

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2023

<p>9:15 StrongerU Senior Fitness Weights - RA 9:45 Calm Meditation - RA 10 Catholic Communion-TVR 10:10 Devotional Gathering with Dave - B 1:00 Bingo - B 3:00 Travelogue: Barcelona, Spain - B</p>	<p>9:30 Seated Senior Aerobics & Stretch - RA 10:10 Random Trivia - B 10:30 TED Talk: The Brain Changing Benefits of Exercise 1:00 Bingo - B 3:00 "Move More Month" Workout: Standing Core - B 5:20 Virtual Concert - B</p>	<p>9:30 StrongerU Senior Fitness Flexibility - RA 10:00 Calm Meditation - RA 10:30 Veteran's Café Chat - B 1:00 Food & Demo Nutrition Class with Rachel - RA 2:30 Bingo - B 5:20 Poker Game Night-TVR</p>	<p>9:30 StrongerU Senior Fitness Balance & Cardio - RA 10:00 Calm Meditation - B 1:30 Catholic Communion-B 2:00 Bingo - B 2:10 Classic Movie - B 5:20 Evening Bible Study and Hymns-B</p>	<p>9:30 Yoga Stretch & Calm Meditation - RA 10:10 Walmart - BT 1:00 Bingo - B 3:00 Happy Hour and Trivia Challenge - RA 5:20 Evening Game with Friends: Scrabbles - B</p>	<p>9:30 Chair Aerobics and Mindful Meditation - RA 10:10 Senior Topics Class By Mary Frances -B 1:00 Bingo - B 3:00 Mandala Coloring Therapy-B 5:20 Netflix Movie Night and Popcorn - B</p>	<p>9:30 Seated Aerobics and Coordination - RA 10:00 Guided Meditation - RA 10:10 Memory Game - RA 1:00 Bingo - B 2:15 Matinee Movie - B 5:20 Documentary Night: Our Universe, Chasing Starlight</p>
<p>9:15 StrongerU Senior Fitness Weights - RA 9:45 Calm Meditation - RA 10 Catholic Communion-TVR 10:10 Devotional Gathering with Dave - B 1:00 Bingo - B 3:00 Travelogue: Barcelona, Spain - B</p>	<p>9:30 Seated Senior Aerobics & Stretch - RA 10:10 Random Trivia - B 10:30 TED Talk: The Brain Changing Benefits of Exercise 1:00 Bingo - B 3:00 "Move More Month" Workout: Standing Core - B 5:20 Virtual Concert - B</p>	<p>9:30 StrongerU Senior Fitness Flexibility - RA 10:00 Calm Meditation - RA 10:30 Veteran's Café Chat - B 1:00 Food & Demo Nutrition Class with Rachel - RA 2:30 Bingo - B 5:20 Poker Game Night-TVR</p>	<p>9:30 StrongerU Senior Fitness Balance & Cardio - RA 10:00 Art for All Ages Painting Class - B 1:00 Bingo - B 2:30 Dining Room Committee Chat - B 5:20 Evening Bible Study and Hymns-B</p>	<p>9:30 Yoga Stretch & Calm Meditation - RA 10:00 Bingo - B 1:00 Resident Council Meeting - DR 2:30 March Celebrant Birthday Bash w/ Matthew - B 5:20 Evening Game with Friends: Blank Slate - B</p>	<p>9:30 Chair Aerobics and Mindful Meditation - RA 10:10 Senior Topics Class By Mary Frances -B 1:00 Bingo - B 3:00 DIY Bead Craft-B 5:20 Netflix Movie Night and Popcorn - B</p>	<p>9:30 Seated Aerobics and Coordination - RA 10:00 Guided Meditation - RA 10:30 Pet Therapy - RA 1:00 Bingo - B 2:15 Matinee Movie - B 5:20 Documentary Night: Our Universe, The Cosmic Clock</p>
<p>9:15 StrongerU Senior Fitness Weights - RA 9:45 Calm Meditation - RA 10 Catholic Communion-TVR 10:10 Live Stream Christian Church -B 1:00 Bingo - B 2:30 High School M.U.S.I.C Club Mini Concert - RA</p>	<p>9:30 Seated Senior Aerobics & Stretch - RA 10:10 Name That Tune - B 10:35 Movers & Shakers Walking Group - CY 1:00 Bingo - B 3:00 Succulent Container Gardening - B 5:20 Virtual Broadway - B</p>	<p>9:30 StrongerU Senior Fitness Flexibility - RA 10:00 Calm Meditation - RA 10:30 Book Club - B 1:00 Food & Demo Nutrition Class with Rachel - RA 2:30 Bingo - B 5:20 Poker Game Night-TVR</p>	<p>9:30 StrongerU Senior Fitness Balance & Cardio - RA 10:30 Catholic Mass