

Activity Calendar March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	2 9:30 Water Aerobics 9:30 Group Exercise 1:00 Movie: Sister Act 2 3:30 Wii Bowling	3 *8:30 Chair Yoga with Lee 2:00 Choir 3:45 Water Walking 3:00 Wii Bowling	4 9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> 1:00 Hand & Foot Card	5 10:00 Coffee with Lisa 12:30- 1:30 Book Mobile 1:00 Happy Stickers	6 9:30 Water Aerobics 9:30 Group Exercise 4:00 Happy Hour 6:30 BINGO	7 3:45 Water Walking POOL
8 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	9 9:30 Water Aerobics 9:30 Group Exercise 1:00 Movie: Apollo 13 3:30 Wii Bowling	10 *8:30 Chair Yoga with Lee 10:30 History Club 2:00 Choir 3:00 Tim Coker Speaks 3:45 Water Walking	11 9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> 1:00 Hand & Foot Card Games 6:45 Broadway Thalia Mara Hall	12 10:30 Bible Study with Sam T. 11:00 Senior Social Luau 1:00 Happy Stickers 3:45 Water Walking	13 9:30 Water Aerobics 9:30 Group Exercise 10:00 Scarf Tying Demo 4:00 Happy Hour 6:30 BINGO	14 3:45 Water Walking POOL
15 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service 1:15 New Stage Theatre *1:30 Bridge Games: Cafe	16 9:30 Water Aerobics 9:30 Group Exercise 10:30 Activity Committee 1:00 Movie: The Express: The Ernie Davis Story 3:30 Wii Bowling	17 *8:30 Chair Yoga with Lee 2:00 Choir 3:45 Water Walking 3:00 St. Patrick's Day Social	18 9:30 Water Aerobics 8:00 AARP Smart Driver Course NO EXERCISE 9:30 Catholic Inquiry Class: <u>Dogwood</u> 11-1 Honey for Sale! 1:00 Hand & Foot Card	19 10:00-10:45 Nourish Noggin 12:30- 1:30 Book Mobile 1:00 Happy Stickers 3:45 Water Walking	20 9:30 Water Aerobics 9:30 Group Exercise 10:30 Lunch Bunch Outing at the Gathering	21 3:45 Water Walking POOL
22 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	23 9:30 Water Aerobics 9:30 Group Exercise 1:00 Movie: The Iron Lady 3:30 Wii Bowling	24 *8:30 Chair Yoga with Lee 3:45 Water Walking 2:00 Choir *5:00 Dinner Out at Mermaid Café 	25 9:30 Water Aerobics 9:30 Group Exercise 10:30 Author Karen Brown Speaks Again! 9:30 Catholic Inquiry Class: <u>Dogwood</u> 1:00 Hand & Foot Card	26 9:00 Pajamas & Pancakes Women's Breakfast 1:00 Happy Stickers 3:30 Tim Stanek on Piano 3:45 Water Walking	27 9:30 Water Aerobics 9:30 Group Exercise 1:00pm Wii Bowling Tournament 4:00 Happy Hour 6:30 BINGO	28 3:45 Water Walking POOL 6:45 Bus to MS Symphony Orchestra BRAVO Series Thalia Mara Hall 
29 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	30 9:30 Water Aerobics 9:30 Group Exercise 1:00 Averylle Keesler Speaks NO MOVIE 3:30 Wii Bowling	31 *8:30 Chair Yoga with Lee 2:00 Choir 3:45 Water Walking				

March Activity Highlights and Descriptions- (refer to the FULL calendar and BULLETIN BOARD for all monthly activities & UPDATES)

STAY UP TO DATE! Receive updates and info right to your e-mail. Sign-up for the e-mail blast with Charlene at the front desk.

Sign up at the Transportation Desk for these Bus Trips:

Wed. 11 th	6:45 pm	Thalia Mara Hall
Thurs 12 th	10:00am	Senior Social Luau
Sun. 15 th	1:15 pm	New Stage Theatre Tues
24 th	5:00 pm	Dinner Out! Mermaid Cafe (Madison)
Sat. 28 th	6:45 pm	Bus to MS Symphony Orchestra
Fri. 20 th	10:30 pm	Lunch Bunch Outing: Lunch outing at The Gathering (\$10 Blue Plate Lunch)

Usual Weekly/Monthly Activities

Every Tues	2:00pm	Choir Rehearsal: Act Rm
Thurs. 5 th	10:00am	Coffee with Lisa: Village meeting to get news, updates, and meet the new SCV residents!
Tues. 10 th	10:30am	History Club: Washington's War with Britain: General Washington takes on the greatest empire since the Roman one.

Mark Your Calendars!

Tues.10 th	3:00pm	Music and the Mind with Guest Speaker Timothy Coker from the Mind Center: Come learn about the research that demonstrates the amazing impact that music has on the mind. NO Wii BOWLING
Wed. 11 th		Local Honey for sale in FRONT LOBBY Thurs 5 th and 19 th 12:30-1:30pm Book Mobile (Outside FRONT LOBBY)
Fri. 12 th	10:30am	Scarf Tying Demo: Join us as we learn some of the latest and most fashionable scarf tying techniques. Act Room
Tues. 17 th	3:00pm	St. Patrick's Day Social
Wed. 18 th	8-11:00am	AARP Smart Driver Course: Call activity office to sign up for this course that will be held in the Activity Room.
Thurs. 19 th	10:45am	Nourish Your Noggin: How to Grow Your Brain
Fri. 20 th	1-4:00pm	\$1 Bridge Game: Please SIGN UP ON THE BULLETIN BOARD with your partner! Light refreshments will be served.
Wed. 25 th	10:30am	Local Author Karen Brown Speaks Again! She will share about her amazing journey from a sighted world to a blind world and will give information on the history of the Seeing Eye Dog.
Thurs. 26 th	9:00am	Pajamas and Pancakes: Come Dressed in your PJs for our upcoming Women's Breakfast! Activity Room
Mon. 30 th	1:30pm	Guest Speaker Averylle Keesler- Local author who share exciting and interesting stories about the hidden treasures and adventures of growing up in Jackson, MS.

Physical Fitness/Exercise Opportunities:

Every Tues.	8:30am (\$15) Chair Yoga Class: Certified Chair Yoga Instructor, Lee Parrott walks you through 45 minutes of stretching, strengthening, flexibility, and relaxation. Yoga is beneficial, physically and mentally! *SIGN-UP on the BULLETIN BOARD*
Every M/W/F	
9:30 am	Water Aerobics: Water aerobics is a form of aerobic exercise and strength training IN THE POOL. Great for the joints!
9:30 am	Group Strength Exercise Class: Low Impact stretching and strength exercises (sitting & standing options). TV Screen
9:30 am	Group Aerobic Exercise Class: High Impact strength & CARDIO exercises (sitting & standing options). BIG Screen
Every Tue/Thur/Sat	
3:45 pm	Water Walking: An opportunity to strength train and walk IN THE POOL with other residents.
Mon /Tues	
(M) 3:00/(T) 3:30pm	Wii Bowling: Grab a partner and join us for a fun indoor bowling activity using the Wii System! Tournament is Friday, March 27 th 1pm