

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

March 2023			1 10:30 Chair Yoga 11:00 BINGO 2:00 Scrabble 4:00 Afternoon Social	2 10:30 Toning with Bands 11:00 Armchair Travel: "Milan & Lake Como" 2:00 Bananagrams 4:00 Sunroom Social -- Concierge Service --	3 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social	4 10:00 "The Rosary" (TV-138) 10:30 Toning w/Bands 11:00 Categories Trivia 2:00 POKENO 4:00 Sunroom Social
5 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) Puzzles, Word Games and Art Supplies available all day.	6 10:30 Heart-health Aerobics 11:00 Rummikub 2:00 Monday Movie Matinee: The Lavender Hill Mob 4:00 Sunroom Social Purim Begins	7 10:00 Veterans Coffee 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	8 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Scrabble 4:00 Afternoon Social	9 10:30 Toning with Bands 11:00 Armchair Travel: "Amsterdam" 2:00 Categories Trivia 3:00 Balloon Toss 4:00 Sunroom Social -- Concierge Service --	10 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Balloon Toss 4:00 Sunroom Social	11 10:00 "The Rosary" (TV-138) 10:30 Let's Get Fit! 11:00 "Game of Life" 2:00 History: JFK 4:00 Sunroom Social
12 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Decorate Cup Cakes 2:00 BINGO 4:00 Sunroom Social HAPPY BIRTHDAY LOURANA! Daylight Saving Time Begins	13 10:30 Heart-health Aerobics 11:00 POKENO 2:00 Monday Movie Matinee: Our Souls at Night 4:00 Sunroom Social HAPPY BIRTHDAY JODY!	14 10:30 DrumFIT 11:00 Rummikub 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social HAPPY BIRTHDAY BARBARA!	15 -- HAIR SALON -- -- Manicures by Mikaela -- 10:30 Chair Yoga 11:00 BINGO 2:00 Craft: Shamrock Wreath 4:00 Afternoon Social	16 10:30 Toning with Bands 11:00 Armchair Travel: "Dublin & Mystical Tours" 2:00 Matt Browne Entertains 4:00 Sunroom Social HAPPY BIRTHDAY MARCUS! -- Concierge Service --	17 10:30 Words-in-a-Word 11:30 Irish Step Dancers 2:00 "Your Choice Friday" (Choice of Group Activities) 4:00 St. Paddy's Social St. Patrick's Day	18 10:00 "The Rosary" (TV-138) 10:30 Get Strong w/Weights 11:00 Categories Trivia 2:00 Music Bingo 4:00 Sunroom Social
19 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) Puzzles, Word Games and Art Supplies available all day.	20 10:30 Heart-health Aerobics 11:00 Rummikub 2:00 Monday Movie Matinee: The Full Monty 4:00 Sunroom Social Spring Begins	21 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	22 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Scrabble 4:00 Afternoon Social Ramadan Begins	23 10:30 Toning with Bands 11:00 Armchair Travel: "The Majesty of Madrid" 2:00 Categories Trivia 4:00 Sunroom Social -- Concierge Service --	24 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sing-along Social HAPPY BIRTHDAY IRENE!	25 10:00 "The Rosary" (TV-138) 10:30 Let's Get Fit! 11:00 Garden Club Meeting 2:00 History: Elizabeth II 4:00 Sunroom Social
26 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Make a Bird Feeder 2:00 BINGO 4:00 Sunroom Social	27 10:30 Heart-health Aerobics 11:00 POKENO 2:00 Monday Movie Matinee: The Lady Killers 4:00 Sunroom Social 1:30 Paint with Sandy!	28 10:30 DrumFIT 11:00 BINGO 2:00 Residents' Meeting 3:00 Balloon Volley 4:00 Sunroom Social	29 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Scrabble 4:00 Afternoon Social	30 10:30 Balloon Toss 11:00 RICK WALSH SINGS! 2:00 Bananagrams 4:00 Sunroom Social -- Concierge Service --	31 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Country Western Social	goodbye WINTER hello Spring