

# March 2020 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>10:30 Activity Sign Ups/OR</b> 12:30 Rummikub /CC 1:30 Movement w/Music/OR <b>2:45 Movie/OR</b> "Suspicion" 7:45 Movie/ OR "Mary Poppins"	<b>2</b> 9:30 Balance Exercise/OR <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /CC 1:30 Bible Study/Chapel <b>1:45 WORD WARP/OR</b>	<b>3 Election Day</b> 9:45 Shop at Dollar Tree/SUAD <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /by C1 elevator <u>1:00 Bridge/Coffee Corner</u> <b>1:30 Richard Stauff on Piano/OR</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "An American in Paris"	<b>4</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub/CC <b>2:00 UCSC Professor Gary Griggs:</b> "The Natural Disaster History of the Monterey Bay Region" /OR 3:15 Knitting & Crocheting/AR <b>7:00 Bingo/OR</b>	<b>5</b> 9:30 Exercise w/Tony/OR <b>10:00 Bookmobile/Lobby</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /CC <b>1:15 Poetry w/Magdalena</b> <b>4:00-5:30 HAPPY HOUR/OR</b> with Barry Levine	<b>6</b> 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/Chapel <u>1:00 Bridge/Coffee Corner</u> <b>5:30 Assisted Living Movie</b> "Rainman"	<b>7</b> 10:00 Karen: Vocals & Guitar By C-1 elevator <b>10:30 Activity Sign Ups/OR</b> <u>1:00 Bridge/Coffee Corner</u> <b>1:30 Movie/ALAR "Nanny McPhee"</b> 4:00 Mass/OR 7:20 Movie/OR "The Big Short" Rated R
<b>8 Daylight Saving Begins</b> <b>10:00 Bingo w/Lori</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub /CC 1:30 Movement w/Music/OR <b>2:45 Movie/OR</b> "The Big Short" Rated R 7:45 Movie/ OR "Nanny McPhee"	<b>9</b> 9:30 Balance Exercise/OR <b>10:00 Shop Trader Joes/SUAD</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /CC 1:15 Leave for Senior Connections/SUAD 1:30 Bible Study/Chapel <b>1:30 AL Monthly Conversation</b> 2:30-4:00 Hearing Aid Check/ WC	<b>10</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 11:30 New Resident Luncheon 12:30 Rummikub/by C1 elevator <u>1:00 Bridge/Coffee Corner</u> <b>1:30 Music w/David Field</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Breakfast at Tiffany's"	<b>11</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR <b>11:00 Episcopal Service/Chapel</b> 12:30 Rummikub /CC <b>2:00 Next Stage Musical Production /OR</b> 3:15 Knitting & Crocheting/AR <b>7:00 Bingo/OR</b>	<b>12</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 10:30 Healthy Mind/Healthy Body/OR 11:30 Lunch at Britannia Arms/SUAD 12:30 Rummikub /CC <b>2:00 Voice Activated Computer</b> <b>Class w/Fran/Coffee Corner</b> <b>4:00-5:30 HAPPY HOUR /OR</b> Mike Hadley Band	<b>13</b> 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator <b>10:15 DOGGS Sing/Chapel</b> <b>10:30 Exercise w/Tony</b> <u>1:00 Bridge/Coffee Corner</u> 1:30 Shabbot Service/AR <b>5:30 Assisted Living Movie</b> "The Meddler" 7:15 Villanelle Plays & Sings/OR	<b>14</b> 10:00 Karen: Vocals & Guitar By C-1 elevator 10:30 Qi Gong DVD/OR <u>1:00 Bridge/Coffee Corner</u> <b>1:30 Movie/ALAR "Charade"</b> 4:00 Mass/OR 7:20 Movie/OR "Arrival"
