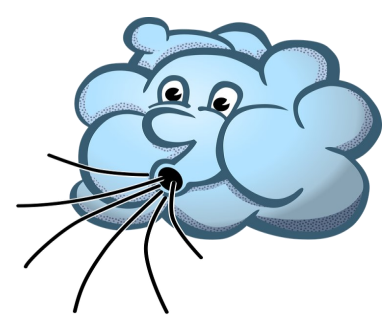


CR= Classroom (formerly Arts & Crafts)  
DR = Dining room  
FR = Fitness Room

★ = Outings  
LBY=Lobby  
MZ = Mezzanine  
KC = KOPRC Chapel (by lobby)  
ULR = Upper Living Room  
CD = Concierge Desk (Sonya’s desk)  
#528 = Apartment 528



MARCH 2024

Activities in Green = sign up required at the concierge desk



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<div>1</div> <div>12:30 FISH Food Boxes 2:00 Knitting &amp; Crafting DR 3:00 Movie Matinee “Kelly’s Heros” ULR</div>	<div>2</div> <div>2:00 Coloring Social DR 6:00 Social Hour DR</div>
<div>3</div> <div>3:00 Church #528</div>	<div>4</div> <div>1:00 Pinochle #528 2:00 Knitting &amp; Crafting w/guitar music DR</div>	<div>5</div> <div>★</div> <div>11:00 Dulin’s Village Cafe TBD 1:00 Sit n Stretch CR 2:00 Resident Board Meeting #528 4:04 Rock Painting DR</div>	<div>6</div> <div>1:00 Catholic Communion KC</div>	<div>7</div> <div>9:00 Shopping Trip TBD★ 1:00 Pinochle #528 1:00 Sit &amp; Stretch CR 2:00 Bean Bag Baseball DR</div>	<div>8</div> <div>12:00 Smoothies with Sienna CR 2:00 St. Patrick’s Day Craft CR 2:00 Knitting &amp; Crafting DR 3:00 Simple Steps to Prevent Falls Sponsored by Humana DR 3:00 Movie Matinee “Silent Running” ULR</div>	<div>9</div> <div>2:00 Coloring Social DR</div>
<div>10</div> <div>Daylight Savings Time Begins</div> <div>3:00 Church #528</div>	<div>11</div> <div>12:30 VIP Meet &amp; Greet CD Melissa Cash and Langelica 1:00 Pinochle #528 2:00 Knitting &amp; Crafting w/ guitar music DR</div>	<div>12</div> <div>★</div> <div>11:00 Retails Outing TBD 1:00 Sit n Stretch CR 2:00 Resident Association Meeting DR 2:30 Resident Birthday Party with Larry Allen and Becky Jean DR 4:05 Rock Painting DR</div>	<div>13</div> <div>1:00 Catholic Communion KC 5:30 Bingo DR</div>	<div>14</div> <div>★</div> <div>9:00 Shopping Trip TBD 1:00 Pinochle #528 1:00 Sit &amp; Stretch CR 2:00 Bean Bag Baseball DR 5:30 Trivia DR</div>	<div>15</div> <div>2:00 Celtic Muse Harp &amp; Dulcimer Music DR 2:00 Knitting &amp; Crafting DR 3:00 Movie Matinee “Cast Away” ULR 6:00 Poker DR</div>	<div>16</div> <div>2:00 Coloring Social DR 6:00 Potluck DR</div>
<div>17</div> <div>St. Patrick’s Day</div> <div>3:00 Church #528</div>	<div>18</div> <div>1:00 Pinochle #528 2:00 Knitting &amp; Crafting DR</div>	<div>19</div> <div>1:00 Sit &amp; Stretch CR 4:05 Rock Painting DR</div>	<div>20</div> <div>1:00 Catholic Communion KC 5:30 Bingo DR</div>	<div>21</div> <div>★</div> <div>9:00 Shopping Trip TBD 1:00 Pinochle #528 1:00 Sit &amp; Stretch CR 2:00 Bean Bag Baseball DR</div>	<div>22</div> <div>2:00 Spring Craft CR 2:00 Knitting &amp; Crafting DR 3:00 Movie Matinee “Jesus Revolution” ULR 6:00 Poker DR</div>	<div>23</div> <div>2:00 Coloring Social DR</div>
<div>22/31 Palm Sunday/Easter</div> <div>3:00 Church #528</div>	<div>25</div> <div>1:00 Pinocle #528 2:00 Knitting &amp; Crafting w/ guitar music DR</div>	<div>26</div> <div>1:00 Sit &amp; Stretch CR 2:30 Book Mobile DR 4:05 Rock Painting DR</div>	<div>27</div> <div>1:00 Catholic Communion KC 5:30 Bingo DR</div>	<div>28</div> <div>★</div> <div>9:00 Shopping Trip TBD 1:00 Pinochle #528 1:00 Sit &amp; Stretch CR 2:00 Bean Bag Baseball DR 5:30 Trivia DR</div>	<div>29</div> <div>2:00 Easter Craft DR 2:00 Knitting &amp; Crafting DR 3:00 Movie Matinee “The Land that Time Forgot” ULR 6:00 Poker DR</div>	<div>30</div> <div>2:00 Coloring Social DR</div>



### Three Ingredient Oatmeal Cookies

Here's a great way to use up the oatmeal and peanut butter that comes in your food box:

Preheat oven to 350 degrees and line a large baking sheet with parchment paper, or spray with cooking oil.

#### **Ingredients:**

3 large ripe bananas mashed (1 1/2 cups)

1/2 cup peanut butter (you can also use almond butter)

2 cups rolled oats

#### **Optional Additions:**

1/3 to 1/2 cup chocolate chips

1 tsp. vanilla extract

1 pinch sea salt

Mash the banana into a mixing bowl until most of the chunks are out.

Add the peanut butter and oats and mix everything until a sticky dough forms. Use a spoon to drop the cookie dough onto the baking sheet, creating any size cookie you like. (very small cookies will require less bake time). They won't spread, so form them into the shape you want them to be in.

Bake the cookies for 10-12 minutes, or until they are slightly golden-brown around the edges.

Allow them to cool at least 15 minutes before using a spatula to remove them.



### KOPRC's Got Talent!

Here are some fun pictures from KOPRC's talent show on February 14, 2024.

