



# March 2023

| Sunday                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                       |
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|                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                         | <b>1</b><br>9:00 Stretch & Relax (HWC)<br>9:30 Bingo (AR)<br>10:30 Seated Exercise (AR)<br>1:30 Hand & Foot (AR)<br>1:30 Cards (AR)<br>1:30 Tai Chi (HWC)<br>2:30 Bible Trivia/Games (CH)<br>6:00 Bridge/Cards (AR)                                                                                                                                                            | <b>2</b><br>9:00 Move&Groove (HWC)<br>9:30 Men's Coffee (AR)<br>11:00 Rosary (CH)<br>11:30 Drumming (AR)<br>1:00 St. Pat's Craft (AL)<br>1:30 Cardio&Coord (HWC)<br>3:00 Puzzle/BeanBag (AR)<br>4:00 Harbor Lights (CH)<br>6:00 Euchre/Pinocle (AR)                                                                                    | <b>3</b><br>9:00 Strength Ex. (HWC)<br>9:30 Women's Coffee & Manicures (AR)<br>10:00 Bridge Class (HI)<br>10:30 Seated Exercise (AR)<br>10:45 Stations of Cross (CH)<br>11:30 Burger Restaurant(LB)<br>1:30 Happy Hour & Karaoke (AR)<br> | <b>4</b><br>9:30 Bingo (AR)<br>1:30 Movie & Popcorn (AR)<br><br><b>SATURDAY MATINEE</b> ★                                                                                      |
| <b>5</b><br>11:00 Chapel Service (CH)<br><br>2:30 Scripture Study (CH)                                                                                            | <b>6</b><br>9:00 Cardio Ex. (HWC)<br>9:30 Bingo (AR)<br>10:30 Seated Exercise (AR)<br>1:30 Show & Tell (AR)<br>1:30 Strength & Bal (HWC)<br>2:30 Memoir Writing (AR)<br>2:30 Inspirational Reading (CH)<br>3:30 Cards (AR)<br>6:00 Games (HI)<br><br> | <b>7</b><br>9:00 Kroger (LB)<br>9:00 Balance Ex. (HWC)<br>9:30 Coffee&Coloring(AR)<br>10:00 Balance4Bagels(HWT)<br>10:45 Catholic Service(CH)<br>11:30 Strength Circuit (FC)<br>1:30 Bingo (AR)<br>2:30 Scripture Study (CH)<br>2:30 Monopoly (AR)<br>3:00 Bldg & Grnd Mtg (RT)<br>6:00 Euchre/Pinocle (HI)<br><br> | <b>8</b><br>9:00 Stretch & Relax (HWC)<br>9:30 Croissant Bingo (AR)<br>10:30 Seated Exercise (AR)<br>11:00 Shoreliner (LB)<br>1:30 Hand & Foot (AR)<br>1:30 Cards (AR)<br>1:30 Tai Chi (HWC)<br>2:30 Bible Trivia/Games (CH)<br>3:00 Culinary Comm (RT)<br>6:00 Bridge/Cards (AR)<br><br> | <b>9</b><br>9:00 Move&Groove (HWC)<br>9:30 Men's Coffee (AR)<br>11:00 Rosary (CH)<br>12:00 Birthday Dinner (RT)<br>1:30 Train Demo (AR)<br>2:30 Knit/Crochet Group(HI)<br>6:00 Parkinson's Support Group (RT)<br>6:00 Euchre/Pinocle (AR)<br><br> | <b>10</b><br>9:00 Strength Ex. (HWC)<br>9:30 Women's Coffee & Manicures (AR)<br>10:00 Bridge Class (HI)<br>10:30 Seated Exercise (AR)<br>10:45 Stations of Cross (CH)<br>1:30 Tea w/Tony Forlini (RT)<br><br>                           | <b>11</b><br>9:30 Bingo (AR)<br>1:30 Movie & Popcorn (AR)<br><br>                         |
| <b>12</b><br>11:00 Chapel Service (CH)<br><br>2:30 Scripture Study (CH)<br><br> | <b>13</b><br>9:00 Cardio Ex. (HWC)<br>9:30 Bingo (AR)<br>10:30 Seated Exercise (AR)<br>1:30 Crossword (AR)<br>1:30 Strength & Bal (HWC)<br>2:30 Memoir Writing (AR)<br>2:30 Inspirational Reading (CH)<br>3:30 Cards (AR)<br>6:00 Games (HI)<br><br>  | <b>14</b><br><b>Potato Chip Day</b><br>9:00 Kroger (LB)<br>9:00 Balance Ex. (HWC)<br>9:30 Coffee&Coloring(AR)<br>10:00 Balance4Bagels(HWT)<br>10:45 Catholic Mass (CH)<br>11:30 Strength Circuit (FC)<br>1:30 Resident Assoc. (RT)<br>2:30 Scripture Study (CH)<br>6:00 Euchre/Pinocle (HI)                                                                                                             | <b>15</b><br>9:00 Stretch & Relax (HWC)<br>9:30 Donut Bingo (AR)<br>10:30 Seated Exercise (AR)<br>11:30 Women's Lunch (LB)<br>1:30 Hand & Foot (AR)<br>1:30 Cards (AR)<br>1:30 Tai Chi (HWC)<br>2:30 Bible Trivia/Games (CH)<br>3:00 Book Group (RT)<br>6:00 Bridge/Cards (AR)                                                                                                 | <b>16</b><br>9:00 Move&Groove (HWC)<br>9:30 Men's Coffee (AR)<br>11:00 Rosary (CH)<br>11:30 Drumming (AR)<br>1:30 Cardio&Coord (HWC)<br>4:00 Harbor Lights (CH)<br>5:00 St. Patrick's Day Dinner Dance (RT)<br><br>                               | <b>17</b><br>9:00 Strength Ex. (HWC)<br>9:30 Women's Coffee & Manicures (AR)<br>10:00 Bridge Class (HI)<br>10:30 Seated Exercise (AR)<br>10:45 Stations of Cross (CH)<br>1:30 Happy Hour & Balloon Volleyball (AR)<br><br>              | <b>18</b><br>9:30 Bingo (AR)<br>1:30 Movie & Popcorn (AR)<br>6:30 Game Night (HI)<br><br> |