<b>15</b> 9:30 Leave for Lifelong Learners <b>10:00 Bingo w/Lori</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub /CC <b>1:30 Movement w/Music/OR</b> <b>2:45 Movie/OR "Arrival"</b> 7:20 Movie/OR "Charade"	<b>16</b> 9:30 Balance Exercise/OR <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub/CC 1:30 Bible Study/Chapel <b>1:30 Music &amp; Refreshments</b> with Nancy Heth	<b>17 St. Patrick's Day</b> <b>9:30 Exercise w/Tony/OR</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /by C1 elevator <u>1:00 Bridge/Coffee Corner</u> <b>1:30 DVD Andre Rieu-Live in Dublin</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Hidden Figures"	<b>18</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub /CC <b>2:00 "History of Santa Cruz"</b> with author Deborah Muth /OR 3:15 Knitting & Crocheting/AR <b>7:00 Bingo/OR</b>	<b>19</b> 9:30 Exercise w/Tony/OR <b>10:00 Bookmobile/Lobby</b> <b>10:30 Exercise w/Tony</b> <b>10:30 Healthy Mind/Healthy</b> <b>Body w/Leslie Tremaine/OR</b> 12:30 Rummikub /CC <b>2:00 New Resident Social</b> with Richard Stauff/OR	<b>20 Spring Begins</b> <b>NO Exercise w/Tony today</b> <b>10:00 Poker by C1 elevator</b> <b>10:15 DOGGS Sing/Chapel</b> <u>1:00 Bridge/Coffee Corner</u> <b>5:30 Assisted Living Movie</b> "The Big Year"	<b>21</b> 10:00 Music w/David Field By C-1 elevator 10:30 Qi Gong DVD/ OR 1:30 Movie/ALAR "The Art of Racing in the Rain" <u>1:00 Bridge/Coffee Corner</u> 4:00 Mass/OR 1:45 BEADING Class/SUAD/AR 7:20 Movie/OR "Disobedience" Rated R
<b>22</b> 9:30 Leave for Lifelong Learners/SUAD 10:30 Qi Gong DVD/OR 12:30 Rummikub /CC 1:30 Movement w/Music/OR <b>2:45 Movie/OR</b> "Disobedience" Rated R 7:20 Movie/OR "The Art of Racing in the Rain"	<b>23</b> 9:30 Balance Exercise/OR <b>10:00 Poker by C1 elevator</b> <b>10:30 Sharing Memories w/Fran/AR</b> <b>10:30 Exercise w/Tony/ALAR</b> 12:30 Rummikub/CC 1:30 Bible Study/Chapel <b>1:30 Music w/Ginny Mitchell</b> 1:45 Art Class/OR	<b>24</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /by C1 elevator <u>1:00 Bridge/Coffee Corner</u> <b>1:30 Music w/Jack Bowers</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Judy"	<b>25</b> 9:30 Balance Exercises/OR <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub/CC <b>1:30 Fun Discussing the Olden days!</b> <b>2:00 UCSC Professor Carrie Parch:</b> "Morning Larks & Night Owls"/OR 3:15 Knitting & Crocheting/AR <b>7:00 Bingo/OR</b>	<b>26</b> 9:30 Exercise w/Tony/OR 10:30 iPhone Class/AR <b>10:30 Exercise w/Tony</b> 12:30 Rummikub /CC <b>2:00 Music w/Johnny Fabulous!</b> <b>4:00-5:30 Birthday Happy Hour</b> with Johnny Fabulous/OR	<b>27</b> 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing /Chapel 10:30 Exercise w/Tony <u>1:00 Bridge/Coffee Corner</u> 1:30 Jewish Culture Club/AR <b>5:30 Assisted Living Movie</b> "Duplicity" 7:15 Piano w/Richard Stauff/OR	<b>28</b> 10:00 Music w/David Field By the C1 elevator 10:30 Qi Gong DVD/OR <u>1:00 Bridge/Coffee Corner</u> 1:30 Movie/ALAR "The 39 Steps" 4:00 Mass/OR 7:20 Movie/OR "Doubt"
<b>29</b> 10:30 Qi Gong DVD/OR 12:30 Rummikub /CC <b>1:00 Leave for Symphony/SUAD</b> <i>No Movement w/Music today</i> <b>2:45 Movie/OR "Doubt"</b> 7:20 Movie/OR "The 39 Steps"	<b>30</b> 9:30 Balance Exercise/OR <b>10:00 Poker/ C1 elevator</b> <b>10:30 Exercise w/Tony</b> 12:30 Rummikub/CC 1:30 Bible Study/Chapel <b>1:45 Art Class/OR</b> <b>1:30 Bingo w/Lori</b>	<b>31</b> 9:30 Exercise w/Tony/OR <b>10:30 Exercise w/Tony</b> 1:00 Rummikub /by C1 elevator <u>1:00 Bridge/Coffee Corner</u> <b>2:30 County Line Trio Performs/OR</b> 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Harriet"			SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)	Activities take place in the <b>Assisted Living</b> <b>Activity Room</b> unless otherwise noted.