

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED	10:30 Chair Exercise - Inn-3rd 11:00 Rosary - SDR 1:30 WU-Flow Motion -FC 3:15 Trivia - SR 3:30 WU-Line Dancing - FC	9:30 Tai Chi-FC 11:00 Stretch & Flex - Inn-2nd 1:15 WU-Stabilization Endurance-FC 1:30 Art w/coloring - Inn-2nd 3:00 - 5:00 Rosary-SR 3:00 Bible Hour-TC-5th 6:15 UNO Game - Inn-3rd	10:00 Seamstress Visit -DS 10:30 Seated Fitness-Inn-3rd 11:00 WU-Famous Places 1:00 WU-Needleworks Social -TC-5th 2:00-4:00 Bridge Game -TC-9th 3:00 Ice Cream & Hot Chocolate Social -CBC 3:30 WU-Flow Yoga -FC	9:30 WU-Tai Chi-FC 10:30 Catholic Service - SDR 11:00 Get Fit - Inn-4th 12:45 Rummikub-TC-9th 1:15 WU-Strength Resistance - FC 1:45 WU-Skytones Rehearsal-SR 3:15 Trivia-SR 6:15 Wii Bowling -Inn-4th	9:45 Dance Aerobics - FC 10:00 NOVA Fitness - SR 10:30 Stretch & Flex - Inn-3rd 11:00 WU-Famous People - Inn-3rd 11:30 Traveling Accordionist -Inn	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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<p>ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. Please refer to our daily sheets for more updated programs & events.</p>	<p>March Resident Birthdays Jerry Graul 3 Anita Weinstein 4 Charlie Ross 7 Donald Helbig 8 Marian Rubin 10</p>	<p>March Resident Birthdays Ellye Polinsky 12 Marie Rosario 12 Virginia Young 18 Erika Danty 19 Pat Dowd 19</p>	<p>March Resident Birthdays Norma Roberts 19 Ferne Beyer 22 Ellis Wendelin 27 Kay Beranis 28 Annette Gleeson 31</p>	<p>11:30 WU-Famous Events "Lindbergh Kidnapping" - Inn-4th 1:30 Craft Creation - Inn-2nd 3:00 Talks & Tea - Inn-3rd 3:00 WU- Computer 101 -LL 3:30 Music Man Bob, keyboard- SDR 6:45 WSH Artist Series presents Thomas Pandolfi, concert pianist -S</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle & March Birthday Celebration w/Ernie Tolley "Soul Tones of Swing" -SR</p>	<p>10:30 Chair Fitness - Inn-3rd 11:15 Piano w/James -SDR 1:15 Word Games -Springs-M 2:15 Fun Bingo - SR</p>
<p>10:30 WH Church Service-SDR 5:00 Christian Worship Service and Christian music sing-along with piano, guitar & accordion - SR</p>	<p>9:30 Centerpiece Creation-Inn-4th 10:00 WU-Current Events - LL 11:00 News & Views -Inn-3rd 2:00 Popcorn Social - L by Theater 2:45 Fitness Machine Demo -FC 6:45 WU- "Fundamentals of Human Nutrition" w/Roger Koment, PhD</p>	<p>11:00 Food Comm. Meeting-MDR 11:30 Reminiscing - Inn-2nd 1:00 Garden Club Mtg. - TC-7th 2:45 Wii Game- Inn-4th 3:30 WU-Music Therapy-SDR 4:15 Parkinson's Support Group -ART</p>	<p>10:30 WU-Acrylic Painting-ART 2:30 WU-History Talk "Andrew Johnson's Impeachment"-Inn-3rd</p>	<p>11:30 Fun Trivia - Inn-4th 11:30 The Inn Lunch Outing -O 3:15 Battle of the Sexes - SR 4:30 Irish Themed Event Social w/flute & harp music -L 5:00 Irish Cuisine Dinner -MDR</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/ Tim Ford "Big Band Favorites" -SR 7:30 Avanti Orchestra free concert at Schlesinger Hall -O</p>	<p>10:30 Chair Exercise - Inn-3rd 11:30 Trivia Challenge -Springs-M 1:15 Art w/Coloring -Springs-M 2:30 Weekend Bingo -SR 3:45 Trivia-Who Am I? -Inn-4th</p>
<p>DAYLIGHT SAVINGS TIME BEGINS 10:30 WH Church Service-SDR 5:00 Christian Worship Service -SR</p>	<p>9:30 Centerpiece Creation-Inn-2nd 11:30 Strolling Accordionist -Springs 2:00 WU- History Alive presents "Grace O'Malley, The Pirate Queen" by Mary Ann Jung -SR</p>	<p>11:30 Word Games - Inn-2nd 2:00 Resident Council Mtg. - SR 2:45 Scrabble Game -Inn-4th 3:30 Bluegrass/Country Duo -SDR</p>	<p>2:00 Piano w/James - SDR 1:30 Speak Easy - Inn-3rd 2:30 Old Time Radio "The Adventures of Ozzie & Harriet" - Inn-3rd</p>	<p>11:30 WU-Famous Events "The Assassination of Julius Caesar" - Inn-4th 3:00 Talks & Tea - Inn-3rd 3:30 Piano w/James - SDR 4:00 WU- Beer Pairings -L 4:15 WU-Armchair Theater - ART</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/ Kaitlyn, violin/guitar "Irish/Celtic music & dance" -SR</p>	<p>ST. PATRICK'S DAY 10:30 Wakeup & Workout-Springs-M 11:15 Irish music & more w/Tender Polman, vocals/guitar -Springs-DR 1:15 Weekend Bingo - SR</p>
<p>10:30 WH Church Service-SDR 2:30 Sunday Musicales w/ "Mr. Showman" Floyd Andrew, piano -SR 5:00 Christian Worship Service -SR</p>	<p>9:30 Centerpiece Creation-Inn-3rd 10:00 WU-Current Events - LL 11:00 News & Views -Inn-3rd 2:30 WU- Health Talk "Nutrition" -Inn-3rd 3:00 Community Sing-Along -SDR</p>	<p>11:00 House Comm. Mtg.-Conf 11:30 Story/Reflections - Inn-2nd 2:45 Manicures - Inn-2nd 3:30 Old Dominion Trio "Music of the 40s, 50s, & 60s" -SDR</p>	<p>10:30 WU-Acrylic Painting-ART 11:00 Care Comm. Meeting-Conf 11:00-3:00 Spring Senior Fair -SR 2:30 WU-History Talk "Exxon Valdez" -Inn-3rd</p>	<p>1:00 Guided Tour of the National Portrait Gallery w/Roshna Kapadia-O 1:30 Craft Creation - Inn-2nd 3:00 Talks & Tea - Inn-3rd 3:30 Piano w/James - SDR</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/ Christiana Drapkin's Jazz Trio "Swinging Into Spring" -SR</p>	<p>10:30 Chair Exercise -Inn-3rd 11:15 Accordion w/Sylvia-Springs-DR 1:15 Trivia Challenge -Springs-M 2:30 Weekend Bingo - SR 3:45 Trivia-Who Am I? -Inn-4th</p>
<p>10:30 WH Church Service-SDR 1:30 Marine Band "For the Presidents' Own" free concert at Schlesinger Hall -O 5:00 Christian Worship Service -SR</p>	<p>9:30 Centerpiece Creation-Inn-4th 2:00 WU-Book Club -LL</p>	<p>10:30 Open Communion -C 11:30 Word Games - Inn-2nd 1:00 Garden Club Outing -O 2:45 Manicures - Inn-2nd 3:30 Swing music w/Ernie Tolley, vocals/guitar -Springs-DR</p>	<p>10:30 WU- Art w/Pencils -ART 11:00 Activity Committee Mtg-Conf 1:00 WU-Needleworks Social-TC-5th 2:30 WU- Great Decisions "US global engagement and the military" -SR 2:30 Old Time Radio "The Bickersons" -Inn-3rd</p>	<p>11:30 Fun Trivia -Inn-3rd 1:30 The Inn Scenic Bus Ride -O 3:30 Piano w/James - SDR 4:45 Kennedy Center Free Concert -O</p>	<p>10:00 Wal-Mart Shopping- O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/ Ron Howard, vocals/keyboard -SR</p>	<p>10:30 Wake up & 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</p>

MARCH 2018

Town Center/The Inn

ACTIVITY LOCATOR KEY

ART- Art Room (L level)
C- Chapel (L level)
CBC- Cherry Blossom Café (SL level)
Conf- Conference Room (L level)

FC- Fitness Center (SL level)
G- George Unit (HC level)
Inn- Assisted Living (2nd,3rd,4th)
L- Lobby
LL- Lobby Library
M- Martha (HC level)
MDR- Main Dining Room

O- Outing
S- Solarium (HC level)
SDR- Springs Dining Room
The Springs- Healthcare (HC level)
SR- Sky Room (10th floor)
T- Theater (L level)
Town Center- Independent Living