

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">MARCH 2023</h1> <h2 style="text-align: center;">Life Enrichment Calendar</h2> <h3 style="text-align: center;">Independent & Assisted Living</h3>			<p>9:30 S.A.I.L. Fitness 10:00 Fred Meyer 10:30 Catholic Prayer Service 10:30 Water Fitness 11:00 Communion 1:00 Sit & Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p>1 Transportation: APPT. Day 2</p> <p>9:30 Cardio/Strength Fitness 1:00 Sit & Fit 3:00 Pinochle 6:15 Mexican Train 6:30 Poker in the Bar</p>	<p>3</p> <p>9:30 SAIL Fitness 10:15 Bible Study 10:30 Water Fitness 11:30 Lunch RAM Lakewood 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos 7:00 Friday Night Movie</p>	<p>4</p> <p>9:15 Support Run 2 Remember 9:30 Exercise with Darlene 10:00 Ft Lewis PX/Commissary 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 1:30 Shuttle Pioneer Middle School Special Invitation Patriotic Day 2-4pm 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Trivia Night with Steven D</p>
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Theater Read w/Darlene 1:00 Ft Lewis PX/Commissary 1:00 Darlene's 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker in the Bar 7:00 Movie Night</p>	<p>5 Transportation: APPT. Day 6</p> <p>9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Phone & Computer Help 6:15 Mexican Train</p> <p style="text-align: center;">Purim Begins</p>	<p>7 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 10:30 Playing 8-ball billiards 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos 7:00 Movie Night</p>	<p>8</p> <p>9:30 S.A.I.L. Fitness 10:30 RED WIND CASINO/LUNCH 10:30 Catholic Prayer Service 10:30 Water Fitness 11:00 Communion 1:00 Sit & Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p>9 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 1:00 Sit & Fit 2:00 Crafters Corner with Kim 3:00 Pinochle 6:15 Mexican Train 6:30 Poker in the Bar</p>	<p>10</p> <p>9:30 SAIL Fitness 10:15 Bible Study 10:30 Water Fitness 11:30 Lunch Harbor Lights Ruston Way Tacoma 1:00 Sit & Fit 2:00 Bingo 3:30 Cabaret entertainer WINE SOCIAL & MUSIC 6:15 Triominos 7:00 Friday Night Movie</p>	<p>11</p> <p>9:15 Support Run 2 Remember 9:30 Exercise with Darlene 10:00 McChord BX/Commissary 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Theater Read w/Darlene 1:00 McChord BX/Commissary 1:00 Darlene's 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker in the Bar 7:00 Movie Night</p> <p style="text-align: center;">Daylight Saving Time Begins</p>	<p>12 Transportation: APPT. Day 13</p> <p>9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Bean Bag Toss 6:15 Mexican Train</p>	<p>14 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 10:30 Meet Your Neighbor Coffee & Welcome Hour 10:30 Playing 8-ball billiards 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos 7:00 Movie Night</p>	<p>15</p> <p>9:30 S.A.I.L. Fitness 10:00 Lakewood Town Center 10:30 Catholic Prayer Service 10:30 Water Fitness 11:00 Communion 1:00 Sit & Fit 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p>	<p>16 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 2:00 New Comer Orientation With Managers 1:00 Sit & Fit 3:00 Pinochle 3:00 Mahjong 6:15 Mexican Train 6:30 Poker in the Bar 7:00 History Stories w/Steven D</p>	<p>17</p> <p>9:30 SAIL Fitness 10:15 Bible Study 10:30 Water Fitness 11:30 Lunch McNamara's Irish Pub in DuPont 1:00 Sit & Fit 2:00 Bingo 3:00 Ray Conn Singing St. Paddy's Day Wine Social 4:00 Bar Trivia 6:15 Triominos 7:00 Friday Night Movie</p> <p style="text-align: center;">St. Patrick's Day</p>	<p>18</p> <p>9:15 Support Run 2 Remember 9:30 Exercise with Darlene 10:00 Ft Lewis PX/Commissary 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:00 Walk w/Darlene 1:00 Ft Lewis PX/Commissary 1:00 Darlene's 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker in the Bar 7:00 Movie Night</p>	<p>19 Transportation: APPT. Day 20</p> <p>9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Songbirds with Alan Z 6:15 Mexican Train</p> <p style="text-align: center;">Spring Begins</p>	<p>21 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 10:00 Book Club - 3rd floor 10:00 ACU Banking for Residents 10:30 Playing 8-ball billiards 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos 7:00 Movie Night</p>	<p>22</p> <p>9:30 S.A.I.L. Fitness 10:00 Walmart 10:30 Catholic Prayer Service 10:30 Water Fitness 11:00 Catholic Mass 1:00 Sit & Fit 2:00 TOWN HALL 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 6:30 Bingo</p> <p style="text-align: center;">Ramadan Begins</p>	<p>23 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 1:00 Sit & Fit 2:00 Resident Birthday Party 6:15 Mexican Train 6:30 Poker in the Bar</p>	<p>24</p> <p>9:30 SAIL Fitness 10:15 Bible Study 10:30 Water Fitness 11:30 Lunch Anthony's Homeport Olympia 2:00 Bingo 4:00 Bar Trivia 6:15 Triominos 7:00 Friday Night Movie</p>	<p>25</p> <p>9:15 Support Run 2 Remember 9:30 Exercise with Darlene 10:00 McChord BX/Commissary 10:30 Games with Darlene 1:00 Darlene's 30 Minute fitness 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 7:00 Saturday Movie Night</p>
<p>8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Theater Read w/Darlene 1:00 McChord BX/Commissary 1:00 Darlene's 30 Minute fitness 2:00 Bingo 6:15 Triominos 6:30 Poker in the Bar 7:00 Movie Night</p>	<p>26 Transportation: APPT. Day 27</p> <p>9:30 SAIL Fitness 10:30 Water Fitness 1:00 Sit & Fit 2:00 Songbirds with Alan Z 6:15 Mexican Train</p>	<p>28 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 10:00 Spring Work Party in Garden 10:30 Playing 8-ball billiards 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos</p>	<p>29</p> <p>9:30 S.A.I.L. Fitness 10:00 Fred Meyer 10:30 Catholic Prayer Service 10:30 Water Fitness 11:00 Catholic Mass 1:00 Sit & Fit 2:00 BINGO *CHANGE today only 3:00 Needle Group 3:00 Cards: Bridge 6:30 Cribbage 7:00 Rod Koon & Friends MUSIC Social</p>	<p>30 Transportation: APPT. Day</p> <p>9:30 Cardio/Strength Fitness 1:00 Sit & Fit 3:00 Pinochle 6:15 Mexican Train 6:30 Poker in the Bar</p>	<p>31</p> <p>9:30 SAIL Fitness 10:15 Bible Study 10:30 Water Fitness 11:30 Lunch Mercato Italian Olympia 1:00 Sit & Fit 2:00 Bingo 6:15 Triominos 7:00 Friday Night Movie</p>	<p style="text-align: center;">Patriots Landing Retirement Community</p> 