with Father Nick - B 1:00 Bingo - B 2:10 Classic Movie - B 5:20 Evening Bible Study and Hymns-B</p>	<p>9:30 Yoga Stretch & Calm Meditation - RA 10:00 Outing to Nixon Library 1:00 Bingo - B 3:00 New Residents Meet & Greet Mixer - B 5:20 Evening Game with Friends: Apples to Apples- B</p>	<p>9:30 Chair Aerobics - RA 10:10 Senior Topics Class By Mary Frances -B 11 - St. Patty's Day Luncheon 1:00 Bingo - B 2:00 Luck of the Irish St. Patrick's Day Social Live Music by Ron - B 5:20 Netflix Movie - B</p>	<p>9:30 Seated Aerobics and Coordination - RA 10:00 Guided Meditation - RA 10:10 Memory Game - RA 1:00 Bingo - B 2:15 Matinee Movie - B 5:20 Documentary Night: Our Universe, Turning Seasons-B</p>
<p>9:15 StrongerU Senior Fitness Weights - RA 9:45 Calm Meditation - RA 10 Catholic Communion-TVR 10:10 Devotional Gathering with Dave - B 1:00 Bingo - B 3:00 Travelogue: Beautiful Small European Towns - B</p>	<p>9:30 Seated Senior Aerobics & Stretch - RA 10:00 Random Trivia - B 10:30 TED Talk: "7 Ways to Harness your Neuroplasticity" 1:00 Bingo - B 3:00 "Move More Month" Workout: Standing Lower Body 5:20 Virtual Concert - B</p>	<p>9:30 StrongerU Senior Fitness Flexibility - RA 10:00 Calm Meditation - RA 10:30 Veteran's Café Chat - B 1:00 Food & Demo Nutrition Class with Rachel - RA 2:30 Bingo - B 5:20 Poker Game Night-TVR</p>	<p>9:30 StrongerU Senior Fitness Balance & Cardio - RA 10:00 Art for All Ages Painting Class - B 1:00 Bingo - B 2:30 Activity Chat - B 5:20 Evening Bible Study and Hymns-B</p>	<p>9:30 Yoga Stretch & Calm Meditation - RA 10:10 Shopping Dollar Tree Trader Joe's - BT 1:00 Bingo - B 3 - Chip Dippin' & Margarita Sippin' Happy Hour - RA 5:20 After Dinner Game with Friends: Checkers - B</p>	<p>9:30 Chair Aerobics and Mindful Meditation - RA 10:10 Senior Topics Class By Mary Frances -B 1:00 Bingo - B 3:00 Mandala Coloring Therapy-B 5:20 Netflix Movie Night and Popcorn - B</p>	<p>9:30 Seated Aerobics and Coordination - RA 10:00 Guided Meditation - RA 10:30 Pet Therapy - RA 1:00 Bingo - B 3:00 Price is Right Game Day with Dreamcatcher's Club - B 5:20 Documentary Night: Our Universe, Elemental -B</p>
<p>9:15 StrongerU Senior Fitness Weights - RA 9:45 Calm Meditation - RA 10 Catholic Communion-TVR 10:10 Live Stream Christian Church - B 1:00 Bingo - B 3:00 Travelogue: Ancient Mayan Cities - B</p>	<p>9:30 Seated Senior Aerobics & Stretch - RA 10:10 Name That Tune - B 10:35 Movers & Shakers Walking Group - CY 1:00 Bingo - B 3:00 Spring Flower Arranging - B 5:20 Virtual Broadway - B</p>	<p>9:30 StrongerU Senior Fitness Flexibility - RA 10:00 Calm Meditation - RA 10:30 Book Club - B 1:00 Food & Demo Nutrition Class with Rachel - RA 2:30 Bingo - B 5:20 Poker Game Night-TVR</p>	<p>9:30 StrongerU Senior Fitness Balance & Cardio - RA 10:00 Activity Chat - B - B 1:00 Bingo - B 3:00 Serento Rosa Resident Art Show and Reception - B 5:20 Evening Bible Study and Hymns-B</p>	<p>9:30 Yoga Stretch & Calm Meditation - RA 10:10 Errands - BT (Sign up Front desk) 1:00 Bingo - B 3:00 Nacho Average Happy Hour, Music by Tom 5:20 After Dinner Game with Friends: 4 kings in a Corner-B</p>	<p>9:30 Chair Aerobics - RA 10:10 Senior Topics Class By Mary Frances -B 10:45 p.m. - 3:00 p.m. Mindy's Traveling Boutique 1:00 Bingo - B 3:00 DIY Bead Craft - B 5:20 Netflix Movie Night and Popcorn - B</p>	<p>Legend: <i>DR - Dining Room</i> <i>BT - Bus Trip</i> <i>CY- Courtyard</i> <i>TVR - TV Room</i> <i>RA - Receiving Area</i> <i>B - Bistro</i></p>