






March

2023

IDA CULVER HOUSE
RAVENNA
Premier Retirement Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>“March is the month of expectation, the things we do not know.” — Emily Dickinson</p> <p>Based on this clue: <i>“I wandered lonely as a cloud...”</i> -Can you guess the flower of the month? -Can you name the author of the poem? -Can you recite it?</p>			<p>10:00 Shopping at U Village*</p> <p>10:30 St. Exercise w/ Michael (SL)</p> <p>6:30 Movie: The Theory of Everything 2014 (SL)</p> 	<p>10:30 Fitness w/ Michael (SL)</p> <p>11:00 Diabetes Drop-in w/ Abby (AR)</p> <p>2:00 Diabetes Presentation (SL)</p> <p>3:00 Hearing Clinic* (AR)</p> <p>3:15 Early Memory Loss w/ Carrie (SL)</p>	<p>10:30 Standing Exercise w/ Maya (SL)</p> <p>2:00 Yoga Breath and Meditation w/ Maya (SL)</p> <p>3:00 <i>How Do you Know that</i> Trivia (SL)</p>	<p>10:30 Standing Exercise w/ Maya (SL)</p> <p>2:00 Board Games and Cards (AR)</p> <p>6:30 Movie: The Hundred Foot Journey 2014 (SL)</p> 
5	<i>Purim</i>	7	8	9	10	11
<p>3:00 Documentary: St Patrick: Pilgrimage to Peace (SL)</p>	<p>9:30 Better Balance (SL)</p> <p>10:30 – 12:30 Librarian & Tech Help (L)</p> <p>2:00 Meditation w/ Carrie (L)</p> <p>3:00 What is Purim? Trivia w/ Angelica (AR)</p>	<p>10:00 Seated Yoga w/ Pat (SL)</p> <p>12:15 Swimming*</p> <p>2:00 Yoga Breath and Meditation w/ Maya (SL)</p>	<p>10:30 St. Exercise w/ Michael (SL)</p> <p>10:30 Movie Committee Meeting (PDR)</p> <p>2:00 Brain Puzzles w/ Maya (AR)</p> <p>6:30 Movie The Proposal 2009 (SL)</p> 	<p>9:30 Fitness w/ Michael (SL)</p> <p>10:30 David Kaynor: Dinosaurs of the R. Tyrell Museum (SL)</p> <p>1:45 Shopping at Trader Joe’s*</p> <p>3:15 Life Reflections: Honoring what we Value w/ Carrie (SL)</p>	<p>10:30 Standing Exercise w/ Maya (SL)</p> <p>11:15 Friday Morning Book Discussion w/ David (MLR)</p> <p>2:30 Basketry Viewing Tour w/ Sally (Rm 302)</p> <p>5:00 Shabbat Dinner (PDR)</p>	<p>10:30 Standing Exercise w/ Maya (SL)</p> <p>2:00 Laura Dean Music Program: Songs of Heart and Place (SL)</p> <p>3:15 Write your own Eulogy w/ Catherine (MLR)</p> <p>6:30 Movie: Rashomon 1950 (SL)</p> 

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Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
<p>2:00 Crafts projects with Liz (AR)</p>	<p>9:30 Better Balance (SL) 10:30 – 12:30 Librarian & Tech Help (L) 2:00 Meditation w/ Carrie (L) 3:00 David Smith: Anti-vax movement in the US (SL)</p>	<p>10:00 Seated Yoga w/ Pat (SL) 12:15 Swimming* 3:15 The Pink Tax w/ Carrie (SL)</p>	<p>9:00 Shop U Village* 10:30 St. Exercise w/ Michael (SL) 2:30 Resident Assoc. Meeting (DR) 6:30 Movie: Cool Hand Luke 1967 (SL)</p> <p></p>	<p>10:30 Fitness w/ Michael (SL) 11:30 Lunch Outing* Portage Bay 2:00 Bingo (AR) 3:00 Board Games and Cards (AR) 6:30 Movie: Far and Away 1992 (SL)</p> <p></p>	<p>10:30 Standing Exercise w/ David (SL) 2:30 Poetry Appreciation Group (L) 3:30 St Patrick's Happy Hour (SL)</p> <p></p> <p><i>St Patrick's Day</i></p>	<p>2:00 Board Games and Cards (AR) 6:30 Movie: Far and Away 1992 (SL)</p> <p></p>
<p>19</p> <p>2:00 Bingo w/ Liz (AR) 3:00 Crochet w/ Liz (AR)</p>	<p><i>Spring Equinox</i> 20</p> <p>9:30 Better Balance (SL) 2:00 Meditation w/ Carrie (L) 3:00 Health Chat w/ Liz: Infectious disease and infection control (SL)</p>	<p>21</p> <p>10:00 Seated Yoga (SL) 12:15 Swimming* 2:00 Meet your Dining Room Team (SL) 3:15 Emotional Wellness Discussion w/ Carrie (SL)</p>	<p><i>Beginning Ramadan</i> 22</p> <p>10:30 St. Exercise w/ Michael (SL) 1:30 3rd Place Books* 3:00 Kitchen CornerSL 4:30 March B'day Dinner (DR) 6:30 Movie: Harvey 1960 (SL)</p> <p></p>	<p>23</p> <p>10:30 Fitness with Michael (SL) 1:45 Shopping at Trader Joe's* 2:00 Travelogue: Madagascar w/ Vania (SL) 3:30 Life Enrichment Chat (SL)</p>	<p>24</p> <p>10:30 Standing Exercise w/ Maya (SL) 2:00 Frank Sinatra Dance w/ Bella (SL) 3:30 Community Happy Hour & Cabaret (SL)</p>	<p>25</p> <p>10:30 Standing Exercise w/ Maya (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: Elizabethtown 2005 (SL)</p> <p></p>
<p>26</p> <p>3:00 Documentary: New Orleans Music (SL)</p>	<p>27</p> <p>9:30 Better Balance (SL) 10:00 Current Events w/ Jacob (SL) 10:30 - 12:30 Librarian & Tech Help (L) 2:00 Meditation w/ Carrie (L)</p>	<p>28</p> <p>10:00 Seated Yoga (SL) 11:00 Nutrition Talk w/ Amanda (SL) 12:45 -1:30 Bookmobile (AR) 12:15 Swimming* 2:00 Piano w/Scott(DR) 3:15 Legal Planning as we age w/ Carrie (SL)</p>	<p>29</p> <p>9:00 Shopping at U Village* 10:30 Exercise (SL) 1:30 ISB 3rd Graders Music Program (FR) 2:30 End of Life Presentation (SL) 6:30 Movie: Z '69 (SL)</p> <p></p>	<p>30</p> <p>10:30 Fitness with Michael (SL) 11:30 Lunch and Photo Judging at The Lakeshore* 3:15 Ravenna Renovation: Tips for Moving w/ Carrie (SL)</p>	<p>31</p> <p>10:30 Standing Exercise w/ Maya (SL) 2:00 Yoga Breath and Meditation w/ Maya (SL) 3:15 Board Games and Cards (AR)</p>	<p><u>Location Keys</u></p> <p>AR – Activity Room DR – Dining Room L – Library FR – Fireside Room MLR – Maple Leaf Room PDR – Private Dining Room SL – South Lounge * Sign up at the Front Desk</p>