

March Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 ♣ 9:00 Sunday School ♣ 10:30 Worship Service 🏠 2:00 Open Art Studio (R) 👣 3:00 Walking Club (R) 📺 5:00 Movie Club (R)- Sleepless in Seattle</p>	<p>2 🧘 9:00 Yoga w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 🏠 1:00 Calendar Talk 👣 3:00 Grief Group (R) 📺 5:00 Movie (R)- Walk the Line 🏠 6:00 Line Dancing (R)</p>	<p>3 🏠 9:00-10:00 Sip and Socialize 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion 🏠 11:30 Lunch and Learn w/ Provident Law: Wills and Trust ♣ 1:00 Mexican Train (R) 📺 5:00 Documentary: Root Cause</p>	<p>4 🧘 9:30 Forever Strong 👣 10:00 Stretch and Balance 👣 10:30 Sit, Stand, Repeat! 🏠 2:00 Welcome Club Mtg (R) ♣ 3:00 Wii Games (R) ♣ 6:30 Wine Down Wednesday</p>	<p>5 🏠 9:15 Coffee w/ Candace 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion 🏠 2:00 Brain Booster Games 🏠 4:00-5:00 Karaoke Happy Hour 🏠 6:00 Bingo Club (R)</p>	<p>6 🧘 9:00 Power Flow w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 🏠 11:30 Lunch Bunch Outing (R) 👣 12:00 Dance Class 📺 3:00 Meditation and Breath 🍷 6:00 Firepit Social (R)</p>	<p>7 🧘 10:00 Walking Club (R) 🏠 2:00 Cards and Game Time (R) 👣 3:00 Bocce Ball (R) 📺 5:00 Movie Club (R)- Sea Biscuit 🍷 7:00 Outing to Fairway Social to see Black Sedan Band \$ (R)</p>
<p>8 ♣ 9:00 Sunday School ♣ 10:30 Worship Service 🏠 2:00 Open Art Studio (R) 🏠 3:00 Small Group Widow's Club (R) 👣 3:00 Walking Club (R) 📺 5:00 Movie Club (R) - Out to Sea</p>	<p>9 🧘 9:00 Yoga w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 👣 2:00 Book Club (R) 👣 3:00 Grief Group (R) 📺 5:00 Movie (R)-Memphis Belle ♣ 7:00 Just Dance: Exercise or Party? It's both! (R)</p>	<p>10 🏠 9:30 Birthday Breakfast 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion ♣ 1:00 Mexican Train (R) 🏠 3:00 Make It! Floor Turtle 📺 5:00 Documentary: The Story Of 🏠 6:00 Flourish in Longevity w/ Brian Landry</p>	<p>11 🧘 9:30 Forever Strong 👣 10:00 Stretch and Balance 👣 10:30 Sit, Stand, Repeat! 🏠 11:30 Lunch and Learn w/ BCA - Estate Planning ♣ 1:00 Veterans' Group (R) ♣ 3:00 Wii Games (R)</p>	<p>12 🏠 9:15 Coffee w/ Candace 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion 🏠 1:00 Garden Club Mtg (R) ♣ 2:00 Brain Booster Games 🏠 4:00-5:00 St. Patrick's Day Happy Hour 🏠 6:00 Bingo Club (R)</p>	<p>13 🧘 9:00 Power Flow w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 🏠 2:00 Dance Class 📺 3:00 Meditation and Breath 🍷 6:00 Firepit Social (R) 🏠 6:00 Birmingham Bulls Hockey Game Outing \$ (R)</p>	<p>14 🍷 10:00 Signature Sips: Coffee Edition 🧘 10:00 Walking Club (R) 🏠 2:00 Cards and Game Time (R) 👣 3:00 Bocce Ball (R) 📺 4:00 Movie Club (R)- The Pelican Brief</p>
