YT)	**24** 09:00 Animal Planet: Bats! (YT) 10:00 Beginner Chair Exercise (YT) 10:30 Bio Pic: Peyton Manning (YT) 01:00 An Evening with Nat King Cole (YT-L) 02:00 BINGO (L) 03:00 Trivia Hour / The Floor (Tubi-L)	**25** 09:00 AM Concert: Elton John (YT) 10:00 Simple Seated Yoga (YT) 10:30 Travel to Australia! (YT) 12:00 After Lunch Bunch: Line of Duty (Tubi) 02:00 Volleyball (DR) 03:00 Tabletop Games Bring a Friend or two	**26** 09:00 Virtual Word Finds (YT) 09:30 A Spiritual Journey w/ Tim & Dale (L) 10:30 World Strangest Mysteries (Tubi) 11:30 Taste of Woodbridge: TBD 12:00 After Lunch Bunch: The Sum of all Fears (NF) 02:00 BINGO (L) 03:00 Make'm Laugh TV!	**27** 09:00 Mariah Carey in Concert (YT) 09:30 March Madness Trivia (YT 10:00 Easy Yoga for the Elderly (YT) 10:30 The most Valuable Stones Around the world (YT) 12:00 After Lunch Bunch: The Night of the Hunter (Tubi) 02:00 Ball Toss (L) 03:00 Cooldown to Country (YT)	**28** 09:00 AM Concert: Paul Whiteman (YT) 10:00 Sittercise 10:30 Worst Laid Plans (Tubi) 12:00 After Lunch Bunch: Awakening (NF) 02:00 BINGO (L) 03:00 Weekend Wine Down (L) 05:30 Movie and Popcorn	**29** 09:00 Last Day in Vietnam (YT) 10:00 Chair Yoga (L) 10:30 What does the Ides of March mean? (YT) 12:00 Carol Burnett Show (Tubi) 01:00 After Lunch Bunch: The Royal Hunt of the Sun (Tubi) 03:00 Did someone say Dominos? Bring a Friend or two (L)
30 09:00 Celine Dion in concert (YT) 10:00 Virtual Church Service: (YT) In Touch Ministries 12:00 Way back when TV (Tubi) 12:30 Spiritual Theater: Time Trap (NF) 02:30 Board Games, your Choice Bring a Friend or two! 03:30 Let the Games Continue! GSN! (Tubi)	**31** 09:00 Inside the secret world of Koi (Documentary: YT-L) 10:00 Beginner Chair Exercise (YT) 10:30 Dance Marathons of Yesterdays (YT 12:00 After Lunch Bunch: Dog Gone (NF-L) 02:00 BINGO (L) 03:00 Trivia Hour / The Floor (Tubi-L)	**KEY CODE** **Red = Event** **Purple = Spiritual** **Green = Fitness** **Red = Outing** **Blue = Outdoor Social** **Brown = Movie/ Documentary**				

Life Enrichment is subject to change based on Coinciding appointment and or Residents preference