

# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events</p>	<p><b>V</b> - Vitality</p>	<p>Live A Dream If you have a dream (big or small) something you have always wanted to do or maybe something you've already done but dreamed to do it again, please let someone in Life Enrichment know. Let us help you</p>	<p><b>1</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Learn the Hand Jive, The Stroll, and the Jitterbug (B) <b>L</b> 10:15 History of &amp; the making of Happy Days(B) 1:30 Bingo (H)</p>	<p><b>2</b> 9:00 Bible Study w/Ann Tunnin <b>V</b> 9:30 Pump you up Exercise (B) 11:00 Lunch Outing at The Knuckle Sandwich 1:00 Just The Guys 1:30 Manicure Madness(B)</p>	<p><b>3</b> <b>V</b> 9:30 Balloon Volleyball (B) <b>K</b> 10:15 1950's IQ Quiz (B) 1:30 Bingo (ALDR) <b>S</b> 3:00 Sock Hop Happy Hour w/ Roy Reynolds as Elvis (B)</p>	<p><b>4</b> <b>V</b> 9:30 Motion and Movement (B) <b>K</b> 10:15 Scrapbooking (B) <b>A</b> 1:30 Animal Bingo (B) <b>K</b> 3:15 Ice Cream Social (B)</p>
<p><b>5</b> <b>V</b> 9:30 Morning Meditations (CY) <b>I</b> 10:30 Church Services (H) <b>K</b> 1:30 Sunday Movie Matinee(B)</p>	<p><b>6</b> <b>V</b> 9:30 Cardio Drumming (B) <b>L</b> 10:15 History of Yellowstone National Park (B) 1:30 Bingo (H) <b>M</b> 2:30 Sentimental Sing a longs (HC) 3:15 Photo Scavenger Hunt 3:30 Inspired Living</p>	<p><b>7</b> <b>O</b> 9:30 Sip n Chat <b>O</b> 10:00 Walmart 1:00 AL Resident Council (H) 1:30 Manicure Madness(B) <b>A</b> 2:30 Pot of Gold Door Hanger(B) 6:00 Roll N Bowl</p>	<p><b>8</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Chair Yoga Dance (B) <b>L</b> 10:15 History of the Leprechaun (B) 1:30 Bingo (H) <b>K</b> 2:30 Chef's Circle (B) <b>JG</b> 3:15 Novel Conversations w/Cynthia</p>	<p><b>9</b> 9:00 Bible Study w/Ann Tunnin <b>V</b> 9:30 Pump you up Exercise (B) <b>O</b> 10:00 Walmart 1:00 Just The Guys Beer Tasting 1:30 Manicure Madness(B)</p>	<p><b>10</b> <b>V</b> 9:30 Balloon Volleyball (B) <b>M</b> 10:00 Leprechaun Hats made from Terra cotta pots 2:30 Current events <b>S</b> 3:00 Happy Hour w/ The Newburns (B)</p>	<p><b>11</b> <b>V</b> 9:30 Motion and Movement (B) <b>K</b> 10:15 Scrapbooking (B) <b>A</b> 1:30 Animal Bingo (B) <b>K</b> 3:15 Ice Cream Social (B)</p>
<p><b>12</b> Daylight Saving Begins <b>V</b> 9:30 Morning Meditations (CY) <b>I</b> 10:30 Church Services (H) <b>S</b> 11:30 - 1 Sunday Brunch <b>K</b> 1:30 Sunday Movie Matinee(B) <b>I</b> 3:15 Grow your Garden (B)</p>	<p><b>13</b> <b>V</b> 9:30 Cardio Drumming (B) <b>L</b> 10:15 History of St Patrick (B) 1:30 Bingo (H) <b>M</b> 2:30 Sentimental Sing a longs (HC) 3:15 Crazy Can Alley</p>	<p><b>14</b> <b>V</b> 9:30 Chair Swimming (B) 9:30 Sip n Chat <b>O</b> 10:15 Country Cruise 1:30 Manicure Madness(B) <b>A</b> 2:30 Mint Milkshakes (B) 6:00 Roll N Bowl</p>	<p><b>15</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Laughter Yoga (B) <b>L</b> 10:15 History of the Hoover Dam (B) 1:30 Bingo (H) <b>K</b> 2:30 Chef's Circle (B) <b>JG</b> 3:15 Novel Conversations w/Cynthia</p>	<p><b>16</b> 9:00 Bible Study w/Ann Tunnin <b>V</b> 9:30 Pump you up Exercise (B) <b>O</b> 11:00 Picnic @ Shades Park 1:00 Just The Guys 1:30 Manicure Madness(B) 2:30 Euchre Club(B)</p>	<p><b>17</b> St. Patrick's Day <b>V</b> 9:30 Balloon Volleyball (B) 1:30 Bingo (ALDR) <b>S</b> 3:00 Karaoke Happy Hour (B)</p>	<p><b>18</b> <b>V</b> 9:30 Motion and Movement (B) <b>K</b> 10:15 Scrapbooking (B) <b>A</b> 1:30 Animal Bingo (B) <b>K</b> 3:15 Ice Cream Social (B)</p>
