












Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>In The Know...</b></p> <p><b>AL Calendar Connection March 3rd</b></p> <p><b>Calendar Review March 3rd</b></p> <p><b>Mary's Chats March 10th</b></p> <p><b>Library Volunteers Meeting March 21st</b></p>		<p><b>AL: Assisted Living</b> AL/DR1: Assisted Living Dining Room AL1: Assisted Living 1st Floor Living Room AL/P: Assisted Living Garden Patio AL2: Assisted Living 2nd Activity Room AL3: Assisted Living 3rd Activity Room B: MG Bus Outing Car: Car Outing Conf: Conference Room (IL 2nd Floor) FC: Fitness Center (IL 1st Floor) FD: Front Desk (IL 2nd Floor)</p> <p><b>IL: Independent Living</b> Oak Room: IL Dining (IL 1st Floor) IL/PDR: Private Dining Room P: Pool (IL 1st Floor) M/WC: Media/Worship Center (IL 1st Floor) IL/CR: IL Craft Room (IL 1st Floor) Pub: IL 1st Floor IL/LR: IL Living Room (IL 2nd Floor) IL/CA: IL Card Room (IL 2nd Floor) Lib: IL Library (IL 2nd Floor) IL3: IL 3rd Floor Lounge IL4: IL 4th Floor Lounge</p> <p>*Denotes that you must sign-up/ preregistered for the program or event*</p> <p>Please sign up for all Bus Outings ASAP in the book located at the Front Desk! Medical Appointments are scheduled on Tuesdays, Wednesdays &amp; Thursdays between 8:30 a.m.- 2:30 p.m. There will be a fee if you do not turn in your request 48 business hours before your appointment.</p> <p>MGTV is your way to know what is going on! Tune in to Direct TV Channel 1-1 &amp; the Community App for the latest information.</p> <p><b>***Programming subject to change***</b></p>		<p><b>1</b> 10:30-Sing Along with JD Good Times Band (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-NC Celtic Dancers (IL/CR) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>The Queen</i> (MGTV)</p>	
<p><b>Scholar Series: The History of the Silk Road</b> Presented by: Dr. Amy O'Keefe</p> <p>March 11th &amp; 25th 3:00 PM   IL/CR</p> <p>Learn the different aspects of the exchange that characterized the ancient Silk Road and made from it a model for our modern understandings of cross-cultural interactions.</p>				<p><b>2</b> 10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Music Video: Schubert: Symphony in C Major (MGTV) 6-Wii Bowling (FC) 7-Sunday Insights: <i>Plenary Sessions w/ Margaret Hamilton</i> (MGTV)</p>	
<p><b>3</b> 9:15-Aquatone (P) *10-Dollar Tree, Marshalls, Five Below (B) 10:30-AL Calendar Connection (AL1) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Mardi Gras Cart Decorating (AL2) 2-Yoga for Better Balance (M/WC) 2-Wii Bowling (FC) 3-Calendar Review (IL/CR) 4-Connections (AL2) 6-10-Game Night (IL/CA)</p> 	<p><b>4 Mardi Gras</b> *9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Blue Zone Tastings (AL2) 11-Balance Worx (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Movercise (IL/CR) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-AL Mardi Gras <i>King Cake Parade</i> (AL2) 6:30-8- "Let the Good Times Roll" Mardi Gras Event (IL/CR &amp; Pub) 6-10-Game Night (IL/CA)</p> 	<p><b>5 Ash Wednesday</b> 9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) *11:30-Lunch Out: Milton's Pizza (B) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Wii Bowling (FC) 2-Best of Jerry Clowers (AL2) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>6</b> *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) *12:15-Temple Theatre Outing (B) 1-BINGO (IL/CR) 1:30-Book Club (Lib) 2-Yoga for Better Balance (AL2) 2-Wii Bowling (FC) 6-10-Game Night (IL/CA)</p> 	<p><b>7</b> *8:30-Banks (Car) 9:15-Aquatone (P) 10:30-Flex &amp; Balance (FC Hall) 10:30-Flexible Friday (AL1) *11-NC Symphony (B) 12-Flower Pick-up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Artworks: Poetry (Lib) 2-Wii Bowling (FC) 2-Movie Matinee: <i>Suffrage</i> (AL2) 3:30-Shabbat (M/WC) 4-Deep Cuts: Novelty Tunes (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>8 Intl. Women's Day</b> 10:30-Are Women "Puzzling"? (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Singer, Don Smith on Guitar (AL1) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>Cabrini</i> (MGTV)</p>
