



MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 11:00 Outing: My Fair Lady 11:30 Sunday Series: The Marvelous Mrs. Maisel 12:00 Open Rummikub 02:00 Game Time: Resident's Choice 03:00 Sunday Series: High Seas 07:15 Evening Film:	02 10:30 Chair Yoga 01:00 Open Rummikub 01:00 Poker 02:00 Lecture: Corktown with Suzanne Bilek 03:15 Brain Games: St. Patrick's Theme 04:00 Caremerge Touch-Screen Training 07:00 Berliner Philharmoniker: Kirill Petrenko & Daniel Barenboim	03 11:00 Historical Discussions Group with Gerald Sheine 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 02:00 Matinee: Grand Designs, Southern Ireland / County Down 07:00 Live Musical Entertainment with Scott Vernier 08:15 Series Showtime: The Stranger	04 10:30 Tai Chi with Stephanie 12:00 Outing: University of Michigan Museum of Art 01:00 Matinee Documentary: A History of Britain 02:00 Open Rummikub 02:30 Torah Class with Itty Shemtov 07:15 Evening Film	05 10:00 Stretch / Chair Yoga 11:00 Glee Club 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 02:00 Thirsty Thursdays Social Hour with a Sneak Peek at Next Week's Events! 07:00 Live Musical Entertainment with Pam Jaslove 08:15 Series Showtime: The Marvelous Mrs. Maisel	06 10:15 Cardio / Balance: Drums Alive! 11:30 Socrates Cafe 01:00 Current Events Discussion Group 01:00 Poker 02:00 Game Time: Residents' Choice! \$2/Card 03:00 Documentary Hour: Inventions that Shook the World 07:15 Evening Film	07 10:30 Sit & Be Fit: Video Exercise 11:00 Open Rummikub 11:30 Saturday Series: The Good Place 02:00 Saturday Social 03:00 Matinee 07:15 Evening Film
08 11:30 Sunday Series: The Marvelous Mrs. Maisel 12:00 Open Rummikub 02:00 Game Time: Resident's Choice 03:00 Sunday Series: High Seas 07:15 Evening Film: Brooklyn	09 10:30 Chair Yoga 01:00 Open Rummikub 01:00 Poker 02:00 Lecture with Karen Pushie 03:15 Brain Games with Paula Dirkes 06:30 Berliner Philharmoniker Interview 07:00 Berliner Philharmoniker Tugan Sokhiev and Yefim Bronfman Perform Beethoven	10 11:00 Historical Discussions Group 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 01:00 Purim with Friends from The Shul 02:00 Culinary Demonstration: Irish Coffee 03:00 Matinee: Celebrate St. Patrick 07:00 Live Musical Entertainment with Double Play Flute & Tuba 08:15 Series Showtime: The Stranger	11 10:30 Tai Chi with Stephanie 01:00 Matinee Documentary: A History of Britain P2 02:00 Open Rummikub 03:00 Language Learning Fun: The 10 Languages of the British Isles 07:15 Evening Film: The Quiet Man	12 10:00 Stretch / Chair Yoga 11:00 Glee Club 12:00 Balance & Fitness Class 01:00 Artistic Techniques Class 01:00 2F Fitness Center Training 02:00 Thirsty Thursdays Social Hour 03:00 Book Club with WBL 07:00 Live Music with Tim & Honey Murray 08:15 Series Showtime: The Marvelous Mrs. Maisel	13 09:30 Dance Theatre of Harlem 10:15 Cardio / Balance 01:00 Current Events Discussion Group 01:00 Poker 02:00 Game Time: Residents' Choice! \$2/Card 03:00 Documentary Hour: Inventions that Shook the World 07:15 Evening Film	14 10:30 Cardio Exercise 11:00 Open Rummikub 11:30 Saturday Series: The Good Place 02:00 Saturday Social 03:00 Matinee 07:15 Evening Film