<p><b>19</b> <b>V</b> 9:30 Morning Meditations (CY) <b>I</b> 10:30 Church Services (H) <b>K</b> 1:30 Sunday Movie Matinee(B)</p>	<p><b>20</b> Spring Begins <b>V</b> 9:30 Cardio Drumming (B) <b>L</b> 10:15 History of the U.S. Mint (B) 1:30 Bingo (H) <b>M</b> 2:30 Sentimental Sing a longs (HC) 3:15 Crazy Can Alley</p>	<p><b>21</b> 9:30 Sip n Chat <b>O</b> 10:15 Dollar Tree 1:30 Manicure Madness(B) <b>A</b> 2:30 Bulbs in Bloom (B) 6:00 Roll N Bowl</p>	<p><b>22</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Chair Yoga Dance (B) <b>L</b> 10:15 History of Mount Rushmore (B) 1:30 Bingo (H) <b>K</b> 2:30 Chef's Circle (B) <b>JG</b> 3:15 Novel Conversations w/Cynthia</p>	<p><b>23</b> Ramadan Begins 9:00 Bible Study w/Ann Tunnin <b>V</b> 9:30 Pump you up Exercise (B) 10:30 Unwrapped <b>O</b> 1:00 Walmart 1:00 Just The Guys 1:30 Manicure Madness(B)</p>	<p><b>24</b> <b>V</b> 9:30 Balloon Volleyball (B) 2:30 Current events <b>S</b> 3:00 Keith Austin Happy Hour (B)</p>	<p><b>25</b> <b>V</b> 9:30 Motion and Movement (B) <b>K</b> 10:15 Scrapbooking (B) <b>A</b> 1:30 Animal Bingo (B) <b>K</b> 3:15 Ice Cream Social (B)</p>
<p><b>26</b> <b>V</b> 9:30 Morning Meditations (CY) <b>I</b> 10:30 Church Services (H) <b>K</b> 1:30 Sunday Movie Matinee(B) <b>I</b> 3:15 Grow your Garden (B)</p>	<p><b>27</b> <b>V</b> 9:30 Cardio Drumming (B) <b>L</b> 10:15 History of The Star Spangled Banner (B) 1:30 Bingo (H) <b>M</b> 2:30 Sentimental Sing a longs (HC) 3:15 Crazy Can Alley</p>	<p><b>28</b> <b>V</b> 9:30 Chair Swimming (B) 9:30 Sip n Chat <b>A</b> 10:15 St Patrick's Day IQ Quiz (H) <b>O</b> 10:30 Lunch @ Golden Corral 1:30 Manicure Madness(B) <b>A</b> 2:30 Bulbs in Bloom (B) 6:00 Roll N Bowl</p>	<p><b>29</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Laughter Yoga (B) <b>L</b> 10:15 History of the Explorer 1 (B) 1:30 Bingo (H) <b>K</b> 2:30 Chef's Circle (B) <b>JG</b> 3:15 Novel Conversations w/Cynthia</p>	<p><b>30</b> 9:00 Bible Study w/Ann Tunnin <b>V</b> 9:30 Pump you up Exercise (B) <b>O</b> 1:00 Dollar Tree 1:00 Just The Guys 1:30 Manicure Madness(B) 2:30 Euchre Club(B)</p>	<p><b>31</b> <b>V</b> 9:30 Balloon Volleyball (B) 1:30 Bingo (ALDR) <b>S</b> 3:00 Happy Hour w/ Doug D (B)</p>	<p>Location Key- S- The Strand H- Hobson ALD- AL Dining Room B- Bistro CY- Courtyard</p> <p>All activities are subject to change. All changes will be</p>

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<p><b>5</b> <b>V</b> 9:30 Morning Meditations (CY) <b>I</b> 10:30 Church Services (H) 11:15 Name That Tune (HCDR) <b>K</b> 1:30 Sunday Movie Matinee(B)</p>	<p><b>6</b> <b>V</b> 9:30 Cardio Drumming (B) <b>L</b> 10:15 History of Yellowstone National Park (B) 11:15 Finish the Lyrics (HCDR) 1:30 Bingo (H) <b>M</b> 2:30 Sentimental Sing a longs (HC) 3:15 Photo Scavenger Hunt</p>	<p><b>7</b> <b>O</b> 10:00 Walmart 11:15 Playing Card Bingo (HCDR) 1:30 Manicure Madness(B) <b>A</b> 2:30 Pot of Gold Door Hanger(B) 3:30 Healthy Hands (HC)</p>	<p><b>8</b> <b>I</b> 9:00 Bible Study (S) <b>V</b> 9:30 Chair Yoga Dance (B) <b>L</b> 10:15 History of the Leprechaun (B) 11:15 Tongue Twisters (HCDR) 1:30 Bingo (H) <b>K</b> 2:30 Chef's Circle (B)</p>	<p><b>9</b> <b>V</b> 9:30 Pump you up Exercise (B) <b>O</b> 10:00 Walmart 11:15 Roy Rogers (HCDR) 1:30 Manicure Madness(B) 2:30 Euchre Club(B)</p>	<p><b>10</b> <b>V</b> 9:30 Balloon Volleyball (B) <b>M</b> 10:00 Leprechaun Hats made from Terra cotta pots 11:15 March Jokes (HCDR) 2:30 Current events <b>S</b> 3:00 Happy Hour w/ The Newburns (B)</p>	<p><b>11</b> <b>V</b> 9:30 Motion and Movement (B) <b>K</b> 10:15 Scrapbooking (B) 11:15 Inspired Quotes (HCDR) <b>A</b> 1:30 Animal Bingo (B) <b>K</b> 3:15 Ice Cream Social (B)</p>
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