

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED 8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O	10:30 Chair Exercise - DR 11:00 Rosary - DR 1:30 WU - Flow-Motion - FC	1:15 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th	10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:30 Bingo and Prizes - M 3:45 Ice Cream Social - DR	8:00 Making Breakfast - DR 9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:30 Chair Aerobics - M 1:15 WU-Strength Resistance Training - FC	9:30 Nature Visit w/ Dee - O 9:45 Dance Aerobics - FC 10:00 Art Coloring - G 11:00 Ball Fitness - M 2:00 Shabbat Service - Conf	2:00 Matinee Movie-Whth-Ch-2 7:00 Evening Movie-Whth-Ch.2
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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If you are planning to sign up for any outings, please see Maricel Obaniil	March Resident Birthdays Jerry Graul 3 Anita Weinstein 4 Charles Ross 7 Donald Helbig 8 Marian Rubin 10	March Resident Birthdays Ellye Polinsky 12 Marie Rosario 12 Virginia Young 18 Erika Danty 19 Pat Dowd 19	March Resident Birthdays Norma Roberts 19 Ferne Beyer 22 Ellis Wendelin 27 Kay Beranis 28 Annette Gleeson 31	11:15 Lunch Outing : Olive Garden - O 3:30 Mr. Music man Bob, vocals/keyboard - DR 6:45 Washington House Artist Series: Thomas Pandolfi, concert pianist - SR	11:30 WU-Famous People: Glenn Miller - M 1:15 Lovely Manicure - M 3:00 Mix and Mingle & March Birthday Celebration w/ Ernie "The Soul Tones of Swing" - SR	10:30 Chair Fitness - Inn-3rd 11:15 Piano w/ James - DR 1:15 Word Games - How many words can you make? - M 2:15 Fun Bingo - SR
10:30 WH Church Service - DR 5:00 Christian Worship Service and Christian music sing-along with piano, guitar & accordion - SR	1:30 UNO Madness - M 3:00 Popcorn Social - M 3:15 WU-Wellness Talk Benefits of eating fruits - M 6:45 WU - "Fundamentals of Human Nutrition" by Roger Koment - SR	10:30 Baking Session : Chocolate Cake - M 11:00 WU-Show and Tell : Fashions of 1940s - M 2:00 Scrabble - S 3:30 Music Therapy w/ Cheryl - DR 6:15 News and Views - M	10:30 WU-Acrylic Painting-ART 11:00 WU-History Talk : 1950s -1955s Highlights - M 4:00 WU-Famous Places: China - DR	1:30 Crafts Session Decorate a Shamrock - M 3:15 Battle of the Sexes - SR 4:30 Irish Themed Event Social w/ violin music - DR 5:00 Irish Cuisine Dinner - DR 6:15 Bowling Night - M	11:30 WU-Famous People: Lawrence Welk - M 1:15 Aromatherapy - M 3:00 Mix & Mingle w/ Tim "Big Band Favorites" - SR	10:30 Chair Exercise - Inn-3rd 11:30 Trivia Challenges - M 1:15 Art Coloring Spring Flowers - M 2:30 Weekend Bingo - SR 3:45 Trivia-Who Am I? - Inn-4th
Daylight Saving Time begins 10:30 WH Church Service - DR 5:00 Christian Worship Service - Lobby	11:30 Moving Accordion - DR 1:30 UNO Madness - M 2:00 WU-Grace O' Malley The Pirate Queen - SR 3:45 Popcorn Social - M 4:00 Wellness Talk Benefits of Exercise - M	10:30 Baking Session : Cranberry Muffin - M 11:00 Storytelling w/ Winoka - M 2:00 Wii Bowling - S 3:30 Bluegrass/Country music duo - DR 6:15 Evening Social: Treasure Hunt - M	11:00 WU-History Talk : Charles Lindberg - M 4:00 WU-Famous Places: Ireland - DR	1:30 Scenic Ride: Potomac River - O 3:30 Piano w/James - DR	11:30 WU-Famous People: Albert Einstein - M 1:30 Resident Council Meeting - AR 3:00 Mix & Mingle w/ Irish/Celtic music and dance by Kaitlyn, violin & guitar - SR	ST. PATRICK'S DAY 10:30 Wakeup & Work out- Springs-M 11:15 Irish music and more w/ Tender Polman, vocals/guitar - DR 1:15 Weekend Bingo - SR
10:30 WH Church Service - DR 2:30 Sunday Musicale - Floyd Andrew, piano, "Mr. Showman" - SR 5:00 Christian Worship Service - SR	1:30 UNO Card Game - M 3:00 Community Sing-Along w/Gideon - DR	10:30 Baking Session : Cake - M 11:00 WU-Show and Tell : Plates Collection - M 2:00 Scrabble - S 3:30 Old Dominion Trio "Music of 40s, 50s, 60s"- DR 6:15 Balloon Volleyball - M	11:00-3:00 Spring Senior Fair - SR 10:30 WU-Acrylic Painting -ART 11:00 WU-History Talk : 1956-1959 Highlights - M 4:00 WU- Famous Places: Sydney, Australia - DR	1:00 Guided Tour of the National Portrait Gallery with Roshna - O 1:30 Crafts Session - Sponge Painting - M 3:30 Piano w/James - DR 6:15 Bowling Night - M	11:30 WU-Famous People: Andrew Jackson - M 1:15 Lovely Manicure - M 3:00 Mix & Mingle w/ Christiana Drapkin's Jazz Trio "Swinging into Spring" - SR	10:30 Chair Exercise - Inn-3rd 11:15 Accordion w/Sylvia - M 1:15 Trivia Challenges - M 2:30 Bingo - SR 3:45 Trivia-Who Am I? - Inn-4th
10:30 WH Church Service - DR 1:30 Free Concert - Marine Band "For the Presidents' Own" at Schlesinger Hall - O 5:00 Christian Worship Service - SR	1:30 UNO Card Game - M 3:45 Popcorn Social - M 4:00 WU-Wellness Talk Eating Habits - M	10:30 Open Communion - C 10:30 Baking Session : Banana Bread - 11:00 WU-Show and Tell : Fashion of 1950s - M 3:30 Swing Music w/ Ernie, vocals/guitar - DR 6:15 Hi- Ball game - M	11:00 Safety Awareness - M 4:00 WU-Famous Places: Washington, DC - DR	1:30 Art Appreciation Pablo Picasso's Art - M 3:30 Piano w/James - DR 4:45 Kennedy Center Free Concert - O	11:30 WU-Famous People: Alexander Graham Bell - M 1:15 Aromatherapy - AR 3:00 Mix and Mingle w/ Ron Howard, vocals/keyboard - SR	10:30 Wakeup & Work out- Inn-3rd 11:30 Card Conversation -Springs-M 1:15 Trivia Challenge -Springs-M 2:15 Weekend Bingo - SR 3:30 Farkle (Dice Game) -Inn-3rd

PROGRAMS ARE SUBJECT TO CHANGE	<h1>MARCH 2018</h1> <i>The Springs</i>	ACTIVITY LOCATOR KEY TC- Town Center C- Chapel L- Lobby LL- Lobby Library FC - Fitness Center	PDR- Private Dining Room ART - Art Room DR- Dining Room AR - Activity Room MDR - Main Dining Room S- Solarium M - Martha Hall	Inn- Assisted Living O - Outing SR - Sky Room Conf- Conference Room T- Theater G - George Hall
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