

# March 2019 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>Activities take place in the <b>Assisted Living Activity Room</b> unless otherwise noted.</p> <p>Activities subject to change without notice. Please check daily flyers for updates.</p>				<p><b>1 9:30 Exercise w/Tony/OR</b> 10:00 Poker/C1 elevator 10:30 Exercise w/Tony 10:30 Activity Sign Ups/OR 5:30 Assisted Living Movie "The Big Easy" 7:15 Piano w/Martan/OR</p>	<p><b>2 10:00 Music w/Karen</b> by the C1 elevator <b>10:30</b> Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "Belle" 4:00 Mass/OR <b>7:20</b> Movie/OR "Leave No Trace"</p>
<p><b>3</b> <b>10:30</b> Qi Gong DVD/OR 1:00 Rummikub &amp; Scrabble 2:15 Leave for Santa Cruz Baroque Festival at UCSC-use waiting list 2:45 Movie/OR "Leave No Trace" <b>7:20</b> Movie/OR "Belle"</p>	<p><b>4 9:30 Balance Exercise/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 10:30 Resident Council Meeting/PDR 1:00 Rummikub/CC 1:30 Bible Study/Chapel 1:30 Music w/Ginny Mitchell 1:45 Art Class #1/OR 7:20 Movie/OR "The Wife"</p>	<p><b>5 9:30 Exercise w/Tony/OR</b> 9:45 Shop at Dollar Tree/SUAD <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR <b>1:30 Richard on Piano</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Elmer Gantry"</p>	<p><b>6 Ash Wednesday</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> 10:30 Mass &amp; Distribution of Ashes/OR <b>1:00 Rummikub &amp; Scrabble</b> 2:00 Book Reading/OR 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>7</b> 9:30 Exercise w/Tony/OR <b>10:00 Bookmobile/Lobby</b> <b>10:30 Exercise w/Tony</b> 1:15 Poetry w/Magdalena <b>4:00-5:30 HAPPY HOUR/OR</b> w/Black Eyed Susans</p>	<p><b>8</b> 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Shabbot Service/AR 5:30 Assisted Living Movie "A River Runs Through It" 7:15 Villanelle Singing Duo/OR</p>	<p><b>9 10:00 Music w/Karen</b> by the C1 elevator <b>10:30</b> Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "Dark Victory" 4:00 Mass/OR <b>7:20</b> Movie/AR "On the Waterfront"</p>
<p><b>10 Daylight Saving Begins</b> 10:00 Bingo w/Lori <b>10:30</b> Qi Gong DVD/OR 1:00 View &amp; Discuss Classic Film "Sunrise" with Tony 1:00 Rummikub &amp; Scrabble/CC 2:45 Movie/OR "On the Waterfront" <b>7:20</b> Movie/ OR "Dark Victory"</p>	<p><b>11 9:30 Balance Exercise/OR</b> 9:45 Shop Trader Joes/SUAD 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:15 Lecture at Temple Beth El/SUAD 1:30 AL Conversation 1:30 Bible Study/Chapel 1:45 Art Class #2/OR 2:30 Rummikub &amp; Scrabble 2:30-4:00 Hearing Aid Check/ W/C</p>	<p><b>12</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon <b>1:30 Music w/Nick Royal</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Me Before You"</p>	<p><b>13</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> <b>11:00 Episcopal Service/Chp</b> 10:45 Lunch at Britannia Arms/SUAD <b>1:00 Rummikub &amp; Scrabble</b> 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>14</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 10:30 Facilitator Leslie Tremaine: "Friendships: The Harvest of a Lifetime" <b>1:30 Special Performance</b> w/Al Wegener/ALAR <b>4:00-5:30 HAPPY HOUR/OR</b> with the Mike Hadley Band</p>	<p><b>15</b> 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 5:30 Assisted Living Movie "Road to Zanzibar" 7:20 PBS DVD/OR "Dorothea Lange"</p>	<p><b>16 10:00 Music w/David</b> by the C1 elevator <b>10:30</b> Qi Gong DVD/ OR 1:30 Movie/ALAR "Ocean's 8" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 4:30 Piano Serenade/Lobby <b>7:20</b> Movie/OR "The Lion King"</p>
