

March 2018 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>	<p style="text-align: center;">Podiatrist <i>Across from D204</i> No appointments in March April 4th Tuesdays 9AM to 12 PM Wednesdays 9AM to 2:30 PM Call Dr. Alles at 609-6096 <i>You may get voicemail.</i></p>	<p>Activities take place in the Assisted Living Activity Room unless otherwise noted.</p> <p>Activities subject to change without notice. Please check daily flyers for updates.</p>		<p>1 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Activity Sign Ups/OR 10:45 Episcopal Service/Chp 1:30 Poetry w/Magdalena 1:45 Tai Chi w/Melinda/OR 4:00 HAPPY HOUR/OR</p>	<p>2 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS SING/AR 10:30 Meditation Group/Chapel 1:30 Texas Poker-C1 elevator 5:30 Assisted Living Movie "To Catch a Thief" 7:15 Movie/OR "The Music Teacher"</p>	<p>3 10:00 Music w/Karen Rodriguez by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR My Cousin Rachel" 4:00 Mass/OR 7:15 Movie/OR "Dunkirk"</p>
<p>4 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:30 AL Resident Ride 1:30 Beading Class/AR/SUAD 1:30 Texas Poker/C1 elevator 2:00 Movie/OR "Dunkirk 7:30 Movie/OR "My Cousin Rachel"</p>	<p>5 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 Nature DVD: Giraffes 1:45 Art for those enrolled 7:15-9:15 Opera DVD/OR "Jonas Kaufmann: An Evening with Puccini"</p>	<p>6 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Richard on Piano 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Jackie"</p>	<p>7 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 Grief & Loss Group/AR 1:00 Rummikub & Scrabble 2:15 Magician Performs/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>8 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Opening to Joy/OR 1:45 Tai Chi w/Melinda/OR 4:00 HAPPY HOUR /OR</p>	<p>9 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS Sing/AR 10:30 Meditation Group/Chapel 1:30 Texas Poker-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "La La Land" 7:15 Villanelle Singing Duo/OR</p>	<p>10 10:00 Music w/Michelle Kiba by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "The Iron Lady" 2:00 UCSC Singers Perform/OR 4:00 Mass/OR 7:15 Movie/AR "L.A. Confidential"</p>
<p>11 Daylight Savings Begins 10:15 Qi Gong DVD/OR 1:30 Texas Poker/C1 elevator 2:00 Movie/OR "L.A. Confidential" 7:15 Movie/ OR "The Iron Lady"</p>	<p>12 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 2:45 Musical Room Visits with Ginny Mitchell</p>	<p>13 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 10:30 Ancestry Group/PDR 11:30 New Resident Luncheon 1:30 Music w/Nick Royal 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Ghost & Mrs. Muir"</p>	<p>14 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:00 Fred McCarty Performs/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>15 9:30 Exercise w/Tony/OR 9:45 Trip to Dollar Tree/SUAD 10:00 Hearing Aid Check/ W/C 10:30 Exercise w/Tony 1:45 Tai Chi w/Melinda/OR 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p>16 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS SING/AR 10:30 Meditation Group/Chapel 1:30 Texas Poker-C1 elevator 5:30 Assisted Living Movie "The Quiet Man" 7:15 Musical DVD/OR "Andre Rieu: Live in Dublin"</p>	<p>17 St. Patrick's Day 10:00 Music w/David/C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/ALAR "Ordinary People" 2:00 Zumba Gold/OR 4:00 Mass/OR 7:15 Movie/OR "Like Water for Chocolate"</p>
<p>18 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 2:15 "The Passover Story" All Faiths Welcome/OR 1:30 Texas Poker/C1 elevator 7:15 Movie/OR "Ordinary People"</p>	<p>19 9:30 Balance Exercise/OR 9:45 Trip to Dollar Tree/SUAD 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 10:30 Memoir Writing/OR 1:30 Music w/Michelle Kiba 1:45 Art Class for those enrolled 7:15 Movie/OR "The Music Teacher"</p>	<p>20 First Day of Spring 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 10:45 Lunch at Britannia Arms/SUAD 2:00 Music w/Jack Bowers 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Lee Daniels' The Butler"</p>	<p>21 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 Grief & Loss Group/AR 1:00 Rummikub & Scrabble 2:00 The Great Morgani Sings/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>22 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Opening to Joy/OR 1:45 Tai Chi w/Melinda/OR 1:30 Music w/Karen Rodriguez 4:00 HAPPY HOUR /OR <i>Stardust Swing Band</i></p>	<p>23 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS Sing /AR 10:30 Meditation Group/Chapel 1:30 Texas Poker-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "A Walk in the Woods" 7:15 Pianist Richard Stauff/OR</p>	<p>24 10:00 Music w/John Hofacre by C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "Now, Voyager" 2:00 Zumba Gold/OR 4:00 Mass/OR 7:15 Movie/OR "Persuasion"</p>
<p>25 Palm Sunday 10:15 Qi Gong DVD/OR 1:00 Leave for Symphony/SUAD 1:30 Texas Poker/C1 elevator 2:00 Movie/OR "Persuasion" 7:15 Movie/ OR "Now, Voyager"</p>	<p>26 9:30 Balance Exercise/OR 9:45 Shop Trader Joes/SUAD 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 10:30 Memoir Writing/OR 1:00-3:00 Rummikub & Scrabble</p>	<p>27 9:30 Exercise w/Tony/OR 10:30 Exercise 10:30 Qi Gong DVD/OR 10:30 Ancestry Group/PDR 1:30 Music w/David Field 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "My House in Umbria"</p>	<p>28 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 WORD WARP/OR 1:00 Rummikub & Scrabble 2:30 New Resident Social/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>29 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Opening to Joy/OR 1:45 Tai Chi w/Melinda/OR 1:30 Sing Along w/Charlotte 4:00 HAPPY HOUR /OR <i>Guitar and Vocals</i></p>	<p>30 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS Sing/AR 10:30 Congregational Service/Chp 1:30 Texas Poker by C1 elevator 5:30 Assisted Living Movie "Oklahoma"</p>	<p>31 10:00 Music w/Sunny by C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "The Verdict" 2:00 Zumba Gold/OR 4:00 Mass/OR 7:15 Movie/OR "The Prince of Tides"</p>