

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00-Shuttle to Mother of Sorrows-ML 2:30- Chapel Service-C	2 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-Bingo-H 2:30-Write Your Life-A Memoir Writing Workshop-AC Purim Begins	3 10:30-Yoga/Stretch-C 11:00-Lifelong Learning-Great Courses-A&C 1:00-Pokeno-H 2:00-Bible Study-A&C	4 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-The Spare Time Club-(Wii Bowl)-A&C 1:30-Catholic Service-C 2:30-Circle Fellowship-C 2:30-Lifestyle Com.Mtg-A&C 7:00-Bingo-A&C	5 9:30-Groc/Bank/Drugstore-ML 10:30-Yoga/Stretching-C 11:00-3rd & 4th Floor Chat-CR1 1:00-Blood Pressure-MS 2:00-The Poker Circle-H 4:30-Shuttle to Red Lobster-ML	6 10:00-Move & Groove-C 10:30-Better Balance-C 2:00-Maximizing Memory-A&C 3:00-Happy Hour-H with a special performance!	7 1:00-Popcorn & Picture-A&C 3:30-Scrabble-CR2 Find someone to shoot pool with!
8 11:00-Shuttle to Mother of Sorrows-ML 2:30- Chapel Service-C Daylight Saving Time Begins	9 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-Bingo-H 2:30-Write Your Life-A Memoir Writing Workshop-AC	10 10:00-Food Committee Mtg-DR 10:30-Yoga/Stretch-C 11:00-Lifelong Learning-Great Courses-A&C 1:00-Wine & Chocolate Class-CR2 1:00-Turkey Foot Dominoes-H 2:00-Bible Study-A&C *must be signed up for Wine	11 10:00-Move & Groove-C 10:30-Better Balance-C 11:30-Men's Luncheon-A&C 1:00-The Spare Time Club-(Wii Bowl)-A&C 1:30-Catholic Service-C 2:30-Movie w/ Drew-A&C 7:00-Bingo-A&C	12 9:30-Groc/Bank/Drugstore-ML 10:30-Yoga/Stretching-C 1:00-Blood Pressure-MS 2:00-Grief & Loss Support Group-CR2 2:00-The Poker Circle-H 4:00-Shuttle to 80 Acres -ML <small>*note time change for 80 Acres</small>	13 10:00-Move & Groove-C 10:30-Better Balance-C 12:45-Walmart-ML 1:00-PT Community Band-C 2:00-Maximizing Memory-A&C 3:00-Happy Hour-Celebrating this Month's Birthdays!	14 1:00-Popcorn & Picture-A&C 3:30-Scrabble-CR2 Visit our puzzle area in the 1st floor Card Room. Work on an existing puzzle or start a new one!
15 11:00-Shuttle to Mother of Sorrows-ML 2:30- Chapel Service-C	16 10:00-Move & Groove-C 10:30-Better Balance-C 1:00- Bingo-H 2:30-Write Your Life-A Memoir Writing Workshop-AC	 17 10:30-Yoga/Stretch-C 11:00-Lifelong Learning-Great Courses-A&C Drew's Retirement Party Details to follow! St. Patrick's Day	18 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-The Spare Time Club (Wii Bowl)-A&C 1:30-Catholic Service-C 2:30-Circle Fellowship-C 7:00-Bingo-A&C	19 9:30-Groc/Bank/Drugstore-ML 10:30-Yoga/Stretching-C 1:00-Praise & Promise w/Beryl-C 1:00-Blood Pressure-MS 1:00-Alzheimer's Support Group-CR2 2:00-The Poker Circle-H 4:30-Shuttle to KOI Sushi and Steakhouse -ML	20 10:00-Move & Groove-C 10:30-Better Balance-C 12:45-Aldi's/CVS-ML 2:00-Maximizing Memory-A&C 3:00-Happy Hour-H Spring Begins	21 10:00-Special St. Patrick's Day Bingo!-H 1:00-Michael Sadecky-Crowd Favorite! - C 3:30-Scrabble-CR2
22 11:00-Shuttle to Mother of Sorrows-ML 2:30- Chapel Service-C	23 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-Bingo-H 2:30-Write Your Life-A Memoir Writing Workshop-AC	24 10:30-Yoga/Stretch-C 11:00-Lifelong Learning-Great Courses-A&C 1:00-Flower Arranging with Export Floral-H 2:00-Bible Study-A&C <small>*Must be signed up for flower arranging</small>	25 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-The Spare Time Club-(Wii Bowl)-A&C 1:30-Catholic Service-C 2:30-Circle Fellowship-C 7:00-Bingo-A&C	26 9:30-Groc/Bank/Drugstore-ML 10:30-Yoga/Stretching-C 1:00-Blood pressure-MS 2:00-The Poker Circle-H 2:00-Poetry Group-CR2 3:00-Music with Faye-C 4:30-Shuttle to Bon Cibo-ML	27 10:00-Shuttle to Ross Park Mall-ML 10:00-Move & Groove-C 10:30-Better Balance-C 2:00-Maximizing Memory-A&C 2:30-Happy Hour with John Parrendo-H and C	28 1:00-Popcorn & Picture-A&C 3:30-Scrabble-CR2 5:00-2nd Floor Social *Visit a Personal Care resident. They would love the company!
29 11:00-Shuttle to Mother of Sorrows-ML 2:30- Chapel Service-C Palm Sunday	30 10:00-Move & Groove-C 10:30-Better Balance-C 1:00-Bingo-H 2:30-Write Your Life-A Memoir Writing Workshop-AC	31 10:30-Yoga/Stretch-C 11:00-Lifelong Learning - Great Courses-A&C 1:00-Trivial Pursuit-H 2:00-Bible Study-A&C	 C-Chapel AC-Arts & Crafts Room H-Highlanders ML-Main Lobby MS-Medical Suite CR-Card Room & the floor it is on <small>*Calendar is subject to change, please check your K4 for updates.</small>	Redstone Highlands - Murrysville Veranda		