Independent Living Calendar March to the Beat of Spring

Independent Living calendar warder to the Doat of Spring					MARCH 2024	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>SATURDAY</u>
Easter Sunday 31 9:30 Easter Sunday Mass (Cpl/1901) 11:00 Video Exercise 1901) 1:30 Bridge (CR) 6:00 Travel: Rick Steves European 6:00 Travel: Rick Steves European Easter (1901) 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 11:00 Video Exercise 1901) 11:00 Video Exercise 1901) 11:00 Video Exercise 1901) 11:00 Video Exercise 1901) 1:30 Bridge (CR) 6:00 Documentary: "The Vibrant Celebration of Spring" (1901)	9:00 Vitals Clinic ER) 9:30 Mass (Chapel/1901) 10:30 Shopping <u>Trader Joe's</u> 10:15 Stretch w/Jen (MPR) 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:00 Outing <u>Stroll w/ Shannon @</u> Hawk Hollow	9:00 Outing Breakfast @ 5 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) 10:15 Exercise w/ Jen (MPR) 10:30 Fresh Fruit (OTP) 10:30 Name Tag Maintenance (OTP) 1:00 Phase 10 Card Games (AC)	9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) 10:00 Outing Orchid Show@ Botanical Garden & Lunch 1:00 Bridge (DR) 2:30 Parkinson's Support Grp (CR) 2:30 Scrabble (AC)	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 "31" Card Game (AC) 11:00 Create & Make (AC) 1:00 Farkle (AC) 1:15 Green River Floats & Meet Greet New Dining Manager (CMS)	Wear Purple Pancreatic Cancer 1 10:15 Adoration (Chapel) 10:30 Shopping Jewel 10:30 Ship-Bo (AC) Image: Concent of the second of the seco	2 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 1:30 BEATS Exercise Class w/Helen (CR) 6:00 Movie: "Indiana Jones" (CR) 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 10:30 Mexican Train (AC) 1:00 Skip -Bo (AC) 1:30 Presentation <u>"Healthy</u> Spring" (CR) 1:30 Scrabble (CR)
	1:15 Close Knit Club(BR) 1:30 Jenga (OTP) 6:15 Rummikub (CR)	1:30 Block Party (3 rd Floor) 6:30 Rosary/Lenten Retreat-Mercy (CR) 7:00 Qigong Video Exercise (1901)	6:00 Outing " <u>The Reigning</u> <u>Bluegrass</u> @ Bartlett Library 6:00 Documentary: <u>"Sahara</u> Secret Garden" (1901) GARDEN	2:00 Money Bingo (CR) 6:30 Poker (AC) 6:30 Lenten Retreat-Mercy (CR) 7:00 Qigong Video Exercise (1901)	3:00 Blarney & Cheer (OTP) 6:00 Movie: <u>"Suffragette"</u> (CR) 6:30 Stations of the Cross(1901)	6:00 Movie <u>: "The Women King" (</u> CR)
Daylight Savings 10 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 11:00 Video Exercise 1901) 1:30 Bridge (CR) 6:00 Women in History:	9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) 1:30 Shopping Target 10:15 Stretch w/Jen (MPR) 11:00 Finding God (CR) 1:00 Stroll w/Shannon (OTP) 1:00 Skip-Bo (AC) 1:30 Presentation "Rockford Peaches" by Historian Rebecca Tulloch (CR) 6:30 Outing "History of Vaudeville@ Bartlett Library	12 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) 10:15 Exercise w/ Jen (MPR) 10:30 Make Bunny Cup Racer(AC) 1:00 Phase 10 Card Games (AC) 1:30 LEFT, RIGHT,CENTER (OTP) 6:00 Women in History: <u>Eleanor</u> <u>Roosevelt</u> (1901) 6:30 Rosary/Lenten Retreat-Mercy(CR) 7:00 Qigong Video Exercise (1901)	9:30 Mass (Chapel/1901) 10:00 Shopping Goodwill/Dropoff 10:15 Aerobic Exercise w/Jen (MPR) 12:15 Outing SCARCE Tour & Dinner @ Dapper's Restaurant 1:00 Bridge (DR) 2:30 Caregivers Support Grp (CR) 2:30 Scrabble (AC) 6:15 Rummikub (CR)	9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Color Therapy Pages (AC) 1:00 Farkle (AC) 1:30 Bible Study (BR) 1:30 Entertainment <u>"Songs of</u> Ireland" by Rick Pickren (MPR) 2:30 LUCKY Bingo (CR)	10:30 Skip-Bo (AC) 10:30 Meditation w/Vicky (MPR) 10:30 Soda Bread & Irish Coffee (OTP)	16 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 11:00 Create & Make (AC) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 1:30 Bunny Cup Race (OTP) ★ 6:00 Movie: "Brooklyn" (CR)
St. Patrick's Day 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 1:30 Bridge (CR) 5:00 It's Time to get the Paddy Started Sunday Evening Gathering (CMS) 6:00 History: "Who was St. Patrick" (1901) Everyone's Irish on March 17th.	18 9:00 Vitals Clinic ER) 9:30 Mass (Chapel/1901) 10:30 Shopping Walmart 10:15 Stretch w/Jen (MPR) 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:00 Meet &Greet Bus Driver "Pete" (CMS) 1:15 Close Knit Club(BR) 2:00 Shopping Tony's 6:15 Rummikub (CR)	St. Joseph's Day/ Spring Begins199:30 Water Aerobics w/ Jen (Pool)9:30 Mass (Chapel/1901)9:30 Mass (Chapel/1901)"""""""""""""""""""""""""""""""""	Birthday Dinner 20 9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen 10:15 Aerobic Exercise w/Jen Image: Chapel/1901) 10:30 Shopping Aldi/CVS Image: Chapel/1901) 10:30 Shopping Aldi/CVS Image: Chapel/1901) 10:30 Shopping Aldi/CVS Image: Chapel/1901) 10:00 Bridge (DR) Image: Chapel/1901) 1:00 Outing Painting Class (a) Image: Chapel/1901) 1:30 Crafternoon w/Anna (AC) Image: Chapel/1901) 2:30 Grief Support Grp (CR) Image: Chapel/1901) 2:30 Scrabble (AC) Image: Chapel/1901) 6:15 Rummikub (CR Image: Chapel/1901)	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Spring Flower Planting (CR) 1:00 Farkle (AC) 1:30 Lutheran Service (Chapel) 2:00 Money Bingo (CR) 6:00 Women in History "Marie Curie" _(1901) 6:30 Poker (AC) 6:30 Lenten Retreat-Mercy (CR) 7:00 Qigong Video Exercise (1901)	Wear College: March Madness 22 9:30 Mass (Chapel/1901) 10:30 Shopping Target★ 10:30 Ship-Bo (AC) 1:30 Shopping Jewel 1:30 Minds Matter (CR) ★ 2:00 Chair Yoga w/Vicky (MPR) ★	
Palm Sunday 24 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 11:30 Bridge (CR) 6:00 Women in History: <u>"Mary of Nazareth"</u> (1901)	9:00 Vitals Clinic ER) 9:30 Mass (Chapel/1901) 10:30 Shopping Caputos 10:15 Stretch w/Jen (MPR) 11:00 Finding God (CR) 12:45 Shopping Jewel 12:45 Outing Luxury Nails 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) 1:30 Crafternoon w/Anna (AC) 6:15 Rummikub (CR)		27 9:30 Mass (Chapel/1901) 10:15 Video Exercise (1901) 11:00 Outing Bumpers, Billiards & Burgers @ O'Hare's Pub 1:00 Bridge (DR) 1:00 Bridge (DR) 1:00 Craft Class w/ Hanover (AC) 2:30 Scrabble (AC) 6:15 Rummikub (CR)	Holy Thursday 28 9-12pm Balance Assessments10:30 Video Exercise (1901)1:00 Farkle (AC)2:00 Non-Denominational (Cpl)2:00 Money Bingo (CR)3:00 Minds Matter (CR)6:30 Poker (AC)7:00 Holy Thursday Mass (Cpl)	10:30 Shopping Walmart10:30 Skip-Bo (AC)1:00 Farewell to Paul (CMS)3:00 Good Friday Service (Cpl/1901)	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 10:30 Gin Rummy (AC) 1:00 Skip -Bo (AC) 1:15 Color Eggs (AC) ★ 1:30 Scrabble (CR) 6:00 Movie: "The First Wives Club" (CR)



