

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

March 2023				10:00- Pool Time w/ Jen (POOL) 1 11:00- Chess w/ Amaal (3rd Floor) 11:15- LIVE YOGA w/ JEN (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:30- Tai Chi & Fall Prevention Education w/ Tracey (RHPAC) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL)2 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 1:30-2:30- Energize Exercise (LF) 2:00- Jewelry Making (RHPAC) 2:30- Fit Minds w/ Shannon & Jen 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	10:30- Aromatherapy & Meditation3 w/ Jen (Chapel) 11:00- Game Fitness Hour w/ Jen (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- March Trivia w/ Gianna (200) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	11:00- Virtual Chair Yoga 4 11:30- Mini Crosswords w/ Brooke 2:00- Painting w/ Brooke & Shannon (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)
10:00- Sunday Morning Prayers & Quiet Hour (Chapel) 5 11:00- Walking w/ Mariam (200) 11:30- Virtual Chair Yoga (RHPAC) 1:00- Girl Scout Cookie Sale (Lobby) 1:30- IPHONE/ TECH Class w/ Mariam (RHPAC) 2:30- Movie (MAX) 3:30-5:00- Social Hour (200) 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL) 6 11:15- LIVE YOGA w/ JEN (RHPAC) 1:00- Mahjong Game (MCR) 1:30- Open Gym w/ Jen (LF) 2:00- BINGO (200) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX) Purim Begins	9:00am- Pool Time w/ Jen (POOL) 7 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 11:30- Mini Crosswords w/ Gianna (RHPAC) 1:30-2:30- Open Revite Wellness Room 2:00-3:00PM- LIVING WITH LOSS SUPPORT GROUP (MCR) 3:00- Resident Council Meeting (RHPAC) 3:30-5:00-Social Hour 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL) 8 11:00- Rosary Club led by Lucille (Chapel) 11:15- LIVE YOGA w/ JEN (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00-3:00PM- LIVE MUSIC W/ "REMEMBER WHEN" JOE AND SAL DOO WOP (RHPAC) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL)9 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 1:30-2:30- Energize Exercise (LF) 2:00- Jewelry Making (RHPAC) 2:30- Fit Minds w/ Shannon & Jen 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX) 6:00-8:30PM-COMEDY SHOW (RHPAC)	10:30- Aromatherapy & Meditation10 w/ Jen (Chapel) 11:00- Game Fitness Hour w/ Jen (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- Wind Chime Making (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	11:00- Virtual Chair Yoga 11 11:30- Mini Crosswords w/ Brooke 2:00- Painting w/ Brooke & Shannon (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	
10:00- Sunday Morning Prayers & Quiet Hour (Chapel) 12 11:00- Walking & Talking w/ Mariam (200) 11:30- Virtual Chair Yoga (RHPAC) 1:30- Chess w/ Amaal (LIB) 2:00- DANCE ATTITUDES PERFORMANCE (RHPAC) 3:30-5:00- Social Hour (200) 6:30pm- Movie (MAX) Daylight Saving Time Begins	10:00- Pool Time w/ Jen (POOL)13 11:15- LIVE YOGA w/ JEN (RHPAC) 1:00- Mahjong Game (MCR) 1:30- Open Gym w/ Jen (LF) 2:00- Shopping Trip to Dollar Tree (Lobby) (Sign up at Front Desk) 2:00- BINGO (200) 3:30-5:00-Social Hour & LIVE MUSIC W/ ONE MAN BAND RICH (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL) 14 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 11:30- Mini Crosswords w/ Gianna (RHPAC) 1:30-2:30- Open Revite Wellness Room 2:00-3:00PM- LIVING WITH LOSS SUPPORT GROUP (MCR) 3:30-5:00-Social Hour 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL) 15 11:00- Chess w/ Amaal (3rd Floor) 11:15- LIVE YOGA w/ JEN (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- "PI DAY" EVENT- MAKE YOUR OWN PIE (RHPAC) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL)16 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:00- Jewish Service w/ Rabbi Moshe (RHPAC) 11:15- Open Gym & Table (LF) 1:30-2:30- Energize Exercise (LF) 2:00-Jewelry Making (RHPAC) 2:30- Fit Minds w/ Shannon & Jen 4:00-5:00- LIVE MUSIC W/ CATHY D & Birthday Party (200)	8:00- GREEN Waffle Bar Breakfast 17 10:30- Aromatherapy & Meditation w/ Jen (Chapel) 11:00- Game Fitness Hour w/ Jen (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- COASTER, TRAY, AND DOMINO SET MAKING W/ TARA (RHPAC) 3:00-5:00- St. Patty's Day Party (200) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX) St. Patrick's Day	11:00- Virtual Chair Yoga 18 11:30- Mini Crosswords w/ Brooke 2:00- Painting w/ Brooke & Shannon (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	
10:00- Sunday Morning Prayers & Quiet Hour (Chapel) 19 11:00- Walking & Talking w/ Mariam (200) 11:30- Virtual Chair Yoga (RHPAC) 1:30- Chess w/ Amaal (LIB) 1:30- IPHONE/ TECH Class w/ Mariam (RHPAC) 2:30- Movie (MAX) 3:30-5:00- Social Hour (200) 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL)20 11:15- LIVE YOGA w/ JEN (RHPAC) 1:00- Mahjong Game (MCR) 1:30- Open Gym w/ Jen (LF) 2:00- BINGO (200) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX) Spring Begins	9:00am- Pool Time w/ Jen (POOL) 21 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 11:30- Mini Crosswords w/ Gianna (RHPAC) 1:30-2:30- Open Revite Wellness Room 2:00-3:00PM- LIVING WITH LOSS SUPPORT GROUP (MCR) 3:30-5:00-Social Hour & LIVE JAZZ MUSIC W/ ROB (200 LOUNGE) 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL)22 10:30- CATHOLIC MASS & ROSARY CLUB (RHPAC) 11:00- Chess w/ Amaal (3rd Floor) 11:30- LIVE YOGA w/ JEN (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- Book Club Meeting (LIB) 3:30-5:00- SENIOR SOCIAL HOUR (200 LOUNGE) 6:30pm- Movie (MAX) Ramadan Begins	9:00am- Pool Time w/ Jen (POOL)23 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 1:30-2:30- Energize Exercise (LF) 2:00- Jewelry Making (RHPAC) 2:30- Fit Minds w/ Shannon & Jen 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	10:30- Aromatherapy & Meditation24 w/ Jen (Chapel) 11:00- Game Fitness Hour w/ Jen (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- Karaoke w/ The Girls! & Pet Therapy! (RHPAC) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	11:00- Virtual Chair Yoga 25 11:30- Mini Crosswords w/ Brooke 2:00- Painting w/ Brooke & Shannon (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	
10:00- Sunday Morning Prayers & Quiet Hour (Chapel) 26 11:00- Walking & Talking w/ Mariam (200) 11:30- Virtual Chair Yoga (RHPAC) 1:30- Chess w/ Amaal (LIB) 1:30- IPHONE/ TECH Class w/ Mariam (RHPAC) 2:30- Movie (MAX) 3:30-5:00- Social Hour (200) 6:30pm- Movie (MAX)	10:00- Pool Time w/ Jen (POOL)27 11:15- LIVE YOGA w/ JEN (RHPAC) 1:00- Mahjong Game (MCR) 1:30- Open Gym w/ Jen (LF) 2:00- BINGO (200) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL) 28 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 11:30- Mini Crosswords w/ Gianna (RHPAC) 1:30-2:30- Open Revite Wellness Room 2:00-3:00- LIVING WITH LOSS SUPPORT GROUP (MCR) 3:30-5:00- Social Hour & LIVE MUSIC W/ JIMMY RAY (4-5) (200 LOUNGE)	10:00- Pool Time w/ Jen (POOL)29 11:00- Chess w/ Amaal (3rd Floor) 11:15- LIVE YOGA w/ JEN (RHPAC) 1:30- Open Gym w/ Jen (LF) 2:00- BOAT RACING w/ Jen (POOL) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	9:00am- Pool Time w/ Jen (POOL)30 10:00- Step Club (200) 10:30- Stretch & Flex (RHPAC) 11:15- Open Gym & Table (LF) 1:00-4:00- SHOPPING SPREE (RHPAC) 1:30-2:30- Energize Exercise (LF) 2:30- Fit Minds w/ Shannon & Jen 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)	10:30- Aromatherapy & Meditation31 w/ Jen (Chapel) 11:00- Game Fitness Hour w/ Jen (RHPAC) 1:30- Open Gym w/ Jen (LF) 1:30- Spring Decoupage w/ Connie B (CAS) 3:30-5:00-Social Hour (200) 6:30pm- Movie (MAX)		