

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Assisted/Independent Living Calendar: Key: (B) Bistro (CR) 1st Floor Community Room (T) 1st Floor Community Theatre (TR) 3rd Floor Training Room (MR) 3rd Floor Meditation Room (L) Lobby (*) RSVP Required **Outings** TV-Only Programs **Performances & Special Events** **Independent Programs (No Instructor)**

<p>10:00a, Mount Olivet Worship Livestream (CR) 5 10:00a, Coffee & Pastry Social Hour (C) 12:00p, Our Lady of Grace Church Service (Ch. 29) 1:00p, Westminster Presbyterian Service (Ch. 29) 2:00p, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30p, Relaxing Music (1-3)</p>	<p>11:00a, Upper Body Stretching (1-3) 6 11:15a, Group Exercises (TR) 2:00p, Live Entertainment: The Wood Wind Quintet with Arthur Kourjian (CR 1-2) 3:45p, Bingo (CR)</p> <p>Purim Begins</p>	<p>10:00a, Coffee & Donut Social Hour 7 10:00a, Chaplain Craig 1:1 Room Visits w/AL Residents 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00p, Individual Outing: Cub & Walgreen's (L)* 6:00p, Evening Movie (T)</p>	<p>11:05a, Full Body Exercise (1-3) 8 11:15a, Group Exercise (TR) 2:00p, Live Entertainment: Accordionist Samuel Purviance (CR 1-2) 3:30p, Christian Worship (CR 1-2)</p> <p>Healing Touch (by appointment)</p>	<p>10:00a, Coffee & Cookie Social Hour (B) 9 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Group Exercise (T) 2:00p, Individual Outing: Dollar Tree (L)* 6:00p, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service & Communion (CR & 1-2) 10 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (Cannel 1-3) 11 11:00a, Livingroom Concert (Channel 1-3) 1:00pm, Chair Yoga (Channel 1-3) 3:00p, Classic Film or Musical (Channel 1-3)</p>
<p>10:00a, Mount Olivet Worship Livestream (CR) 12 10:00a, Coffee & Pastry Social Hour (C) 12:00p, Our Lady of Grace Church Service (Ch. 29) 1:00p, Westminster Presbyterian Service (Ch. 29) 2:00p, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30p, Relaxing Music (1-3)</p> <p>Daylight Saving Time Begins</p>	<p>11:00a, Upper Body Stretching (1-3) 13 11:15a, Group Exercises (TR) 2:30p, MacPhail Unwrapping Music with Andrea Leap: Presents Joni Mitchell: Blue (CR 1-2) 3:45p, Bingo (CR)</p>	<p>10:00a, Coffee & Donut Social Hour w/ Chaplain Craig (B) 14 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00p, Individual Outing: Lund's & Byerly's (L)* 6:00p, Evening Movie (T)</p>	<p>11:05a, Full Body Exercise (1-3) 15 11:15a, Group Exercise (TR) 2:00p, Live Entertainment: Tom Hunter Pianist and Singer (CR 1-2) 3:30p, Christian Worship (CR 1-2)</p> <p>Healing Touch (by appointment)</p>	<p>10:00a, Coffee & Cookie Social Hour (B) 16 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Group Exercise (T) 2:00p, Group Wii Bowling w/Nate (CR) 6:00p, Livingroom Symphony (1-3)</p>	<p>9:00a-11:30am Resident Podiatry (TR) 17 10:00a, Catholic Service & Communion (CR & 1-2) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, St. Patrick's Happy Hour (B)</p> <p>St. Patrick's Day</p>	<p>9:30a, Sitting or Standing Tai Chi (Cannel 1-3) 18 11:00a, Livingroom Concert (Channel 1-3) 1:00pm, Chair Yoga (Channel 1-3) 3:00p, Classic Film or Musical (Channel 1-3)</p> <p>Happy Birthday Evelyn L!</p>
<p>10:00a, Mount Olivet Worship Livestream (CR) 19 10:00a, Coffee & Pastry Social Hour (C) 12:00p, Our Lady of Grace Church Service (Ch. 29) 1:00p, Westminster Presbyterian Service (Ch. 29) 2:00p, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30p, Relaxing Music (1-3)</p> <p>Happy Birthday Mary S!</p>	<p>11:00a, Upper Body Stretching (1-3) 20 11:15a, Group Exercises (TR) 1:00p, MacPhail Hour: Austin Wahl Guitarist presents use of folk music (CR 1-2) 4:00p, Care Partner Support Group w/Speaker Valerie J. Richards Topic: Effective & Encouraging Communication with Dementia (CR)</p> <p>Spring Begins</p>	<p>10:00a, Coffee & Donut Chat w/ Chef (B) 21 10:00a, Chaplain Craig 1:1 Room Visits w/AL Residents 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00p, Individual Outing Target (L)* 6:00p, Evening Movie (T)</p> <p>Happy Birthday Joanne P!</p>	<p>11:05a, Full Body Exercise (1-3) 22 11:15a, Murphy Group Exercise (TR) 1:00p, Ramadan Jewish Celebration with Rabbi Lynn (CR) 3:30p, Christian Worship (CR 1-2)</p> <p>Healing Touch (by appointment)</p> <p>Happy Birthday Marilyn P & Jerry G!</p> <p>Ramadan Begins</p>	<p>10:00a, Coffee & Cookie Social Hour (B) 23 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Group Exercise (T) 3:00p, Meet your Neighbor Event 4th Floor Residents (3rd Floor Game Room) 6:00p, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service & Communion (CR & 1-2) 24 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (Cannel 1-3) 25 11:00a, Livingroom Concert (Channel 1-3) 1:00pm, Chair Yoga (Channel 1-3) 3:00p, Classic Film or Musical (Channel 1-3)</p>
<p>10:00a, Mount Olivet Worship Livestream (CR) 26 10:00a, Coffee & Pastry Social Hour (C) 12:00p, Our Lady of Grace Church Service (Ch. 29) 1:00p, Westminster Presbyterian Service (Ch. 29) 2:00p, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30p, Relaxing Music (1-3)</p>	<p>11:00a, Upper Body Stretching (1-3) 27 11:15a, Group Exercises (TR) 2:00p, Live Entertainment: Blue Ox TRIO w/Jack Schabert (CR 1-2) 3:45p, Bingo (CR)</p>	<p>10:00a, Coffee & Donut Social Hour w/ Chaplain Craig (B) 28 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00p, Individual Outing (L)* Lund's & Byerly's or Whole Foods 6:00p, Evening Movie (T)</p>	<p>11:05a, Full Body Exercise (1-3) 29 11:15a, Murphy Group Exercise (TR) 2:00p, Live Birthday Party Entertainment: Clarinet TRIO w/Arthur Kourjian (CR 1-2) 3:30p, Christian Worship (CR 1-2)</p> <p>Healing Touch (by appointment)</p> <p>Happy Birthday Zona S!</p>	<p>10:00a, Coffee & Cookie Social Hour (B) 30 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Group Exercise (T) 12:00p-1:30p, Aurora Card Connections Group w/Brooke (CR) 6:00p, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service & Communion (CR & 1-2) 31 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	

* Activities, movies, locations, and times subject to change*