<p><b>10</b> 9:15-Aquatone (P) *10-Hamricks Outing (B) 10:30-Mary's Chat (AL1) 11-Hand Exercise (IL/CR) 12-Lunch &amp; Learn: <i>Camp Century: The Hidden City</i> (M/WC) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (M/WC) 2-Wii Bowling (FC) 2-Nintendo Switch: <i>Basketball</i> (AL3) 3-Mary's Chat (IL/CR) 4-Monthly Mixer with Pianist, Bob Spaziano (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>11</b> *9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Blue Zone Tastings (AL2) 11-Balance Worx (IL/CR) 12:30-Stand Strong (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Historical Women Trivia (AL2) 3-Scholar Series: <i>Buddhism's Journey Along China's Silk Road</i> (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>12</b> 9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Community Communion (M/WC) 1:30-Fitter Sitters (IL/CR) 2-Artworks: <i>Batik</i> (AL2) 2-Wii Bowling (FC) 3-Magnolia GEMS: Patrick/ Legacy Healthcare (IL/CR) 4-Women's History Crayola Coloring (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>13</b> *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (MGTV) 10:30-Pet Therapy (IL/LR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Dance Break: YMCA (AL2) 2-Wii Bowling (FC) 2-Building and Grounds Committee (M/WC) 3-Birthday &amp; Anniversary Party with Zeke on Keyboard (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>14</b> *8:30-Banks (Car) 9:15-Aquatone (P) 10:30-Flexible Friday (AL1) 10:30-Flex &amp; Balance (FC Hall) 11-Legacy Health Chat: Strategies &amp; Equipment for ADLS/ IADLS (M/WC) 12-Flower Pick-up (IL/CR) *12:30-Movie Outing (B) 1-2-Blood Pressure Check (IL/CA) *1-Library (Car) *2-Potato Chip Tasting (AL2) 2-Wii Bowling (FC) 4-Hangman (AL2) 6-10-Game Night (IL/CA)</p> 	<p><b>15</b> 10:30-Muffins and Music (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Shamrock Pin Craft (AL2) 3-Poetry (Lib) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>Amelia</i> (MGTV)</p>
					<p><b>16 March Madness Selection Sunday</b> 10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Music Video: <i>Tchaikovsky-Serenade for Strings</i> (MGTV) 6-Wii Bowling (FC) 7-Sunday Insights: <i>Roots of Hope-John Hunter &amp; Dix Park</i> (MGTV)</p> 
<b>"Purim"</b>					



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<p><b>17 St. Patrick's Day</b></p> <p>9:15-Aquatone (P) *10-Walmart (B) 10:30-Moving on Monday (AL1) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Beyond the Legend: Anthony Quinn (AL2) 2-Yoga for Better Balance (IL/CR) 2-Wii Bowling (FC) 2-St. Patrick's Day Puzzles (AL2) 4-Get Fit with Frankie (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>18</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Blue Zone Tastings (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Movie Buffs (AL2) 3-Scholar Series: <i>The Importance of Being: Earnest Hemmingway</i> (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>19</b></p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Better Than Betty (AL2) 2-Wii Bowling (FC) 3-Low Vision (Lib) 3-Men of the Glen: <i>Escaping Viet Nam</i> Presenters: Harriet Hill &amp; H'Yoan H's Story (IL/CR) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>20 Spring Begins</b></p> <p>Podiatry Visit by Appointment (FD) 9-10-Hearing Aid Check (AL3) *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 12-Women History at High Noon: <i>Listen to How She Changed the World</i> (M/WC) 1-BINGO (IL/CR) 1-Welcome Ambassador Committee Meeting (IL/CA) <b>2-Residents' Association Board Meeting (Lib)</b> 2-Yoga for Better Balance (AL2) 2-Wii Bowling (FC) *2-NC Art Museum: <i>Art In Bloom</i> (B) 6-10-Game Night (IL/CA)</p> 	<p><b>21</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) <b>10-Library Volunteers (Lib)</b> 10:30-Flexible Friday (AL1) 10:30-Flex &amp; Balance (FC Hall) 11-Health Chat: Mind &amp; Memory (M/WC) 12-Flower Pick-up (IL/CR) *12:30-Hinnant Vineyards, Pine Level, NC (B) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Music Bingo (AL2) 3-Shared Treasures (IL/CR) 4-Jenga (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>22</b></p> <p>10:30-Spring Cardmaking (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Providence Church Visit (AL1) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Little Women</i> (MGTV)</p> <p><b>23</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Mozart Piano Concerto</i> (MGTV) 6-Wii Bowling (FC) 7-Sunday Insights: <i>Jewish Learning Institute: Role of Women in Jewish Life</i> (MGTV)</p>																																				
