

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MARCH 2024



3  
 9:00 Tai Chi DVD - RR  
 10:00 Brain Teasers - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Matinee Movie - RR with Popcorn  
 6:00 Bingo with Lori - RR

4  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Tai Chi DVD - RR  
 12:00/12:30 Wii Bowling - RR  
 2:30 **Horse Races** - RR  
*Come Place Your Bets!*  
 3:30 Lucky Numbers Game - LB  
 6:00 Puzzle Hour - LB

5  
 9:00 Tai Chi DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 **Name that Tune with Piano Man Dan** - RR  
 1:00 **Bean Bag Baseball Tournament with Winding Commons** - RR  
 6:00 Yahtzee Hour - LB

6  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 **Activity Talk with Ginger: Come Help Plan for April**  
 1:00 POKENO - RR  
 2:30 Afternoon Bingo - RR  
 3:30 Wii Golfing - RR  
 6:00 Residents Card Night - LB

7  
 9:00 **Outing to Grass Valley: Scenic Drive & Lunch**  
 9:00 Tai Chi DVD - RR  
 9:00 Catholic Communion - CH  
 10:00 Seated Exercise - RR  
 12:00/12:30 Wii Bowling - RR  
 2:30 **Happy Hour w/ Alincia** - RR  
 6:00 Bingo with Lori - RR

8  
 9:00 **Outing- Jelly Belly Factory Tour & Lunch**  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 National Oregon Day Documentary - RR  
 3:00 Travel Video: Ireland - RR  
 6:00 Friday Night Movie - RR

9  
 10:00 Senior Stretching DVD Seated Exercise - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Wii Bowling Session 1- RR  
 1:30 Wii Bowling Session 2- RR  
 2:30 Crossword Puzzle Club - RR  
 6:00 Saturday Night Movie - RR

**\*DAYLIGHT SAVING BEGINS\*** 10  
 9:00 Tai Chi DVD - RR  
 10:00 Brain Teasers - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Matinee Movie - RR with Popcorn  
 6:00 Bingo with Lori - RR

11  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Tai Chi DVD - RR  
 12:00/12:30 Wii Bowling - RR  
 2:30 **InnoVage Presentation on Medical Services & Assistance Programs** - RR  
 6:00 Puzzle Hour - LB

12  
 9:00 Tai Chi DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Seated Massages - CR  
 1:00 **Veterans and Public Assistance Presentation- Hearing Aid Checks** - LB  
 2:00 Afternoon TV Trivia - LB  
 6:00 Yahtzee Hour - RR

13  
 9:00 Qi Gong DVD - RR  
 9:00 Bible Study & Worship - CH  
 10:00 Seated Exercise - RR  
 1:00 POKENO - RR  
 2:30 Afternoon Bingo - RR  
 3:30 Fireside Chat - LB  
 6:00 Residents Card Night - RR

14  
 9:00 Tai Chi DVD - RR  
 9:00 Catholic Communion - CH  
 10:00 Seated Exercise - RR  
 12:00/12:30 Wii Bowling  
 12:30 **Ceramics Class** - CR  
 2:30 **St. Patrick's Day Party: Mike Ely** - RR  
 6:00 Bingo with Lori - RR

**\*\*\*Hazel's 105th B-Day\*\*\*** 15  
 9:30 **Bus Outing- Pottery World Shopping & Lunch at the Cafe**  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 2:30 **Karaoke Hour with Jim & Linda** - RR  
 6:00 Friday Night Movie

16  
 10:00 Senior Stretching DVD Seated Exercise - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Wii Bowling Session 1- RR  
 1:30 Wii Bowling Session 2- RR  
 2:30 Crossword Puzzle Club - RR  
 6:00 Saturday Night Movie - RR

**\*\*\*ST. PATRICK'S DAY\*\*\*** 17  
 9:00 Tai Chi DVD - RR  
 10:00 Brain Teasers - RR  
 11:00 Seated Yoga DVD  
 1:00 Matinee Movie - RR  
 4:00 p.m. to 6:00 p.m. **St. Patrick's Day Dinner**  
 6:00 Bingo with Lori - RR

