


Independent Living Calendar

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p style="text-align: center;">Brain Fitness Friday</p> <p>8:00 Men's Friday Morning Omelet Group (WWDR) 1</p> <p>9:00 Intermediate Water Aerobics (P)</p> <p>9:15 Tai Chi Class (GR)</p> <p>10:00 Knit n' Crochet (RR)</p> <p>10:00 Bible Study (GL)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 Arthritis Foundation Exercise Class (GR)</p> <p>1:00 Choir Practice (AUD)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:30 Balance & Strength (GR)</p> <p>3:00 Mocktail Happy Hour (ML)</p> <p>7:00 Entertainment: Regan Rankin School of Irish Dance (AUD)</p> <p>7:00 Chicken Foot Dominoes (GR)</p>	<p>9:00 Stuffed Dog Committee (RR) 2</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>2:00 Saturday Movie Matinee: the Terminal (IHC)</p> <p>6:00 EveningChat: Topic – A Trip to Remember. (ML)</p> <p>7:00 Euchre (RR)</p>
<p>2:00 Sunday Afternoon DVD: M*A*S*H (RR) 3</p> <p>4:00 Vespers (AUD & IHC)</p> <p>5:00 Ping Pong (GR)</p>	<p>9:00 Intermediate Water Aerobics (P) 4</p> <p>10:00 Meet the Dietitian (L)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:00 DVD: The Crown – Mrs. Kennedy (RR)</p> <p>2:00 Quick Trip: Dessert at Steak & Shake (WC)</p> <p>2:30 Balance & Strength (GR)</p> <p>6:30 Bridge (RR)</p> <p>7:00 Rummikub Game (ML)</p>	<p>9:00 Arthritis Foundation Aquatics (P) 5</p> <p>9:00 Prayer Group (CH 5E)</p> <p>9:30 Tai Chi Exercise Video (GR)</p> <p>10:00 IL Bank Trip (ML)</p> <p>10:00 Stride & Stretch (RR)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:00 Delay the Disease Parkinson's Exercise Class (FC)</p> <p>1:00 Billiards (RR)</p> <p>1:00 Neighbors in Conversation (ML)</p> <p>1:30 Pulmonary Exercise (FC)</p> <p>2:30 Line Dance Class (GR)</p> <p>6:30 Prayer Group (CH 5E)</p> <p>7:00 Mardi Gras Celebration with Curtis Chamberlain (AUD)</p>	<p>9:00 Intermediate Water Aerobics (P) 6</p> <p>10:00 Kroger Trip (WC)</p> <p>10:00 Library Book Club (L)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:00 DVD: National Geographic – American Presidents, Part 1 (RR)</p> <p>2:30 Balance & Strength (GR)</p> <p>6:00 Advanced Water Aerobics (P)</p> <p>7:00 Ash Wednesday Service (AUD)</p>	<p>9:00 Arthritis Foundation Aquatics (P) 7</p> <p>10:00 30 Minute Balance Class (FC)</p> <p>10:00 Balance & Brains (AR AL)</p> <p>10:00 Kroger Trips (ML)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>1:30 Bible Study DVD: Age of the Apostles (RR)</p> <p>2:00 Tai Chi for Balance (GR)</p>	<p style="text-align: center;">Brain Fitness Friday</p> <p>8:00 Men's Friday Morning Omelet Group (WWDR) 8</p> <p>9:00 Intermediate Water Aerobics (P)</p> <p>9:15 Tai Chi Class (GR)</p> <p>10:00 Knit n' Crochet (RR)</p> <p>10:00 Bible Study (GL)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 Arthritis Foundation Exercise Class (GR)</p> <p>1:00 Choir Practice (AUD)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:30 Balance & Strength (GR)</p> <p>3:00 Mocktail Happy Hour (ML)</p> <p>7:00 Guild Movie & Popcorn Night: Mama Mia, Here We Go Again (AUD)</p>	<p>9:00 Stuffed Dog Committee (RR) 9</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>2:00 Saturday Movie Matinee: He Named Me Malala (IHC)</p> <p>6:00 Evening Chat - Topic: A Really Good Book (ML)</p> <p>7:00 Euchre (RR)</p>