15 11:30 Sunday Series: The Marvelous Mrs. Maisel 12:00 Open Rummikub 02:00 Game Time: Resident's Choice 03:00 Sunday Series: High Seas 07:15 Evening Film:	16 10:30 Chair Yoga 01:00 Open Rummikub 01:00 Poker 02:00 Yiddish Club 03:15 Brain Games with Tamara 06:30 Berliner Philharmoniker Interview: Herbert Blomstedt on Bruckner's Fourth Symphony 07:00 Berliner Philharmoniker: Herbert Blomstedt and Leif Ove Andsnæs	17 10:30 Crafts & Conversation Class 10:30 Computers & Tech Class 11:00 Historical Discussions Group 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 02:00 Curious Traveler, Dublin / Yorkshire 04:00 Signature Dinner: St. Patrick's Day 07:00 Live Musical Entertainment with Balancing Earth 08:15 Series Showtime: The Stranger	18 10:30 Strong Muscles / Healthy Joints with Sydney 12:30 Outing: Mind University, The Heart-Brain Connection 01:00 Matinee Documentary: A History of Britain P3 02:00 Open Rummikub 07:15 Evening Film: In the Name of the Father	19 10:00 Stretch / Chair Yoga 11:00 Glee Club 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 02:00 Short Stories Club 02:00 Thirsty Thursdays Social Hour with a Sneak Peek at Next Week's Events! 07:00 Live Musical Entertainment with Jon Milan and guest vocalist, Tamara! 08:15 Series Showtime: The Marvelous Mrs. Maisel	20 10:15 Cardio / Balance 11:30 Socrates Cafe 01:00 Current Events Discussion Group 01:00 Poker 02:00 Game Time: Residents' Choice! \$2/Card 03:00 Documentary Hour: Inventions that Shook the World 07:15 Evening Film	21 10:30 Sit & Be Fit: Video Exercise 11:00 Open Rummikub 11:30 Saturday Series: The Good Place 02:00 Saturday Social 03:00 Matinee 07:15 Evening Film
22 11:30 Sunday Series: The Marvelous Mrs. Maisel 12:00 Open Rummikub 02:00 Game Time: Resident's Choice 03:00 Sunday Series: High Seas 07:15 Evening Film:	23 10:30 Chair Yoga 01:00 Open Rummikub 01:00 Poker 02:00 Lecture 03:15 Brain Games with Tamara 04:00 Caremerge Touch-Screen Training with Tamara 07:15 Monday Musical Film	24 11:00 Historical Discussions Group with Gerald Sheine 12:00 Balance & Fitness Class 01:00 Signature Musical Event with Terra Voce 01:00 2F Fitness Center Training 02:00 Signature Event Reception 07:00 Evening Film or Documentary 08:15 Series Showtime: The Stranger	25 10:30 Tai Chi with Kathy 11:30 Casino Outing 11:30 Outing: Casino 01:00 Matinee Docuseries: The Private Lives of the Tudors 02:00 Open Rummikub 07:15 Evening Film: Far and Away	26 10:00 Stretch / Chair Yoga 11:00 Glee Club 12:00 Balance & Fitness Class 01:00 Artistic Techniques Class 01:00 2F Fitness Center Training 02:00 Thirsty Thursdays Social Hour 03:00 Discussions with Rabbi Jen Kaluzny 07:00 Live Music with Henry Feinberg 08:15 Series : The Marvelous Mrs. Maisel	27 10:15 Cardio / Balance 01:00 Current Events Discussion Group 01:00 Poker 02:00 Game Time: Residents' Choice! \$2/Card 03:00 Documentary Hour: Inventions that Shook the World 07:15 Evening Film	28 10:30 Cardio Exercise 11:00 Open Rummikub 11:30 Saturday Series: The Good Place 02:00 Saturday Social 03:00 Matinee 07:15 Evening Film
29 11:30 Sunday Series: The Marvelous Mrs. Maisel 12:00 Open Rummikub 02:00 Game Time: Resident's Choice 03:00 Sunday Series: High Seas 07:15 Evening Film: My Left Foot	30 10:30 Chair Yoga 01:00 Open Rummikub 01:00 Poker 02:00 Art Lecture with Wendy Evans: British Accents 03:15 Brain Games with Tamara 04:00 Caremerge Touch-Screen Training with Tamara 07:15 Monday Musical Film	31 10:30 Computer & Tech Class 10:30 Computer & Tech Class 11:00 Historical Discussions Group with Gerald Sheine 12:00 Balance & Fitness Class 01:00 2F Fitness Center Training 02:00 Matinee: 07:00 Live Musical Entertainment with Richard Sennema 08:15 Series Showtime: The Stranger				
					Our March Theme is St. Patrick's Day and the British Isles! Be sure to watch for themed activities all month long!	
Dimensions of Wellness						
<ul style="list-style-type: none"> Physical Cognitive Spiritual Environmental Motor Skills Social Intellectual Health Services 						