


March 2019 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🎲 2:30pm Pinochle Card Game, <i>GR</i> 🍫 3:00pm Hot Cocoa and Cookie Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 10:00am Musical Saturday Morning, <i>MP</i> 🍕 2:00pm Flatbread Pizza Social, <i>BI</i> 🎬 7:15pm Movie, <i>MP</i>
3	4	5	6	7	8	9
🧩 11:00am Puzzle Time, <i>CO</i> 🎬 1:00pm Movie, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 9:30am Weekly Sneak Peek, <i>MP</i> 🏃 10:00am Strength & Circuit Training, <i>MP</i> 🏃 11:00am Treadmill Training with David, <i>FR</i> 🗣️ 2:00pm Lecture with Julie Chamberlain, <i>MP</i> 🍷 3:00pm Wine and Cheese Social, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 💻 1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i> 🎵 3:00pm Golden Tones Rehearsal, <i>MP</i> 🍵 3:00pm Teatime Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🧠 9:30am Brains and Balance Class, <i>MP</i> 🗣️ 11:00am Current Events Forum with Linda, <i>MP</i> 🎨 1:00pm Art Class with Chloe, <i>CR</i> 🍳 2:00pm Chef Demo, <i>DR</i> 🍏 3:00pm Cider and Donuts Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🏃 10:00am Super Fitness Class with Stephanie, <i>MP</i> 🎲 1:00pm Canasta (No Instruction), <i>GR</i> 🎨 1:00pm Crafts with Dorothy, <i>CR</i> 📖 3:00pm Book Club with Lauren, <i>LI</i> 🍫 3:00pm Smoothie Social, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🏃 9:30am Outing; MOT's "Candide", <i>LR</i> 🎲 2:30pm Pinochle Card Game, <i>GR</i> 🍫 3:00pm Hot Cocoa and Cookie Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 10:00am Musical Saturday Morning, <i>MP</i> 🍦 2:00pm Ice Cream Social, <i>BI</i> 🏀 8:00pm MSU vs. UM Basketball Game!, <i>MP</i>
10	11	12	13	14	15	16
🧩 11:00am Puzzle Time, <i>CO</i> 🎬 1:00pm Sunday Afternoon at the Movies, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 9:30am Weekly Sneak Peek, <i>MP</i> 🏃 10:00am Strength & Circuit Training with Stephanie, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 💻 1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i> 🎵 3:00pm Golden Tones Rehearsal, <i>MP</i> 🍵 3:00pm Teatime Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🧠 9:30am Brains and Balance Class with Carol, <i>MP</i> 🗣️ 11:00am Current Events Forum with Linda, <i>MP</i> 🎨 1:00pm Art Class with Chloe, <i>CR</i> 🍏 3:00pm Cider and Donuts Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🏃 10:00am Super Fitness Class with Stephanie, <i>MP</i> 🎲 1:00pm Canasta (No Instruction), <i>GR</i> 🎨 1:00pm Crafts with Dorothy, <i>CR</i> 🍫 3:00pm Smoothie Social, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🏃 9:30am Outing; MOT's "Alvin Ailey", <i>LR</i> 🎲 2:30pm Pinochle Card Game, <i>GR</i> 🍫 3:00pm Hot Cocoa and Cookie Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 10:00am Musical Saturday Mornings, <i>MP</i> 🍷 2:00pm Champagne & Finger Sandwich Social, <i>BI</i> 🗣️ 3:00pm Lecture with Professor Bruce Zellers, <i>MP</i> 🎬 7:15pm Movie, <i>MP</i>
17	18	19	20	21	22	23
