

March 2025

INDEPENDENT LIVING ACTIVITY CALENDAR



INDEPENDENT LIVING ACTIVITY CALENDAR						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 3:00 Symphonic Band 4:00 Water Walking
2 10:30 Protestant Service	8:00 - Morning Coffee 3 9:00- Water Aerobics 9:15- Resident Council Meeting 9:30 - Morning Stretch 10:00- Water Aerobics 1:00 - Movie Matinee: Trouble with the Curve	10:00- Coffee with Lisa 4 11:00- BP Checks 1:00- Happy Stitchers 2:00- Fat Tuesday Afternoon Celebration 3:00- Men's Bible Study 4:00- Water Walking	8:00 - Morning Coffee 5 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour of England and Wales 1:00 - Hand and Foot 3:00- Wednesday Bible Study	8:30 - Yoga with Lee 6 9:30 - Low Impact Cardio w/ KLove 2:30 - Photojournalist Ted Jackson Presentation : "You Ought to Do A Story About Me" 4:00 - Water Walking	8:00 - Morning Coffee 7 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 11:00 - Lunch Bunch at Anjou 2:00 - Ping Pong 3:00 - Stations of the Cross (in Chapel) 4:00- Happy Hour 6:30 - Bingo	8 4:00 Water Walking 7:30 Symphony
9 10:30 Protestant Service 4:00 Lent Bible Study	8:00- Morning Coffee 10 9:00 - Water Aerobics 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Activity Committee Meeting 1:00 - Movie Matinee - Shall We Dance	8:00- Morning Coffee 11 9:30- Low Impact Cardio w/ KLove 10:00 – 11:00a- BP Checks 1:00 - Happy Stitchers 3:00- Men's Bible Study 4:00 - Water Walking 5:00- Dinner Out: Lulu Kabab	8:00- Morning Coffee 12 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00- Water Aerobics 10:30- Virtual Tour of England and Wales 10:00 - Origin Bank 11:00 - 1:00p - Honey for Sale 1:00- Hand and Foot 3:00- Wednesday Bible Study	8:00- Morning Coffee 13 9:30 - Low Impact Cardio w/ KLove 1:00- History Club (George Kirkpatrick) 4:00- Water Walking National Popcorn Lovers Day	8:00 - Morning Coffee 14 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - Trip to Pearl River Glass Studio in Jackson 3:00 - Stations of the Cross (in Chapel) 4:00 - Happy Hour 6:30- Bingo	15 4:00 Water Walking
16 10:30 Protestant Service 4:00 Lent Bible Study	8:00- Morning Coffee 17 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - St. Patrick's Day Party	8:00- Morning Coffee 18 8:30- Yoga w/ Lee 9:30- Low Impact Cardio w/ KLove 10:00 - 11:00- BP Checks 10:30 - Home Health Hearing Presentation 1:00 - Happy Stitchers 2:00 - Irish Coffee Treat 2:00 - 3:00p - Book Mobile 3:00 - Men's Bible Study 4:00 - Water Walking	8:00 - Morning Coffee 19 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:30- Virtual Tour of France 1:00- Hand and Foot 3:00- Wednesday Bible Study	8:00- Morning Coffee 20 9:30 - Low Impact Cardio w/ KLove 2:00 - Spring Penny Auction 4:00 - Water Walking	8:00 - Morning Coffee 21 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - \$1 Bridge Game 3:00 - Stations of the Cross (in Chapel) 4:00 - Happy Hour 6:30 - Bingo	22 4:00 Water Walking
23 10:30 Protestant Service 4:00 Lent Bible Study	8:00 - Morning Coffee 24 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00- Movie Matinee - Hairspray	8:00- Morning Coffee 25 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/KLove 10:00 - 11:00a - BP Checks 1:00 - Happy Stitchers 2:00 - Paint Class with Peaches 3:00- Men's Bible Study 4:00 - Water Walking	8:00 -Morning Coffee 26 9:30 -Morning Stretch 9:00 - Water Aerobics 10:00 - Water Aerobics 10:00 - Origin Bank 10:30 -Classic Guitarist: Tonja Miric (in Chapel) 1:00 - Hand and Foot 3:00- Wednesday Bible Study	8:00- Morning Coffee 27 9:30 - Low Impact Cardio w/ KLove 10:30 - Reflections Group 4:00 - Water Walking 4:00 - Current Eventz Meeting	28 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Total Pain Care Presentation 3:00 - Stations of the Cross (in Chapel) 4:00 - Happy Hour 6:30 - Bingo	29 4:00 Water Walking
30 10:30 Protestant Service 4:00 Lent Bible Study	8:00 -Morning Coffee 31 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Live Concert: Neil Diamond: Hot August Night/NYC	Church Services Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room) Lent Bible Study: Every Sunday in March starting March 9th at 4:00pm (Chapel)				