MARCH 2021 Coast to Coast Innovations Activities Calendar RIO DE JANEIRO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Timeless Trivia 10:30 Gifts of Gratitude 11:00 Move with Music 3:30 Use Your Noodle 6:00 Monday Musical 7:00 Nightcap Social	Dr. Suess Day 2 10:00 Fashion Nails 10:30 Fill in the Phrase 11:00 Stretch & Flex 3:30 A Seussical Celebration 6:00 Comedy Club 7:00 Nightcap Social	3 10:00 Remember When 10:30 Crafty Creations 11:00 Chair Yoga 3:30 Women in History Pt 1 6:00 Sensory Meditations 7:00 Nightcap Social	National Grammar Day 4 10:00 Coffee & Conversation 10:30 Noodle Ball 11:00 Move with Music 3:30 Grammar Olympics 6:00 Tour: Rainforest 7:00 Nightcap Social	World Tennis Day 5 10:00 Pet Therapy 10:30 Learn Portuguese 11:00 Gentle Tai Chi 3:30 Tipsy Tennis 6:00 Tennis Showcase 7:00 Nightcap Social	6 10:30 Chair Yoga 11:00 Décor & Design 1:00 Color Me Calm 3:30 Fruit with Friends 4:00 Sports Corner 7:00 Nightcap Social
National Cereal Day 7 10:30 Seriously Cereal Social 11:00 Praise & Prayers 11:30 Church Service 3:30 Simple Stretch 4:00 Café Connections 6:00 Sensory Meditations	8 10:00 Timeless Trivia 10:30 Letters: Family 11:00 Move with Music 3:30 Noodle Making 101 6:00 Monday Musical 7:00 Nightcap Social	9 10:00 Fashion Nails 10:30 Letters: Friends 11:00 Stretch & Flex 3:30 Hidden Veggies 6:00 Comedy Club 7:00 Nightcap Social	10 10:00 Remember When 10:30 Letters: Public Figures 11:00 Chair Yoga 3:30 Women in History Pt 2 6:00 Sensory Meditations 7:00 Nightcap Social	Lunch "Alamoco" in Rio 11 10:00 Move with Music 10:30 Letters: Heroes 12:00 "Alamoco" in Rio 3:30 Indoor Soccer 6:00 Jams of Getz/Gilberto 7:00 Nightcap Social	Carnaval do Rio 12 10:00 Pet Therapy 10:30 Letters to the Future 11:00 Gentle Tai Chi 3:30 Carnaval do Rio 6:00 Classic Shows 7:00 Nightcap Social	13 10:30 Chair Yoga 11:00 Décor & Design 1:00 Color Me Calm 3:30 Girl Scout Cookie Social 4:00 Procrastination Station 7:00 Nightcap Social
14 10:30 Parfait Party 11:00 Praise & Prayers 11:30 Church Service 3:30 Simple Stretch 4:00 Café Connections 6:00 Sensory Meditations	15 10:00 Timeless Trivia 10:30 Luck of the Irish 11:00 Move with Music 3:30 Oodles of Noodles 6:00 Monday Musical 7:00 Nightcap Social	16 10:00 Fashion Nails 10:30 Fill in the Phrase 11:00 Stretch & Flex 3:30 Make Irish Soda Bread 6:00 Comedy Club 7:00 Nightcap Social	St. Patrick's Day 17 10:00 Remember When 10:30 Crafty Creations 11:00 Chair Yoga 3:30 St. Patty's Parade 6:00 Prayers of St. Patrick 7:00 Nightcap Social	18 10:00 Coffee & Conversation 10:30 Balloon Volleyball 11:00 Move with Music 3:30 Lets Learn Capoeira 6:00 Tour: Iguazu Falls 7:00 Nightcap Social	Valley Craft Expo 19 10:00 Pet Therapy 10:30 Learn Portuguese 11:00 Gentle Tai Chi 3:30 Valley Craft Expo 6:00 Classic Shows 7:00 Nightcap Social	20 10:30 Chair Yoga 11:00 Décor & Design 1:00 Color Me Calm 3:00 Fruit with Friends 3:30 Sports Corner 7:00 Nightcap Social
National Fragrance Day 21 10:30 Freshly Squeezed 11:00 Praise & Prayers 11:30 Church Service 3:30 Simple Stretch 4:00 Aroma Art 6:00 Sensory Meditations	22 10:00 Timeless Trivia 10:30 Gifts of Gratitude 11:00 Move with Music 3:30 Noodle BINGO 6:00 Monday Musical 7:00 Nightcap Social	National Puppy Day 23 10:00 Fashion Nails 10:30 Fill in the Phrase 11:00 Stretch & Flex 3:30 Regent Puppy Show 6:00 Comedy Club 7:00 Nightcap Social	24 10:00 Remember When 10:30 Crafty Creations 11:00 Chair Yoga 3:30 Women in History Pt 3 6:00 Sensory Meditations 7:00 Nightcap Social	25 10:00 Coffee & Conversation 10:30 Cherry Blossom Art 11:00 Move with Music 3:30 Lets Learn Samba 6:00 Tour: Redeemer Statue 7:00 Nightcap Social	Cherry Blossom Fest 26 10:00 Pet Therapy 10:30 Learn Portuguese 11:00 Gentle Tai Chi 3:30 Cherry Blossom Fest 6:00 Classic Shows 7:00 Nightcap Social	Passover Begins 27 10:30 Chair Yoga 11:00 Décor & Design 1:00 Color Me Calm 3:30 Fruit with Friends 4:00 Passover Reflections 7:00 Nightcap Social
28 10:30 The Sunday Scoop 11:00 Praise & Prayers 11:30 Church Service 3:30 Simple Stretch 4:00 Café Connections 6:00 Sensory Meditations	29 10:00 Timeless Trivia 10:30 Gifts of Gratitude 11:00 Move with Music 3:30 Art with Noodles 6:00 Monday Musical 7:00 Nightcap Social	30 10:00 Fashion Nails 10:30 Fill in the Phrase 11:00 Stretch & Flex 3:30 Seder Nosh & Readings 6:00 Comedy Club 7:00 Nightcap Social	National Prom Day 31 10:00 Remember When 10:30 Crafty Creations 11:00 Chair Yoga 3:30 Women Making History 6:30 Pretty in Pink Prom			

All activities will be held in the activities room unless otherwise posted.

Underlined activities Indicate the activity is at least 1hr, all other activities are approximately 30 minutes.

Due to COVID-19 masks, social distancing, and other health/safety precautions must be practiced to the best ability at all times.

Calendars are subject to change. Any changes will be noted and/or applied to the posted activities