

**SUN MON TUE WED THUR FRI SAT**

<p><b>3:00PM Saxophone Studio Recital (L)</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p><b>8:30 Strength and Conditioning (G)</b> 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>8:00 Walking Group (L)</b> 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Healthcare Forum (EC) 11:00 Mobility &amp; Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)</p>	<p><b>12:15PM CSU Debate (L)</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations &amp; Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p><b>8:00 Walking Group (L)</b> 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility &amp; Balance (AR) 2:00 Food Forum (EC) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>8:30 Strength and Conditioning (G)</b> 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)</p>	<p><b>1:00 Five Crowns Card Game (ACR)</b> 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p><b>Daylight Savings Time Begins</b> <b>3:00PM SCHWOB Rocks Chicago (EC)</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p><b>10:45AM Grief Support (L)</b> <b>2:00PM Feature of the Month</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>2:00PM Cardmaking Class (ACR)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility &amp; Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)</p>	<p><b>8:30 Strength and Conditioning (G)</b> 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p><b>8:00 Walking Group (L)</b> 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility &amp; Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>2:00pm Wii Bowling Championship (EC)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)</p>	<p><b>6:45PM CSO: N VS S Battle of Baroque(AC)</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p><b>2:30pm LCR (EC)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>St. Patrick's Day</b> <b>10:30AM TOWNHALL (EC)</b> <b>3:00pm Mixology (EC)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility &amp; Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)</p>	<p><b>2:30pm Joyful Hearts</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p><b>2:00PM Resident Birthday Party (ACR)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility &amp; Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)</p>	<p>1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p>8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>11:00AM Lunch Trip to Cheddars (L)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility &amp; Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)</p>	<p><b>6:15PM The Thorn (L)</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p><b>WEAR A HAT DAY</b> <b>6:15PM Hairspray the Musical (L)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility &amp; Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p><b>12-3 Fern Sale (FP)</b> <b>3-5PM WELCOME SPRING (EC)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)</p>	<p><b>7:15PM Jerry Seinfeld Comedy Show (L)</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p><b>Palm Sunday</b> <b>6:30PM Cello Recital (EC)</b> 10:00 Little Church at the End of the Hall (ACR) <b>11:00 Grand Buffet (DR)</b> 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p><b>5:00PM Dinner Trip to Mabella's (L)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility &amp; Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)</p>	<p><b>LOCATION KEY</b> AR - Aerobics Room ACR - Arts and Crafts Room DR - Dining Room EC - Event Center</p>	<p>G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater</p>		

**March 2026**

**Independent Living**

