

# March 2023

## The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ST. JOSEPH'S DAY 19</b> <b>-wear your red-</b>  9:15 <b>Virt. Catholic Mass (YT)</b>  10:15 <b>Communion w/ OLM</b>  11:15 <b>Exercise Group</b>  2:15 <b>Balloon Bash</b>  3:00 <b>Protestant Service w/ Rev. Cheryl</b>  6:00 <b>Resident Choice Movie (HM)</b> <b><i>The Witches of Eastwick</i> (1987 1:57 Rated-R)</b>	<b>WELCOME SPRING 20</b>  10:30 <b>Hangman—word game (On TV screen)</b>  11:00 <b>Exercise Group</b>  1:45 <b>Quarter Bingo</b>  3:00 <b>Pool Tutorial/Refresher</b>  3:30 <b>Exercise Bike Assist</b>  4:00 <b>Happy Hour</b>  6:15 <b>Hi-Lo Jack</b>	<b>21</b>  10:30 <b>Silver Sneakers (Walking Group)</b>  11:00 <b>Exercise Group</b>  1:30 <b>Crafting w/ Connie</b>  3:00 <b>Fireside Chat (Social group)</b>  6:00 <b>Resident Ambassadors Movie: (AP)</b> <b><i>The King and I</i> (1956 2:13 Rated-G)</b>	<b>22</b>  10:30 <b>Pool Tutorial/Refresher</b>  11:00 <b>Exercise Group</b>  1:45 <b>Quarter Bingo</b>  3:00 <b>Grief Recovery Seminar-Q&amp;A</b>  4:00 <b>Happy Hour</b>  6:15 <b>Mid-Week Movie (HM)</b> <b><i>The Fugitive</i> (1993 2:10 Rated-PG13)</b>	<b>Dr. Golden Podiatry 23</b>  10:30 <b>Silver Sneakers (Walking Group)</b>  11:00 <b>Exercise w/ Jill</b>  1:30 <b>Nail Care</b>  2:30 <b>Menu Chat w/ Paul</b>  3:00 <b>Resident Town Hall</b>  4:00 <b>Music w/ Vini Ames</b>  6:15 <b>Docuseries (NF)</b> <b><i>Secrets of...Castles</i> (S1:E5 Stirling Castle)</b>	<b>24</b>  10:30 <b>AM Crosswords (On TV screen)</b>  11:00 <b>Exercise Group</b>  12:00 <b>Lunch Outing Dan's Place</b>  3:15 <b>Pool Tutorial/Refresher</b>  4:00 <b>Trivia Pub</b>  6:15 <b>Historical Drama (NF)</b> <b><i>The Crown</i> (S5:E2) "The System"</b>	<b>25</b>  10:00 <b>Walking Club</b>  11:15 <b>Exercise Group</b>  1:30 <b>Classic Series: (AP)</b> <b>"Mary Tyler-Moore Show"</b>  1:45 <b>Indoor Bocci Ball</b>  3:00 <b>Word-Brain Games</b>  3:45 <b>Darts</b>  6:00 <b>Cocktails &amp; Cinema (HM)</b> <b><i>Free Willy</i> (1993 1:51 Rated-PG)</b>

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting