












March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll! O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK	2 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 2:30 Left, Right, Center Game CK 4:00 Cocktail Hour CK	3 9:30 Brain Boosters AR 10:00 Book Club L 11:00 CPTe exercise program* TVR 1:30 Time for a walk! O 2:30 Crooner Mark Stanzler DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L	4 9:15 Synergie Band Workout AR 9:45 Brain Builders AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Indoor Walking Group O 2:00 Trip to Derry Dollar Store O 4:00 Cocktail Hour CK	5 9:30 Brain Boosters AR 10:00 St. Patrick's Day Crafting AR 11:00 CPTe Exercise Program * TVR 1:30 Let's Walk! O 2:00 Yoga with Dawn TVR 2:30 Documentary Series TVR 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	6 9:15 *NEW* weighted Workout AR 9:45 Word Games AR 10:00 Biography Series TVR 1:30 Walking Group O 2:30 POKENO DR 4:00 Cocktail Hour CK	7 9:15 Exercise AR 9:45 Word Games AR 10:00 Biography Series TVR 2:30 POKER with Paul O 4:00 Cocktail Hour CK
8 Daylight Savings 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK 	9 Full Moon 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Let's walk an indoor lap! O 2:00 Crafting with Maria at the Nesmith Library & book shop O 4:00 Cocktail Hour CK 	10 9:30 Brain Teasers AR 10:00 Book Club L 11:00 CPTe exercise program* TVR 11:00 Pelham Senior Center lunch & movie "Downton Abbey" O 4:00 Cocktail Hour CK 6:30 Cribbage Club L	11 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Mystery History Ride O 4:00 Cocktail Hour CK	12 9:30 Brain Boosters TVR 10:00 Cruising the Alaskan Highway part II with Mike Perry TVR 11:00 CPTe Exercise program TVR 2:00 Zumba with Dawn TVR 4:00 Cocktail Hour CK 6:30 FAMILY BINGO DR 	13 9:15 *NEW* weighted workout AR 9:45 Word Games AR 10:30 Meditation, Relaxation, Vacation TVR 1:30 Walking Group O 2:30 John D'Ambrosio on piano DR 4:00 Cocktail Hour CK	14 9:15 Exercise AR 9:45 Word Games AR 1:30 Walking Group O 2:00 POKER with Paul CK 4:00 Cocktail Hour CK
15 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:00 Walking Group O 2:00 NH Philharmonic O 4:00 Cocktail Hour CK	16 9:00 Group Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 2:30 POKENO DR 4:00 Cocktail Hour CK	17 St. Patrick's Day 9:30 Brain Boosters CK 10:00 Holiday Baking CK 11:00 CPTe Exercise Program * TVR 1:30 Live Comedy Skits with... OFF OUR ROCKER DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L 	18 9:15 Synergie Band Workout AR 9:45 Brain Builders AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR TBA Let's go to the Movies! O Movie TBA O 4:00 Cocktail Hour CK	19 First Day of Spring 9:30 Mind Joggers AR 10:00 Artists Brush* Spring AR 11:00 CPTe Exercise program TVR 1:30 Let's walk! O 2:30 Sentimental Reflections TVR Spring Edition O 4:00 Cocktail Hour CK 6:30 Cribbage Club CK 	20 9:15 *NEW* weighted workout AR 9:45 Word Games AR 10:00 Resident Council AR 1:30 Get out and walk! O 2:00 Our Earth Documentary TVR 4:00 Cocktail Hour CK Today is Earth Day! 	21 9:15 Exercise AR 9:45 Word Games AR 1:30 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK
22 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Indoor walking! O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK 	23 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Let's walk! O 2:30 Left, Right, Center Game CK 4:00 Cocktail Hour CK	24 New Moon 9:30 Brain Boosters AR 10:00 Jeopardy TVR 11:00 CPTe Exercise Program * TVR 1:30 Walking Group O 2:30 Gary Sredzienski entertains with his accordian collection! DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L 	25 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:00 Indoor Walking O 2:30 Wii Bowling TVR 4:00 Cocktail Hour CK 6:30 Irish singer, story teller, Kevin Farley entertains DR	26 9:30 Mind Joggers AR 10:00 Book Club L 11:00 CPTe Exercise Program * TVR 2:30 Travel down Memory Lane with Rich Araldi's program TVR 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	27 9:15 *NEW* weighted workout AR 9:45 Word Games AR 10:00 Documentary Series TVR 1:30 Get out and walk! O 2:30 BINGO DR 4:00 Cocktail Hour CK	28 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK
29 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll! O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK	30 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 2:30 POKENO DR 4:00 Cocktail Hour CK	31 9:30 Brain Teasers CK 10:00 Seasonal Baking CK 11:00 CPTe exercise program* TVR 1:30 Time for a walk! O 2:30 Birthday Party of the month with Jillian Mann on voice DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L 	KEY AR Activity Room 1st Floor L Library 1st Floor TVR Media Room 2nd Floor DR Dining Room Main Floor SR Sun Room Main Floor CK Country Kitchen Main Floor DR Dining Room O Outside T Outdoor Terrace	SERVICE AVAILABLE MASSAGE THERAPIST 1.00 per minute One Week Notice Required CONTACT THE E.D. at EXT. 1002	BIRTHDAYS 3-Mar Jim M. 21-Mar Annette M.	CPTe is our in house exercise program, lead by Center for Physical Therapy and Exercise professionals Come give it a try! Tuesdays & Thursdays 11:00