



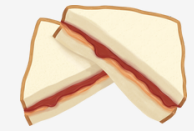

















MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY LEGEND: B- Bistro CAR- Creative Arts Room GR- Great Room MS- Movement Studio MR- Media Room PR- Party Room	Blue=Fitness Red=Social Pink=Resident Games Green=Art Class Dark Pink=Resident Event (Need RSVP For Dark Pink)	 American Red Cross Month	 American Red Cross Giving Day - March 26	 Daylight Saving Time - March 9	 Spring Begins - March 20	2:30p-Uncrustables Station (B)  National Peanut Butter Lovers Day
10a-Virtual Fitness Class (MS)  2	10a-Chair Yoga (MS) 3 11a-Chair Yoga (MS) 1p-Mahjong (GR) 3p-Book Club Meeting (PR) 6p-Popcorn & a Movie (MR) (Pretty Woman)	10:30a-Tai Chi (MS) 4 1p-Mexican Train (CAR) 3p-Mardi mask making workshop (CAR) 5p-King Cake social (B) Mardi Gras 	10:30a-Tropical Treats (B) 5 11a-Pilates (MS) 2p-Art Class (CAR) 4p- Resident Bingo (GR) 	10a-Senior Dance Fitness (MS) 6 12p-Resident Committee Interest Meeting (MR) 2p-Meet & Greet with Castle Lake Dental (MR) 4:30p- Mixology Class/Taste of NOLA (B)	10a- Strength & Balance(MS) 7 11a- Strength & Balance(MS) 2p-Poker Palooza (PR)	11a- Ladies Tea Party (B)  International Women's Day
9a-Virtual Cardio Class (MS) 9 Springing Forward- Daylight Savings Time 	10a-Chair Yoga (MS) 10 11a-Chair Yoga (MS) 1p-Mahjong (GR) 1p-Garden Meeting w/Erika Choffel(MR) 6p-Popcorn & a Movie (MR) (Thelma & Louise)	10:30a-Tai Chi (MS) 11 1p-Game Day (CAR) 2p-CPR class w/ Carrollton Fire Department (MS) Massages W/ Nazia	11a-Pilates (MS) 12 2p-Art Class (CAR) 3p-New Resident Orientation w/Anna (MR) 5p-Puzzle Night (CAR) Spa Day W/ Chanel	10a-Senior Dance Fitness (MS) 13 11a-Mahjong (GR) 4:30p- Spirits & More (GR) Spa Day W/ Michelle	10a-Strength & Balance(MS) 14 11a-Strength & Balance(MS) 2p-Poker Palooza(PR)  5p- Pi Party (B)	15
10a- Virtual Stretch Class (MS) 16	10a-Chair Yoga (MS) 17 11a-Chair Yoga (MS) 1p-Mahjong (GR)  5p- St Patty's Potluck (B) St. Patrick's Day	10:30a-Tai Chi (MS) 18 12p-Hearing Tests w Hearing Solutions (MS) 1p-Game Day (CAR) 3p-Tech Tuesday (MR) 6p-Arm Chair Travels - Ireland (MR)	11a-Pilates (MS) 19 2p-Art Class (CAR) 5p-Irish Trivia Night (GR)	10a-Senior Dance Fitness (MS) 20 11a-Mahjong (GR) 3p-Resident Forum (MR) 4:30p-Guinness Happy Hour (B) 	10a-Strength & Balance(MS) 21 11a-Strength & Balance(MS) 2p-Poker Palooza (PR) 4:30p-Resident Bingo (GR)  Rosie's Birthday	22  Spa Day w/ Chanel
9a-Virtual Yoga Class (MS) 23 	10a-Chair Yoga (MS) 24 11a-Chair Yoga (MS) 1p-Mahjong (GR) Resident Led - Ladies Night (B)	10:30a-Tai Chi (MS) 25 11:30a-Yogurt parfait station (B)  1p-Game Day (CAR) 6p-Karaoke Night (MR)	11a-Pilates (MS) 26 12:30p-Garden Chat w/Garden Expert (MR) 2p-Art Class (CAR)	10a-Senior Dance Fitness (MS) 27 11a-Mahjong (GR) 4:30p- Social Hour (B) 	10a-Strength & Balance(MS) 28 11a-Strength & Balance(MS) 12p-Lunch on the Town (Rock Fish) \$ 2p-Poker Palooza (PR)	29 2:30p-Outing to "Tutugether" An Art Workshop \$
3p-Virtual Stretch Class (MS) 30 	10a-Chair Yoga (MS) 31 11a-Chair Yoga (MS) 1p-Mahjong (GR) 3p-March Birthdays Celebration (B)  6p-Popcorn & a Movie (MR) (Top Gun)	