<p><b>24</b></p> <p>9:15-Aquatone (P) *10-Target (B) 10:30-Master Gardeners (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Spring Picket Fence Door Décor Craft (AL2) 4-Puzzle Time (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>25</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) <b>10-Dining Committee (IL/PDR)</b> 10:30-Blue Zone Tastings (AL2) 11-Balance Worx (IL/CR) 12:30-Getting to Know You (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Recollection Road (AL2) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 3-Scholar Series: <i>Modern Explorers of the Silk Road</i> (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>26</b></p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Mexican Train (AL2) 2-Wii Bowling (FC) <b>3-Life Enrichment Committee Mtg. (M/WC)</b> 4-Family Feud (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>27</b></p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Wii Bowling (FC) 2-Dance Break: Cupid Shuffle (AL2) 2-New Resident Essentials (M/WC) 3-Meet Your New Neighbor Social (IL/CR) 6-10-Game Night (IL/CA) 6:30-7:30-Dulcimer Practice (IL/CR) 7-NC Chamber of Music Institute Performance (IL/CR)</p> 	<p><b>28</b></p> <p>9:15-Aquatone (P) 10:30-Flex &amp; Balance (FC Hall) 10:30-Flexible Friday (AL1) *11:30-Fast Food Friday: Char-Grill (B) 12-Flower Pick-up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Book and a Beverage: <i>The Burglar Alarm</i> by: Mark Twain (AL1) 2-Wii Bowling (FC) 2-Artworks: <i>Writing Memoirs</i> (Lib) 3-Art Appreciation (IL/CR) 4-Game of the Week: <i>Pictionary</i> (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>29</b></p> <p>10:30-Cranium Crunch Time (AL1) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) *3-Tea at Three (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: Patch Adams (MGTV)</p> <p><b>30</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 3-Lily on Piano (AL1) 4-Classical Music Video: <i>George Gershwin-Rhapsody in Blue</i> (MGTV) 6-Wii Bowling (FC) 7-Sunday Insights: <i>Daphne Du Maurier</i> (MGTV)</p>																																				
<p><b>31</b></p> <p>9:15-Aquatone (P) *10-Wegmans (B) 10:30-Moving on Monday (AL1) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Decorate the Lobby Tree (AL1) 4-Get Fit with Frankie (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>Getting to Know YOU</b></p> <p>March 25th 12:30 PM IL/CR</p> <p>Join the Life Enrichment team in the IL/CR for a 15-minute session where we want to get to know YOU better! Share your interests, hobbies, and preferences by filling out a lifestyle form. Your insights will help us enhance our programming and create programs you'll love.</p> 	<p><b>**New Program** Dance Break</b></p> <p>March 13th &amp; 27th 2:00 PM AL2</p> <p>Join Brittany &amp; Jess learning some new dance moves that you can do at your next party! Stop by &amp; learn line dancing, seated dancing &amp; overall fun dance moves that you can do seated.</p> 	<p><b>Happy Birthday!</b></p> <table border="0"> <tr> <td>Mike Law</td> <td>Mar. 5</td> <td>Margaret Thurston</td> <td>Mar. 11</td> </tr> <tr> <td>Beba Zevgolish</td> <td>Mar. 6</td> <td>Marcia Sherson</td> <td>Mar. 13</td> </tr> <tr> <td>Janice Mitchener</td> <td>Mar. 6</td> <td>Elizabeth Haith</td> <td>Mar. 20</td> </tr> <tr> <td>Seaborn Curry</td> <td>Mar. 7</td> <td>Bet Helms</td> <td>Mar. 21</td> </tr> <tr> <td>Dot Hicks</td> <td>Mar. 8</td> <td>Harriet Hill</td> <td>Mar. 24</td> </tr> <tr> <td>Adriana D'Adamio</td> <td>Mar. 9</td> <td>Jim Hill</td> <td>Mar. 24</td> </tr> <tr> <td>Ross Haith</td> <td>Mar. 9</td> <td>Dan White</td> <td>Mar. 25</td> </tr> <tr> <td>Mabel Cleveland</td> <td>Mar. 11</td> <td>Celia Chen</td> <td>Mar. 31</td> </tr> <tr> <td></td> <td></td> <td>Sara McBride</td> <td>Mar. 31</td> </tr> </table> 			Mike Law	Mar. 5	Margaret Thurston	Mar. 11	Beba Zevgolish	Mar. 6	Marcia Sherson	Mar. 13	Janice Mitchener	Mar. 6	Elizabeth Haith	Mar. 20	Seaborn Curry	Mar. 7	Bet Helms	Mar. 21	Dot Hicks	Mar. 8	Harriet Hill	Mar. 24	Adriana D'Adamio	Mar. 9	Jim Hill	Mar. 24	Ross Haith	Mar. 9	Dan White	Mar. 25	Mabel Cleveland	Mar. 11	Celia Chen	Mar. 31			Sara McBride	Mar. 31
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