<p><b>17 St. Patrick's Day</b> 9:30 Leave for Life-Long Leamers/SUAD <b>10:30</b> Qi Gong DVD/OR 1:00 Rummikub &amp; Scrabble/ALAR 2:45 Movie/OR "The Lion King" <b>7:20</b> Movie/OR "Ocean's 8"</p>	<p><b>18 9:30 Balance Exercise/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 10:30 Speaker: Brian Miller, Ph.D: "The Bahai Faith" <b>1:00 Rummikub &amp; Scrabble</b> 1:30 Bible Study/Chapel <b>1:45 Art Class #1/OR</b></p>	<p><b>19</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR <b>1:30 Sing Along w/Charlotte</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "My Favorite Brunette"</p>	<p><b>20 Spring Begins</b> 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 Sharing Tips for Better Living with Macular Degeneration/AR <b>1:00 Rummikub &amp; Scrabble</b> 2:00 Readings with Resident Billie Harris/OR <i>Don't miss this!</i> 3:15 Knitting, Etc./AR <b>7:00 Bingo/OR</b></p>	<p><b>21</b> 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Work on Your Crafts/OR <b>1:30 WORD WARP/OR</b> 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p><b>22 9:30 Exercise w/Tony/OR</b> 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Biloxi Blues" 7:15 Richard Stauff on Piano/OR</p>	<p><b>23 10:00 Music w/Karen</b> by the C1 elevator <b>10:30</b> Qi Gong DVD/OR 1:30 Movie/ALAR "West Side Story" 1:00 Bridge by the C1 elevator <b>1:45 BEADING Class/SUAD/AR</b> 4:00 Mass/OR <b>7:20</b> Movie/OR "A Special Day"</p>
<p><b>24 10:00 Bingo w/Lori</b> 1:00 Rummikub &amp; Scrabble 2:45 Movie/OR "A Special Day" <b>7:20</b> Movie/ OR "West Side Story"</p>	<p><b>25 9:30 Balance Exercise/OR</b> <b>10:00 Poker/ C1 elevator</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub/CC <b>1:30 Music w/Jack Bowers</b> 1:30 Bible Study/Chapel <b>1:45 Art Class #2/OR</b></p>	<p><b>26 9:30 Exercise w/Tony/OR</b> 10:30 Qi Gong DVD/OR 10:30 Exercise w/Tony <b>1:30 Music w/David Field</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Road to Bali"</p>	<p><b>27 9:30 Balance Exercises/OR</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub &amp; Scrabble <b>1:00—2:30 Spring Swap/OR</b> 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>28 9:30 Exercise w/Tony/OR</b> 9:45 Walk at Seacliff Beach/SUAD <b>10:30 Exercise w/Tony</b> 1:30 Nature DVD "Lizard Kings" <b>4:00 HAPPY HOUR/OR</b> Learn Line Dancing</p>	<p><b>29 9:30 Exercise w/Tony/OR</b> 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 5:30 Assisted Living Movie "Young Frankenstein"</p>	<p><b>30 10:00 Music w/David/</b> by C1 elevator <b>10:30</b> Qi Gong DVD/OR 1:30 Movie/ALAR "A Raisin in the Sun" 1:00 Bridge by the C1 elevator 4:00 Mass/OR <b>7:20</b> Movie/OR "Green Book"</p>
<p><b>31 10:30</b> Qi Gong DVD/OR 1:00 Rummikub &amp; Scrabble 2:45 Movie/OR "Green Book" <b>7:20</b> Movie/OR "A Raisin in the Sun"</p>						