# March 2023

| Sunday                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                         |
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| <b>19</b><br>11:00 Chapel Service (CH)<br>2:30 Scripture Study (CH)<br>4:30 Potluck (RT)<br> | <b>20</b><br>9:00 Cardio Ex. (HWC)<br>9:30 Bingo (AR)<br>9:30 MGM Casino (LB)<br>10:30 Seated Exercise (AR)<br>1:30 Word Game (AR)<br>1:30 Strength & Bal (HWC)<br>2:30 Memoir Writing (AR)<br>2:30 Inspirational Reading (CH)<br>3:30 Cards (AR)<br>6:00 Games (HI) | <b>21</b><br>9:00 Kroger (LB)<br>9:00 Balance Ex. (HWC)<br>9:30 Coffee&Coloring (AR)<br>10:45 Catholic Service (CH)<br>11:30 Men's Lunch (LB)<br>11:30 Strength Circuit (FC)<br>1:30 Bingo (AR)<br>2:30 Garden Club Mtg (RT)<br>2:30 Scripture Study (CH)<br>6:00 Euchre/Pinochle (HI)<br> | <b>22</b><br>9:00 Stretch & Relax (HWC)<br>9:30 Bingo (AR)<br>10:30 Seated Exercise (AR)<br>1:30 Hand & Foot (AR)<br>1:30 Cards (AR)<br>1:30 Tai Chi (HWC)<br>2:30 BibleTrivia/Games (CH)<br>3:30 Alzheimer's Support(HI)<br>6:00 Bridge/Cards (AR)                                                                                   | <b>23</b><br>9:00 CVS & Bank (LB)<br>9:00 Move&Groove (HWC)<br>9:30 Men's Coffee (AR)<br>11:00 Rosary (CH)<br>11:30 Drumming (AR)<br>1:30 BUNCO (HI)<br>2:30 Knit/Crochet Group(HI)<br>1:30 Cardio&Coord (HWC)<br>4:00 Harbor Lights (CH)<br>6:00 Euchre/Pinochle (AR) | <b>24</b><br>9:00 Strength Ex. (HWC)<br>9:30 Women's Coffee Manicures (AR)<br>10:00 Bridge Class (HI)<br>10:30 Seated Exercise (AR)<br>10:45 Stations of Cross (CH)<br>1:30 Happy Hour (AR)<br>1:30 Kick-a-roo (AR)<br>2:15 Bobby G (AR)<br> | <b>25</b><br>9:30 Bingo (AR)<br>1:30 Movie & Popcorn (AR)<br> |
| <b>26</b><br>11:00 Chapel Service (CH)<br>2:30 Scripture Study (CH)                                                                                                          | <b>27</b><br>9:00 Cardio Ex. (HWC)<br>9:30 Bingo (AR)<br>10:30 Seated Exercise (AR)<br>1:30 CrosswordPuzzle(AR)<br>1:30 Strength & Bal (HWC)<br>2:30 Memoir Writing (AR)<br>2:30 Inspirational Reading (CH)<br>3:30 Cards (AR)<br>6:00 Games (HI)                    | <b>28</b><br>9:00 Meijer(LB)<br>9:00 Balance Ex. (HWC)<br>9:30 Coffee&Coloring(AR)<br>10:45 Catholic Service (CH)<br>11:30 Strength Circuit (FC)<br>1:30 Bingo (AR)<br>2:30 Scripture Study (CH)<br>2:30 Monopoly (AR)<br>6:00 Euchre/Pinochle (HI)<br>                                  | <b>29</b><br>9:00 Stretch & Relax (HWC)<br>9:30 Bingo (AR)<br>9:30 Fr. Solanus (LB)<br>10:30 Seated Exercise (AR)<br>1:30 Hand & Foot (AR)<br>1:30 Cards (AR)<br>1:30 Tai Chi (HWC)<br>2:30 BibleTrivia/Games (CH)<br>6:00 Bridge/Cards (AR)<br> | <b>30</b><br>8:30 B'fast w/Chaplain(LB)<br>9:00 Move&Groove (HWC)<br>9:30 Men's Coffee (AR)<br>10:30 Easter Craft (AR)<br>11:00 Rosary (CH)<br>11:30 Drumming (AR)<br>1:30 Cardio&Coord (HWC)<br>4:00 Harbor Lights (CH)<br>6:00 Euchre/Pinochle (AR)                  | <b>31</b><br>9:00 Strength Ex. (HWC)<br>9:30 Women's Coffee Manicures (AR)<br>10:00 Bridge Class (HI)<br>10:30 Seated Exercise (AR)<br>10:45 Stations of Cross (CH)<br>1:30 Happy Hour & Balloon Volleyball (AR)<br>3:30 Fish Fry (LB)<br> |                                                                                                                                                  |
|                                                                                                                                                                              |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                       | <div> <b>KEY</b><br/> AR-Activity Room<br/> CH-Chapel<br/> FC-Fitness Center<br/> HI-Harbor Inn Midrise Community Room<br/> HWC-Health &amp; Wellness Center<br/> LB-Lobby<br/> RT-Restaurant </div> <div> <b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b> </div>          |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                  |