

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MARCH

10:00 a.m. Chapel-JC 1

8:45 a.m. Sit & Be Fit-VSR 2  
 9:30 a.m. Healthy Hands-VSR  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Movie Matinee-AR  
 2:00 p.m. Cardio Drumming -VSR  
 3:45 p.m. Trivia with Val-AR

8:45 a.m. Strong Stability & Balance - VSR 3  
 10:00 a.m. Nails with Lisa- AR  
 2:00 p.m. Bingo -VSR  
 3:45 p.m. Trivia with Lisa-AR  
 6:00 p.m. Card Games -AR

8:00 a.m. Billiards - PR 4  
 8:45 a.m. Strong Stability & Balance -VSR  
 9:30 a.m. Healthy Hands - VSR  
 10:30 a.m. Lunch at Tavern on Clark-ML  
 1:30 p.m. CLR Presentation- WP  
 3:00 p.m. Additional Wellzesta Help - AR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 5  
 9:30 a.m. Moments of Music-ML  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Wellzesta Kiosk Training - VSR  
 2:00 p.m. Bingo-VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 6  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 1:30 p.m. Mendelssohn Performing Arts Club-VSR  
 3:45 p.m. Trivia with Lisa-AR

9:30 a.m. Coffee & Chats-AR 7  
 12:00 p.m. Moments of Music with Margaret-ML  
 1:00 p.m. Piano with Students -ML

10:00 a.m. Chapel-JC 8

8:45 a.m. Sit & Be Fit-VS 9  
 9:30 a.m. Healthy Hands-VSR  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Movie Matinee-AR  
 2:00 p.m. Cardio Drumming -VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 10  
 10:00 a.m. Nails with Lisa- AR  
 10:30 a.m. Chapel -JC  
 1:15 p.m. Valparaiso University Chorale and Chamber Orchestra -VSR  
 3:30 p.m. -Grief group-JC  
 3:45 p.m. Trivia with Lisa-AR  
 4:00 p.m. Happy Hour-ML  
 6:00 p.m. St. Patricks Game-AR

8:00 a.m. Billiards - PR 11  
 8:45 a.m. Sit & Be Fit- VSR  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 1:00 p.m. Bingo with ITAC -WP  
 2:00 p.m. Cardio Drumming-VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance- VSR 12  
 9:30 a.m. Moments of Music-ML  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Additional Wellzesta Help - AR  
 3:00 p.m. Connection Cafe -VSR

8:45 a.m. Strong Stability & Balance - VSR 13  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 2:00 p.m. Bingo-VSR  
 3:45 p.m. Trivia with Lisa-AR

9:30 a.m. Coffee & Chats-AR 14  
 12:00 p.m. Moments of Music with Margaret-ML  
 1:00 p.m. Show & Tell-AR

10:00 a.m. Chapel-JC 15

8:45 a.m. Sit & Be Fit-VSR 16  
 9:30 a.m. Healthy Hands-VSR  
 11:00 a.m. Pizza Party-VSR  
 2:00 p.m. Cardio Drumming -VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 17  
 10:00 a.m. Nails with Lisa- AR  
 10:30 a.m. Chapel -JC  
 10:30 a.m. Delicious Discussions - VSR  
 1:00 p.m. Additional Wellzesta Help - VSR  
 2:00 p.m. Bingo - VSR  
 6:00 p.m. Cookie Decorating-AR

8:00 a.m. Billiards - PR 18  
 8:45 a.m. Strong Stability & Balance - VSR  
 9:30 a.m. Healthy Hands - VSR  
 10:30 a.m. Casino Trip-ML  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance- VSR 19  
 9:30 a.m. Moments of Music-ML  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 a.m. Ed Palweski-ML  
 1:30 p.m. Cookies from Countries-VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 20  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 2:00 p.m. Rockford Symphony Orchestra Performance - VSR  
 3:45 p.m. Trivia with Lisa-AR

9:30 a.m. Coffee & Chats-AR 21  
 12:00 p.m. Moments of Music with Margaret-ML  
 1:00 p.m. Reminisce -AR

10:00 a.m. Chapel-JC 22

8:45 a.m. Strong Stability & Balance - VSR 23  
 9:00 a.m. Additional Wellzesta Help - AR  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Expanding Fiber Art Group-AR  
 2:00 p.m. Cardio Drumming -VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 24  
 10:00 a.m. Nails with Lisa- AR  
 10:30 a.m. Chapel -JC  
 2:00 p.m. Bingo -VSR  
 3:45 p.m. Trivia with Lisa-AR  
 4:00 p.m. Happy Hour-ML  
 6:00 p.m. Crafty Cards -AR

8:00 a.m. Billiards - PR 25  
 8:45 a.m. Strong Stability & Balance - VSR  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 12:30 p.m. Trip to Candy Cloud-ML  
 3:45 p.m. Trivia with Lisa-ML

8:45 a.m. Strong Stability & Balance- VSR 26  
 9:30 a.m. Moments of Music-ML  
 10:00 a.m. Bards Easter Program-WP  
 1:30 p.m. Resident Council Meeting-WP  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 27  
 9:30 a.m. Healthy Hands - VSR  
 10:00 a.m. Nails with Lisa- AR  
 1:30 p.m. Classic Chorale -VSR  
 3:45 p.m. Trivia with Lisa-AR

9:30 a.m. Coffee & Chats-AR 28  
 12:00 p.m. Moments of Music with Margaret-ML  
 1:00 p.m. Show & Tell-AR

10:00 a.m. Chapel-JC 29

8:45 a.m. Strong Stability & Balance - VSR 30  
 10:00 a.m. Morning Showdown Games with Lisa-AR  
 1:00 p.m. Movie Matinee-AR  
 2:00 p.m. Cardio Drumming -VSR  
 3:45 p.m. Trivia with Lisa-AR

8:45 a.m. Strong Stability & Balance - VSR 31  
 10:00 a.m. Nails with Lisa- AR  
 10:30 a.m. Chapel -JC  
 2:00 p.m. Bingo -VSR  
 3:45 p.m. Trivia with Lisa-AR  
 6:00 p.m. Bracelet Making with Hedy -AR

Assisted Living  
 Calendar  
  
 Extraordinary Senior Living

*Location Key*  
 WP - Willows Place VSR - Van Sickle Room  
 JC - Johns Chapel  
 RGP - Rose Garden Patio  
 ML - Main Lobby SL - Swingley Lounge  
 AR - Activity Room 2<sup>nd</sup> Floor C Wing  
 PR - Pool Room