






March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
AR – Activity Room DR – Dining Room L – Library FR – Fireside Room MLR – Maple Leaf Room PDR – Private Dining Room SL – South Lounge 4Fl – 4 th Floor Lobby	* Sign up at the Front Desk 🎬 Movie Committee Selection				10:30 Exercise w/ Maya (SL) 11:30– 12:30 Librarian & Tech Help (L) 1:30 Art Class w/ Rosie Namara (AR) 3:00 Sing-Along w/ Do Peterson (SL) 5:00 Shabbat Dinner (PDR)*	10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 3:00 Documentary: Jazz Ambassadors (SL) 6:30 Movie: Amadeus 1984 (SL) 🎬
2:00 Scrabble and Canasta (4FL) 6:30 Sunday Movie: The Holdovers 2023 (SL)3	9:30 Better Balance (SL) 11:30– 12:30 Librarian & Tech Help (L) 1:00 Reading Recommendations w/ David (L) 2:30 Knitting Group (FR)4	10:00 Seated Yoga w/ Pat (SL) 12:00 Swimming* 2:00 Bingo (AR) 3:00 Lance Rodes: Oscars Nominations Preview (SL)5	10:00 Exercise w/ Maya (SL) 10:15 Outing: Burke Museum* 2:30 Resident Association Meeting (DR) 6:30 Movie: Miss Peregrine’s Home for Peculiar Children 2016 (SL) 🎬6	10:00 Outing: Sky Nursery* 10:30 Exercise w/ Michael (SL) 2:00 Meditation w/ Carrie (L) 3:00 Hearing Clinic* (L) 3:15 Life Changes & Transitions; Living Losses w/ Carrie (SL)7	10:30 Exercise w/ Maya (SL) 1:15 Neighborhood Walk w/ Anders * 2:00 Life Enrichment Survey Results Discussion w/ Maya (SL) 3:30 Poetry Appreciation Group (L)8	10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: The Light Between Oceans 2016 (SL) 🎬9

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2:00 Scrabble and Canasta (4FL) 5:00 95 th Academy Awards Viewing (SL)	9:30 Better Balance (SL) 10:00 Gym Equipment Clinic w/ Roxanne* 2:00 Meditation w/ Maya (L) 3:00 David Smith: Contemporary Ethics (SL)	10:00 Seated Yoga w/ Pat (SL) 11:00 Music Program: “Judy S. and Charles Say “Tlaa” (SL) 12:00 Swimming* 1:30 Nutrition Talk w/ Amanda (SL) 2:30 Swing Dance and Music w/ Swingin’ in the Rain Jazz Band (DR)	10:30 Exercise w/ Maya (SL) 11:00 Mass w/ Father Daniel (L) 1:30 Shop. U Village* 3:00 Bingo (AR) 6:30 Movie: A Haunting in Venice 2023 (SL) 	9:30 Fitness w/ Anders (SL) 10:30 David Kaynor: Anthropology of the Chicago Field Museum (SL) 2:00 Meditation w/ Carrie (L) 3:15 Negativity Bias w/ Carrie (SL)	9:30 Ex. Roxanne (SL) 11:30– 12:30 Librarian & Tech Help (L) 2:30 Outing: U.H. Wallingford, Rebecca Albiani Art History Talk* 4:00 St Patrick Happy Hour & Accordion w/ Jake Bean (SL)	10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (4FL) 2:00-3:30 Collage and Printmaking w/ Patricia-Ann (AR) 6:30 Movie: Blackbeard’s Ghost 1968 (SL) 
17	18	19	20	21	22	23
2:00 Scrabble and Canasta (4FL) 6:30 Movie: The Quiet Man 1952 (Irish Romantic Comedy Drama) (SL) St Patrick’s Day	9:30 Better Balance (SL) 10:00 Gym Equipment Clinic w/ Roxanne* 11:30– 12:30 Librarian & Tech Help (L) 2:00 Knitting Group (FR) 3:00 Health Chat w/ Liz (SL)	10:00 Seated Yoga w/ Pat (SL) 10:30 Shopping: Trader Joe’s* 12:00 Swimming* 2:15 Trivia w/ Anders (SL) 3:30 Movie Committee Meeting (MLR)	10:30 Ex w/ Anders (SL) 2:00 Sky Nursery* 3:15 Kitchen Korner (SL) 4:30 Birthday Dinner & Jon Persson Music (DR) 6:30 Movie: Mark Felt: The Man who Brought Down the White House 2017 (SL) 	10:30 Fitness w/ Michael (SL) 11:00– 12:00 Tech Help w/ Anders (L) 2:00 Meditation w/ Carrie (L) 3:15 Aging Well; Living with Chronic Illness/Pain w/ Carrie (SL)	9:30 Exercise w/ Roxanne (SL) 11:30– 12:30 Librarian & Tech Help (L) 2:00 Piano Recital w/ Doris Stevenson Piatigorsky Foundation (DR) 3:30 Poetry Appreciation Group (L)	10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: News of The World 2020 (SL) 
24/31	25	26	27	28	29	30
11:30 AM – 1:30 PM EASTER BRUNCH (31 st) 2:00 Scrabble and Canasta (4FL) 6:30 Oscars’ Movie: Oppenheimer 2023 (SL)(24 th) Barbie 2023 (SL) (31 st)	9:30 B. Balance (SL) 10:30 Ex. w/ David (SL) 11:00 Communion w/ Mary Ann (L) 11:30– 12:30 Librarian & Tech Help (L) 1:00 Book Club Discussion w/ David (L) 4:00 AllThatDance (SL)	10:00 Seated Yoga w/ Pat (SL) 12:00 Swimming* 12:45-1:15 Bookmobile (AR) 2:30 Easter Craft w/ Nora (AR) 3:30 Wellness Talk w/ Select Rehab (SL)	9:00 Shop. U Village* 10:30 Exercise w/ Anders (SL) 1:15 ASB Students Music Program (FR) 2:30 Outing: Third Place Book Store* 6:30 Movie: Singing in The Rain 1952 (SL) 	10:30 Fitness w/ Michael (SL) 2:00 Meditation w/ Carrie (L) 3:15 Women’s History Month Discussion w/ Carrie (SL) 7:10 Mariners Home Opener (SL)	9:30 Exercise w/ Roxanne (SL) 10:30 Stretch w/ David (SL) 11:30– 12:30 Librarian & Tech Help (L) 1:00 Technology FAQ and Best Practices w/ David (SL) 3:00 Bingo (AR)	10:30 Exercise w/ Anders (SL) 2:00 Board Games and Cards (AR) 6:30 Movie: Sophie’s Choice 1982 (SL) 