🧩 11:00am Puzzle Time, <i>CO</i> 🎬 1:00pm Sunday Afternoon at the Movies, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🍽️ 4:30pm St. Patrick's Day Signature Dining Event, <i>DR</i> 🎵 7:00pm St. Patrick's Day Concert, <i>LR</i>	🎭 9:30am Weekly Sneak Peek, <i>MP</i> 🏃 10:00am Strength & Circuit Training with Stephanie, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga, <i>MP</i> 🗣️ 11:00am Lecture with Henry Fienberg, <i>MP</i> 💻 1:00pm Computer Lab with Dorothy, <i>LI</i> 🎵 3:00pm Golden Tones Rehearsal, <i>MP</i> 🍵 3:00pm Teatime Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🧠 9:30am Brains and Balance Class with Carol, <i>MP</i> 🗣️ 11:00am Current Events Forum with Linda, <i>MP</i> 🎨 1:00pm Art Class with Chloe, <i>CR</i> 🍏 3:00pm Cider and Donuts Social, <i>BI</i> 🎬 7:15pm Movie, <i>MP</i>	🏃 10:00am Super Fitness Class with Stephanie, <i>MP</i> 🎲 1:00pm Canasta (No Instruction), <i>GR</i> 🍫 3:00pm Signature Event featuring Motor City Beat, <i>LR</i> 🍷 4:00pm Signature Event Reception, <i>BI</i> 🎬 7:15pm Movie, <i>MP</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🎲 2:30pm Pinochle Card Game, <i>GR</i> 🍫 3:00pm Hot Cocoa and Cookie Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 10:00am Musical Saturday Mornings, <i>MP</i> 🍦 2:00pm Ice Cream Social, <i>BI</i> 🎬 7:15pm Movie, <i>MP</i>
24	25	26	27	28	29	30
🧩 11:00am Puzzle Time, <i>CO</i> 🎬 1:00pm Sunday Afternoon at the Movies, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 9:30am Weekly Sneak Peek, <i>MP</i> 🏃 10:00am Strength & Circuit Training, <i>MP</i> 🗣️ 12:00pm Lecture with Wendy Evans, <i>MP</i> 🗣️ 2:00pm Lecture with Julie Chamberlain, <i>MP</i> 🍷 3:00pm Wine and Cheese Social, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🏃 9:30am Outing; MGM Casino, <i>LR</i> 💻 1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i> 🎵 3:00pm Golden Tones Rehearsal, <i>MP</i> 🍵 3:00pm Teatime Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🧠 9:30am Brains and Balance Class with Carol, <i>MP</i> 🗣️ 11:00am Current Events Forum with Linda, <i>MP</i> 🎨 1:00pm Art Class with Chloe, <i>CR</i> 🍏 3:00pm Cider and Donuts Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🏃 10:15am Super Fitness Class with Stephanie; Note later start time!, <i>MP</i> 🎲 1:00pm Canasta (No Instruction), <i>GR</i> 🍫 3:00pm Smoothie Social, <i>CO</i> 🎬 7:00pm Musical Evening, <i>LR</i>	🏃 9:30am Chair Yoga with Linda, <i>MP</i> 🎲 2:30pm Pinochle Card Game, <i>GR</i> 🍷 3:00pm Meet Your New Neighbors Wine and Cheese Social, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>	🎭 10:00am Musical Saturday Mornings, <i>MP</i> 🍕 2:00pm Flatbread Pizza Social, <i>BI</i> 🎬 7:15pm Movie, <i>MP</i>
31				MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
🧩 11:00am Puzzle Time, <i>CO</i> 🎬 1:00pm Sunday Afternoon at the Movies, <i>MP</i> 🍷 3:00pm Wine and Cheese Social Hour, <i>CO</i> 🎬 7:15pm Movie, <i>MP</i>				<i>MP</i> - Multipurpose Room <i>GR</i> - Game Room <i>CO</i> - Conservatory <i>BI</i> - Bistro <i>FR</i> - Fitness Room	<i>DR</i> - Dining Room <i>LR</i> - Living Room <i>LI</i> - Library <i>CR</i> - Craft Room	🏃 Physical 🗣️ Spiritual 🎒 Vocational 🧠 Intellectual 🍏 Nutritional ❤️ Emotional 🌿 Environmental 🍷 Social 🏥 Health Services 🎯 Purposeful