MARCH 2024

CALENDAR / DESCRIPTIONS KEY	Room Abbreviation Key		
	(CPL) – Chapel		
Registration Required	1901 – In House TV - Touchtown		
	(LR) – Living Room		
	(CH) – Clare Hall / Gym		
Walking Required	(CR) – Card Room		
RED	(OTP) – Oak Tree Pub		
Outing or Shopping Trip	(AC) – Arts & Crafts Room		
	(CMPR) - Computer Room		
BOLD Special Program	(FC) – Fitness Center		
	(SP) – Swimming Pool		
<u>PILLARS OF WELLNESS KEY</u> I-Intellectual- Minds Matter, Tech Class, Townhall			
S-Social- Community Events, Entertainment, Craft,	(DR) – Main Dining Room		
Games, Outings, Happy Hours, Poker	(BR) – Bartlett Dining Room		
E-Environment-Recycle, Gardening	(CMS) – Commons		
SP-Spiritual- Mass, Rosary, Non-Denominational, Lutheran, Deacon Discussions, Finding God, Bible Study	(CCY) - Courtyard		
P-Physical- Exercise, Water Aerobics, Stroll, Chair Yoga,	(MPR) – Multipurpose Room		
Meditation, Qigong	(CMS) – Mini Mart		
EM-Emotional- Support Groups	(LIB) – Library		
N-Nutrition-Presentations, Fresh Fruit	(ML) - Maple Lane		
F-Financial- Affordable Shopping & Outings	(GR) – Game Room		

Arr Registration Reminders.....

If you are registering for a program, outing or special event, <u>please</u> <u>check the "register by" date</u>. If you are not signed-up by this "register by" date, we cannot guarantee you a spot or ticket.

We are not able to issue refunds after the "register by" date listed. Please make sure if you are not able to attend that you cancel prior to the date listed or your account will be charged.

If we do not have the "<u>minimum</u> <u>number</u>" registered for a program, event, or outing, <u>it will be canceled</u> on the "register by" date.