

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Independent and Assisted Living Life Engagement Calendar

<p>11:00-Westminster Presbyterian Livestream - MCR 1:00-Drop in Rummikub-M 2:00-Movie & Popcorn- MCR 2:00- Harmonies Group from Vanderbilt - P 3:30-Hymn Sing – MCR</p>	<p>10:30-Exercise w/ Tatiyanna -F 1:00-Relaxation and Reflection w/Heidi-MCR 2:00-BINGO- B 3:15-Activity Interest Committee-MCR 4:00-Monday Concert Series-B <small>Purim Begins</small></p>	<p>8:00-Cont. Breakfast- M 10:30-Exercise w/ Joan- F 1:00-Culinary Committee-MCR 1:30- Dance Fitness Class w/ Volunteer Sabrina - F 2:00-Team Trivia-B 3:15-Travel Club-MCR 4:00- Purim Reading - P</p>	<p>8:00-Morning Bagels-M 10:30- Exercise w/ Ashley- B 1:00-Tasting Club w/ Volunteers Tessa + Madisyn - B 2:00 Episcopal School of Nashville Choir (Front Entrance) 3:15-Israeli Dance-B 5:00-Fireside Happy Hour-P</p>	<p>8:00-Fresh Donuts-M 10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Tai Chi w/ Dr. Cindy- B 2:00-Music Therapy - MCR 3:00-Resident Council-B 3:15-Jeopardy - MCR 4:00- Wine & Cheese- P</p>	<p>8:30-Breakfast Station-M 10:00- Zoom Exercise w/ Bruce- B 1:00-Ted Talk-MCR 2:00- BINGO- B 3:15 – Current Events - MCR 6:00- Movie & Popcorn-MCR</p>	<p>10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles Club-M 1:15- All Shook Up PLAY Outing** 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn– MCR</p>
<p>11:00-Westminster Presbyterian Livestream - MCR 1:00-Drop in Rummikub-M 2:00-Movie & Popcorn-M 3:30-Hymn Sing – MCR</p>	<p>10:30- Exercise -F 1:00-Tech Help-M 2:00- BINGO- B 3:30-Movie Committee-MCR 6:00-Devotion Group-MCR</p>	<p>8:00-Cont. Breakfast- M 8:30-Audiologist Visit** 10:30- Exercise w/ Joan- F 1:30 South Dakota State – Collegiate Choir – (Front Entrance) *Weather Permitting 3:15-Travel Club-MCR 4:00-Poetry Club-MCR</p>	<p>8:00-Morning Bagels-M 10:30- Exercise w/ Ashley- B 1:15 Museum Outing** 2:00-Health Talk-F 3:15-Israeli Dance-B 5:00-Fireside Happy Hour w/ Ginny's Girls - P</p>	<p>8:00-Fresh Donuts-M 10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Tai Chi w/ Dr. Cindy- B 2:00- Music Therapy - MCR 3:00-Town Hall-B 4:00- Wine & Cheese- P</p>	<p>8:30-Breakfast Station-M 10:00- Zoom Exercise w/ Bruce- B 1:00-Ted Talk-MCR 2:00- BINGO- B 3:30 St. Patrick's Day Party- B 6:00- Movie & Popcorn-MCR <small>St. Patrick's Day</small></p>	<p>10:30-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles Club-M 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn– MCR</p>
<p>11:00-Westminster Presbyterian Livestream - MCR 1:00-Drop in Rummikub-M 2:00-Movie & Popcorn-M 3:30-Hymn Sing – MCR</p> <p><small>Daylight Saving Time Begins</small></p>	<p>10:30- Exercise -F 1:00- Relaxation and Reflection w/ Heidi-MCR 2:00- BINGO- B 3:15- Activity Interest Committee-MCR 4:00- Monday Concert Series-B 6:00-Devotion Group- MCR <small>Spring Begins</small></p>	<p>8:00-Cont. Breakfast- M 10:30- Exercise w/ Joan-F 1:00-Culinary Committee-MCR 2:00-Team Trivia-B 3:15-Travel Club-MCR 4:00-Poetry Club-MCR 5:00- Birthday Dinner- B</p>	<p>8:00-Morning Bagels-M 10:30- Exercise w/ Ashley- B 1:00- Tech Help-M 2:00-Wine Tasting w/ Courtney** 3:15-Israeli Dance-M 5:00-Fireside Happy Hour w/ Alissa Moreno + Friends- P <small>Ramadan Begins</small></p>	<p>8:00-Fresh Donuts-M 10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Tai Chi w/ Dr. Cindy- B 2:15- March Jam Session- P 3:15-Wheel of Fortune-MCR 4:00-Wine & Cheese- P</p>	<p>8:30-Breakfast Station-M 10:00- Zoom Exercise w/ Bruce-B 10:30- Communion w/ Episcopal Church- MCR 2:00- BINGO- B 3:15- Current Events - MCR 6:00- Movie & Popcorn-MCR</p>	<p>10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles Club-M 3:00 Drop in Rummikub– M 6:00 Movie & Popcorn- MCR</p>
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Please check daily schedules that are located on each floor for the most up to date schedule. *Activities are Subject to Change* (**Must sign up by Mail Room)