

The Crossings at Bon Air Independent Living Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2020 Location Key A—Activity Room ML— Main Lobby AL— AL Lobby L—Library C—Chapel P—Pub D—IL Dining Room R - Sign Up Required GR— Game Room #—Resident Led Activity \$- Activity Fee						
1 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 2:00 Mount Pisgah Methodist Service-C 3:00 IL Bingo-P 5:00 Happy Hour - P 7:00 Sunday Night Encore—GR	2 10:00 Strength Training-D 10:00 Mahjong –GR# <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-C 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 From The Heart Knit’rs-L# 2:15 Advanced Balance-P 3:00 Dominoes-GR# 5:00 Happy Hour-P	3 10:00 Strength Training-D 10:30 Devotions with Krista-C 11:00 IL Bingo-P 1:00 General Store –P <i>2:00 Jazz Music with The Whittings-ML</i> <i>2:00 Resident Council –D</i> 2-4:00 Hand and Foot– GR 3:00 Board Games-GR# 5:00 Happy Hour - P	4 10:00 Strength Training—D <u>10:15 Walmart-MLR</u> 11:00 Coloring for Calm-A 2:00 Catholic Rosary –C 3:00 This Week in History—L 5:00 Happy Hour - P <i>7:00 Evening Bible Studies-C</i>	5 10:00 Strength Training—D 10:30 Catholic Communion-C <u>1:00 Wegmans’ Trip-MLR</u> 3:00 How Many Words-P 5:00 Happy Hour - P 7:00 Poker-GR#	6 10:00 Seated Yoga—D 10:00 Mahjong –GR# 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:15 Advanced Balance-P 3:00 Coloring for Calm-A 5:00 Happy Hour - P	7 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 IL Bingo-P 5:00 Happy Hour - P 7:00 Sat. Night Movie “The Rainmaker” PG-13-GR
8 10:30 Strength Training -AL 11:00 Wii Bowling-AL# <i>3:00 Kathy Simpson Piano School Recital-ML</i> 5:00 Happy Hour - P 7:00 Sunday Night Encore—GR	9 10:00 Strength Training-D 10:00 Mahjong –GR# <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-C 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 From The Heart Knit’rs-L# 2:15 Advanced Balance-P 3:00 Dominoes-GR# 5:00 Happy Hour-P	10 10:00 Strength Training-D 10:30 Devotions with Krista-C 11:00 IL Bingo-P 1:00 General Store –P <u>1:00 Chesterfield Mall Trip-MLR\$</u> 2-4:00 Hand and Foot– GR 3:00 Board Games-GR# 5:00 Happy Hour - P	11 10:00 Strength Training—D <u>10:15 Walmart-MLR</u> 11:00 Coloring for Calm-A 2:00 Catholic Rosary –C 3:00 This Week in History—L 5:00 Happy Hour - P <i>7:00 Evening Bible Studies-C</i>	12 10:00 Strength Training—D 10:30 Catholic Communion-C <u>1:00 Wegmans’ Trip-MLR</u> <i>2:00 Jewelry Making with Judy-AR</i> 3:00 How Many Words-P 5:00 Happy Hour - P 7:00 Poker-GR#	13 10:00 Strength Training—D 10:00 Mahjong –GR# <u>10:15 Bank Run-MLR</u> 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:15 Advanced Balance-P 3:00 Coloring for Calm-A 5:00 Happy Hour - P	14 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 IL Bingo-P 5:00 Happy Hour - P 7:00 Sat. Night Movie “I’ll See You in my Dreams” PG-13-GR
15 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 5:00 Happy Hour - P 7:00 Sunday Night Encore—GR	16 10:00 Strength Training-D 10:00 Mahjong –GR# <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-C 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 From The Heart Knit’rs-L# 2:15 Advanced Balance-P 3:00 Dominoes-GR# 5:00 Happy Hour-P	17 St. Patrick’s Day 10:00 Strength Training-D 10:30 Devotions with Krista-C 11:00 IL Bingo-P 1:00 General Store –P <u>1:00 Kohl’s Trip-MLR\$</u> 2-4:00 Hand and Foot– GR 3:00 Board Games-GR# <i>4:30 St. Patrick’s Day Party with Mina & David McAllister-ML</i> 5:00 Happy Hour-P	18 10:00 Strength Training—D <u>10:15 Walmart-MLR</u> 11:00 Coloring for Calm-A <i>2:00 Music w/ Kevin Salyer-D</i> 2:00 Catholic Rosary –C 3:00 This Week in History—L 5:00 Happy Hour - P <i>7:00 Evening Bible Studies-C</i>	19 10:00 Strength Training—D 10:30 Catholic Communion-C 2:00 Painter’s Studio Hour-A 3:00 How Many Words-P 3:00 Book Club –L 5:00 Happy Hour - P 7:00 Poker-GR#	20 10:00 Seated Yoga—D 10:00 Mahjong –GR# <u>10:15 Library Run-MLR</u> 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:15 Advanced Balance-P 3:00 Coloring for Calm-A 5:00 Happy Hour - P	21 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 IL Bingo-P 5:00 Happy Hour - P 7:00 Sat. Night Movie “Wild Oats” PG-13-GR
22 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 5:00 Happy Hour - P 7:00 Sunday Night Encore—GR	23 10:00 Strength Training-D 10:00 Mahjong –GR# <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-C 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 From The Heart Knit’rs-L# 2:15 Advanced Balance-P 3:00 Dominoes-GR# 5:00 Happy Hour-P	24 10:00 Strength Training-D 10:30 Devotions with Krista-C 11:00 IL Bingo-P <u>12:00 Out to Lunch- Carrabba’s-MLR\$</u> 1:00 General Store-P 2-4:00 Hand and Foot– GR 3:00 Board Games-GR# 5:00 Happy Hour-P <i>7:00 Cultural Exploration: India- GR</i>	25 10:00 Strength Training—D <u>10:15 Walmart-MLR</u> 11:00 Coloring for Calm-A 12:30 Men’s Pizza Lunch-P 2:00 Catholic Rosary –C <i>2:00 Cultural Exploration: India Encore Presentation– P</i> 3:00 This Week in History—L 5:00 Happy Hour - P	26 10:00 Strength Training—D 10:30 Catholic Communion-C <u>1:00 Wegmans’ Trip-MLR</u> 2:00 Painter’s Studio Hour-A <i>2:00 March Birthday Party - ML</i> 3:00 How Many Words- P 5:00 Happy Hour - P 7:00 Poker-GR#	27 10:00 Strength Training—D 10:00 Mahjong –GR# 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:15 Advanced Balance-P 3:00 Coloring for Calm-A 5:00 Happy Hour - P	28 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 IL Bingo-P 5:00 Happy Hour - P 7:00 Sat. Night Movie “War Horse” R-GR
29 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 5:00 Happy Hour - P 7:00 Sunday Night Encore—GR	30 10:00 Strength Training-D 10:00 Mahjong –GR# <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-C 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 From The Heart Knit’rs-L# 2:15 Advanced Balance-P 3:00 Dominoes-GR# 5:00 Happy Hour-P	31 10:00 Strength Training-D 10:30 Devotions and Communion with Krista-C 11:00 IL Bingo-P 2-4:00 Hand and Foot– GR <i>2:00 Resident Council –D</i> 3:00 Board Games-GR# 5:00 Happy Hour-P	Card Games Bridge is played every Friday @ 1:30 pm in the Game Room. If you would like to be added to the Card Players list, or would like to add a game, please contact Tracy in Activities.			