<p>4:00 Vespers (AUD & IHC) 10</p> <p>5:00 Ping Pong (GR)</p>	<p>9:00 Intermediate Water Aerobics (P) 11</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:00 Watercolor Painting Class (RR)</p> <p>2:30 Balance & Strength (GR)</p> <p>6:30 Bridge (RR)</p> <p>7:00 Rummikub Game (ML)</p>	<p>9:00 Arthritis Foundation Aquatics (P) 12</p> <p>9:00 Prayer Group (CH 5E)</p> <p>9:30 Tai Chi Exercise Video (GR)</p> <p>10:00 IL Bank Trip (ML)</p> <p>10:00 Stride & Stretch (RR)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:00 Delay the Disease Parkinson's Exercise Class (FC)</p> <p>1:00 Billiards (RR)</p> <p>1:00 Neighbors in Conversation (ML)</p> <p>1:30 Pulmonary Exercise (FC)</p> <p>2:00 New Resident Reception (AUD)</p> <p>2:30 Line Dance Class (GR)</p> <p>6:30 Prayer Group (CH 5E)</p> <p>7:00 Team Trivia with Spencer (AUD)</p>	<p>9:00 Intermediate Water Aerobics (P) 13</p> <p>10:00 Kroger Trip (WC)</p> <p>10:00 Catholic Eucharist (AUD)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>11:30 Women Who Care (WWDR)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:00 DVD: National Geographic – American Presidents, Part 2 (RR)</p> <p>2:30 Balance & Strength (GR)</p> <p>4:30 Birthday Celebration at the Evening Meal (WDR)</p> <p>6:00 Advanced Water Aerobics (P)</p> <p>7:00 EdCom: The Men Who Built America, Part 6 (AUD)</p>	<p>9:00 Arthritis Foundation Aquatics (P) 14</p> <p>10:00 30 Minute Balance Class (FC)</p> <p>10:00 Balance & Brains (AR AL)</p> <p>10:00 Kroger Trips (ML)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>1:30 Bible Study DVD: From Apocalypse to Heresies (RR)</p> <p>2:00 Tai Chi for Balance (GR)</p> <p>3:00 Resident Update (AUD)</p> <p>7:00 Lenten Service (AUD)</p>	<p style="text-align: center;">Brain Fitness Friday</p> <p>8:00 Men's Friday Morning Omelet Group (WWDR) 15</p> <p>9:00 Intermediate Water Aerobics (P)</p> <p>9:00 Trip: Columbus Symphony Orchestra Dress Rehearsal and Lunch at MCL Cafeteria (WC)</p> <p>9:15 Tai Chi Class (GR)</p> <p>10:00 Knit n' Crochet (RR)</p> <p>10:00 Bible Study (GL)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 Arthritis Foundation Exercise Class</p> <p>1:00 Choir Practice (AUD)</p> <p>1:30 Seated Strength & Abs (GR)</p> <p>2:30 Balance & Strength (GR)</p> <p>2:30 St. Patrick's Day Mocktail Happy Hour (AUD)</p> <p>3:00 Entertainment: St. Patrick's Day Bagpipes (AUD)</p> <p>7:00 Sing Along (AUD)</p> <p>7:00 Chicken Foot Dominoes (GR)</p>	<p>9:00 Stuffed Dog Committee (RR) 16</p> <p>9:15 Trip: Dublin St. Patrick's Day Parade</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:00 Hearing Loss Presentation (GR)</p> <p>2:00 Saturday Movie Matinee: Robot & Frank (IHC)</p> <p>6:00 Evening Chat - Topic: If I Could Have Dinner with Anyone (ML)</p> <p>7:00 Euchre (RR)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 2:00 Sunday Afternoon DVD: Mary Tyler Moore (RR) 4:00 Vespers (AUD & IHC) 4:30 St. Patrick's Day Social (ML) 5:00 Ping Pong (GR)	18 9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:00 DVD: The Crown – Paterfamilias (RR) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 4:30 Mystery Guest Dinner Out to Olive Garden (WC) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	19 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (CH 5E) 9:30 Tai Chi Exercise Video (GR) 10:00 IL Bank Trip (ML) 10:00 Stride & Stretch (RR) 10:30 Intermediate Water Aerobics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Pulmonary Exercise (FC) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Mark Gordan Gaskill "On Broadway" (AUD)	20 9:00 Intermediate Water Aerobics (P) 10:00 Kroger Trip (WC) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 1:30 Trip to Wal-Mart, Bethel Rd (WC) 2:00 DVD: National Geographic – American Presidents, Part 3 (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Germany's Romantic Road & The Rhine & Mosel Rivers (AUD)	21 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance & Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 11:15 Columbus Metropolitan Library Visit (L) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 2:00 Popcorn Buffet (ML) 4:00 Drama Group (RR) 7:00 Lenten Service (AUD)	22 Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Intermediate Water Aerobics (P) 9:15 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 4:15 Dinner Out: St. Joan of Arc Fish Fry (WC) 7:00 Movie Night: The Prize Winner of Defiance, Ohio (AUD)	23 9:00 Stuffed Dog Committee (RR) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: The BFG (IHC) 6:00 Evening Chat - Topic: A Day That Stands Out (ML) 7:00 Euchre (RR)
24 10:00 Catholic Liturgy of the Word and Communion (AUD) 2:00 Sunday Afternoon DVD: Hogan's Heroes (RR) 4:00 Vespers (AUD & IHC) 5:00 Ping Pong (GR)	25 9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 2:00 Zentangle Art Class (RR) 2:30 Balance & Strength (GR) 6:30 Bingo Game Night with OSU Students (AUD) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	26 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (CH 5E) 9:30 Tai Chi Exercise Video (GR) 10:00 IL Bank Trip (ML) 10:00 Stride & Stretch (RR) 10:30 Intermediate Water Aerobics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Pulmonary Exercise (FC) 2:00 Town Hall Meeting (AUD) 2:30 Line Dance Class (GR) 5:00 Schmidt's Food Truck Picnic Dinner In (RR) 11:00 Hearing Loss Presentation (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Buckeye State Harmonica (AUD)	27 9:00 Intermediate Water Aerobics (P) 10:00 Kroger Trip (WC) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 2:00 DVD: Mystery of the Senses – Hearing (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Earth's Natural Wonders - Life at the Extremes (AUD)	28 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance & Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 7:00 Lenten Service (AUD)	29 Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 8:30 A Time for Veterans – Breakfast Together (WDR) 9:00 Intermediate Water Aerobics (P) 9:15 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Movie Night: Book Club (AUD)	30 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: A Brilliant Young Mind (IHC) 6:00 Evening Chat - Topic: Travel Near & Far (ML) 7:00 Euchre (RR)
31 4:00 Vespers (AUD & IHC) 5:00 Ping Pong (GR)						

Location Key:

L - Library
 P - Pool
 BS - Beauty Shop
 CR - Conference Room
 FC - Fitness Center
 FD – Front Drive
 FP - Front Patio

GL - Garrison Lounge
 GP - Green Patio
 GR - Guild Room
 ML - Main Lobby
 RR - Ravine Room
 WC - Wellness Center
 1EL - 1st Floor East Lounge
 4WL - 4th Floor West Lounge

AUD – Auditorium
 IHC - In-House Channel
 WDR - Wood Dining Room
 WC - Wellness Center
 AR AL - Activity Room, Assisted Living
 CH 5E - Chapel 5th Floor East
 EWDR - East Wood Dining Room
 WWDR - West Wood Dining Room

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