18  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Tai Chi DVD - RR  
 12:00/12:30 Wii Bowling  
 2:30 **Horse Races** - RR  
*Come Place Your Bets!*  
 6:00 Puzzle Hour - LB

**\*\*\*SPRING BEGINS\*\*\*** 19  
 9:00 Tai Chi DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 **Name that Tune with Piano Man Dan** - RR  
 1:00 **Chef Chat** - RR  
 2:30 Bean Bag Baseball- RR  
 6:00 Yahtzee Hour - LB

20  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Earth Day Education - RR  
 1:00 POKENO - RR  
 2:30 Afternoon Bingo - RR  
 3:30 Jokes & Riddles - RR  
 6:00 Residents Card Night - LB

21  
 9:00 Tai Chi DVD - RR  
 9:00 Catholic Communion - CH  
 10:00 Seated Exercise - RR  
 12:00/12:30 Wii Bowling - RR  
 2:30 **Happy Hour & Music with Gary Blodgett** - RR  
 6:00 Bingo with Lori - RR

22  
 9:00 Qi Gong DVD - RR  
 9:00 **Bus Outing- Wells Fargo History Museum & Lunch**  
 10:00 Seated Exercise - RR  
 1:00 The Tulip Bubble Documentary - RR  
 3:00 Afternoon Bingo - RR  
 6:00 Friday Night Movie - RR

23  
 10:00 Senior Stretching DVD Seated Exercise - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Wii Bowling Session 1- RR  
 1:30 Wii Bowling Session 2- RR  
 2:30 Crossword Puzzle Club - RR  
 6:00 Saturday Night Movie - RR

24  
 9:00 Tai Chi DVD - RR  
 10:00 Brain Teasers - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Matinee Movie with Popcorn - RR  
 6:00 Bingo with Lori - RR

25  
 9:00 Qi Gong DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Tai Chi DVD - RR  
 12:00/12:30 Wii Bowling - RR  
 2:00 **Spring Craft Project** - RR  
 3:30 Fireside Colored Art - LB  
 6:00 Puzzle Hour - LB

26  
 9:00 Tai Chi DVD - RR  
 10:00 Seated Exercise - RR  
 11:00 Seated Massages - CR  
 1:00 **Teaching Kitchen with Chef Louis: Chocolate** - RR  
 2:30 Bean Bag Baseball - RR  
 6:00 Yahtzee Hour - LB

27  
 9:00 Qi Gong DVD - RR  
 9:00 Bible Study & Worship - CH  
 10:00 Seated Exercise - RR  
 1:00 POKENO - RR  
 2:30 Afternoon Bingo - RR  
 3:30 Fireside Chat - LB  
 6:00 Residents Card Night- LB

28  
 9:00 Tai Chi DVD - RR  
 9:00 Catholic Communion - CH  
 10:00 Seated Exercise - RR  
 12:00/12:30 Wii Bowling - RR  
 12:30 **Ceramics Class** - CR  
 2:30 **Happy Hour & Birthday Party with Del and Susan**  
 6:00 Bingo with Lori - RR

29  
 9:00 Qi Gong DVD - RR  
 9:30 **Bus Outing- Thrifting and Antique Shopping & Lunch**  
 10:00 Seated Exercise - RR  
 1:00 History of the Easter Bunny - RR  
 3:00 **Bunny Bingo** - RR  
 6:00 Friday Night Movie

30  
 10:00 Senior Stretching DVD Seated Exercise - RR  
 11:00 Seated Yoga DVD - RR  
 1:00 Wii Bowling Session 1- RR  
 1:30 Wii Bowling Session 2- RR  
 2:30 Crossword Puzzle Club - RR  
 6:00 Saturday Night Movie - RR

**\*\*\*EASTER SUNDAY\*\*\*** 31  
 9:00 Tai Chi DVD - RR  
 10:00 Brain Teasers - RR  
 10:30 to 12:30 p.m. **Bunny Brunch**  
 11:00 Seated Yoga DVD  
 1:00 Matinee Movie - RR  
 6:00 Bingo with Lori - RR