<p>15 🏠 Hiking Club Outing (R)- departure time and destination TBD ♣ 9:00 Sunday School ♣ 10:30 Worship Service 🏠 2:00 Open Art Studio (R) 👣 3:00 Walking Club (R) 📺 5:00 Movie Club (R) - You've Got Mail</p>	<p>16 🧘 9:00 Yoga w/ Michelle 🏠 9:30 Sleep Apnea Solutions 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance ♣ 2:00 10-minute Eye Training 👣 3:00 Grief Group (R) 📺 5:00 Movie Club (R)- The Luck of the Irish ♣ 6:00 Wii Games Night (R)</p>	<p>17 🏠 9:00-10:00 Sip and Socialize 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion ♣ 1:00 Mexican Train (R) 🏠 2:00 Gospel Sing-a-long 🏠 3:00 Charm Bracelet Bar 📺 5:00 Documentary: Moon Landing Conspiracy 🏠 6:00 Bunco (R)</p>	<p>18 🧘 9:30 Forever Strong 👣 10:00 Stretch and Balance 👣 10:30 Sit, Stand, Repeat! 🏠 1:00 Pure Fitness Inbody Scans 🏠 2:00 New Resident Orientation ♣ 3:00 Wii Games (R) 🏠 4:00 Left Center Right (R)</p>	<p>19 🏠 9:15 Coffee w/ Candace 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion ♣ 2:00 Brain Booster Games ♣ 3:30 Signature Sips w/ Ashley 🏠 4:00-5:00 March Madness Happy Hour 🏠 6:00 Bingo Club (R)</p>	<p>20 🏠 Art Museum Outing to see Monet to Matisse Exhibit (R) 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 👣 2:00 Dance Class 📺 3:00 Meditation and Breath 🍷 6:00 Firepit Social (R) 📺 7:00 Movie Night (R): Rumor Has It</p>	<p>21 🧘 10:00 Walking Club (R) 🏠 2:00 Cards and Game Time (R) 👣 3:00 Bocce Ball (R) 📺 5:00 Movie Club (R)- Zero Dark Thirty</p>
<p>22 ♣ 9:00 Sunday School ♣ 10:30 Worship Service 🏠 2:00 Open Art Studio (R) 🏠 3:00 The Sunday Letter Project (R) 👣 3:00 Walking Club (R) 📺 5:00 Movie Club (R)- Annie</p>	<p>23 🧘 9:00 Yoga w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 👣 2:00 Book Club (R) 👣 3:00 Grief Group (R) 📺 5:00 Movie(R)-ProjectHailMary ♣ 7:00 Just Dance: Exercise or Party? It's both! (R)</p>	<p>24 🏠 9:00-10:00 Sip and Socialize 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion ♣ 1:00 Mexican Train (R) 🏠 3:00 Cocktail Class 📺 5:00 Documentary: Brain Power 🏠 5:30 Dinner and Discussion with BCA: Estate Planning</p>	<p>25 🧘 9:30 Forever Strong 👣 10:00 Stretch and Balance 👣 10:30 Sit, Stand, Repeat! 🏠 1:00 Single & Social Club (R) 🏠 2:00 Painting Memories w/ Zangela ♣ 3:00 Wii Games (R) 🏠 5:00 Grab & Go: 9-5 Crew</p>	<p>26 🏠 9:15 Coffee w/ Candace 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion 🏠 1:00 Beeswax Wraps Demo ♣ 2:00 Brain Booster Games 🏠 4:00-5:00 Happy Hour 🏠 6:00 Bingo Club (R)</p>	<p>27 🧘 9:00 Power Flow w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 🏠 11:30 Ladies Who Lunch (R) 🏠 2:00 Dance Class 📺 3:00 Meditation and Breath 🏠 5:00 Resident Potluck (R) 🍷 6:00 Firepit Social (R)</p>	<p>28 🧘 10:00 Walking Club (R) 🏠 2:00 Cards and Game Time (R) 👣 3:00 Bocce Ball (R) 📺 5:00 Movie Club (R)- Field of Dreams</p>
<p>29 ♣ 9:00 Sunday School ♣ 10:30 Worship Service 🏠 2:00 Open Art Studio (R) 👣 3:00 Walking Club (R) 📺 5:00 Movie Club (R)- Miss Congeniality</p>	<p>30 🧘 9:00 Yoga w/ Michelle 👣 10:00 Forever Strong 👣 10:30 Stretch and Balance 👣 3:00 Grief Group (R) 📺 5:00 Movie (R)- Pay It Forward</p>	<p>31 🏠 9:00-10:00 Sip and Socialize 👣 10:30 Pilates (level 2) 👣 11:00 Power in Motion ♣ 1:00 Mexican Train (R) 📺 5:00 Documentary: The Chocolate Diet 🍷 4:00-6:00 Complimentary Bubbly Tasting at Farrelly's</p>				

LEGEND



- Please note a level 2 exercise class would include floor work
- (R) means resident run Daily
- Devotional Group (R) 11:00-12:00 every day except Sunday in the Gentry