

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2018

Independent Living Calendar

<p>9:00-10:00 Lap Swim AC 10:30 Sunday Brunch DR 3:00 – Concert in the Lobby 5:00-7:00 Open Swim AC</p>	<p>10:00 Needlework AR 11:00 Balance- FC 1:00 Dining Services Committee C 2:00 Shopping: Wal-Mart 2:30 Basic Aerobics- FC 3:00 Blood Pressure Clinic- L 6:45 Bingo CL 7:00 Poker PR</p>	<p>9:00-10:00 Open Swim AC 10:30 Low Impact Aerobics- FC 2:00 Penny Poker PR 3:00 Tai Chi for Balance- FC 6:30 Hudson Alpha- CL 6:45 Party Bridge CR</p>	<p>10:30 Brain Games AR 10:30 Island Poolside Party 1:00 Village Chorus CL 1:30 Hawaiian Meditation- FC 2:30 Learn to Line Dance- FC 6:30 Duplicate Bridge CR 7:00 Not So Newly Wed Game- CL</p>	<p>10:30 Low Impact Aerobics- FC 10:30 Shopping for Swim Suits and Lunch 11:00 Basket Making AR 3:00 Gentle Stretching FC 4:00 Hymns with Marge L 6:30 Dominos AR 7:00 Bible Study CR 7:00 Poker PR</p>	<p>9:00 Dr. Jacobs, Anti-Inflammatory Diet- CL 10:00 Hearing Aid Check AR 10:30 Basic Aerobics 11:00 Balance 1:30 Puzzles G 3:00 Stories read by Louise AR 6:30 Hand and Foot CR</p>	<p>9:30- Essential Oils 101- CL 10:30 Bridge Lessons CR 3:00 Tai Chi for Balance- FC 5:00-7:00 Open Swim AC 7:00 Movie Night See white board for movie information.</p>
<p>9:00-10:00 Lap Swim AC 10:30 Sunday Brunch DR 3:00 – Concert in the Lobby 5:00-7:00 Open Swim AC</p>	<p>10:00 Needlework AR 11:00 Balance- FC 1:00 Dining Services Committee C 2:00 Shopping: Wal-Mart 2:30 Basic Aerobics- FC 3:00 Blood Pressure Clinic- L 6:45 Bingo CL 7:00 Poker PR</p>	<p>9:00-10:00 Open Swim AC 10:30 Low Impact Aerobics- FC 2:00 Penny Poker PR 3:00 Tai Chi for Balance- FC 6:30 Hudson Alpha- CL 6:45 Party Bridge CR</p>	<p>10:30 Brain Games AR 10:30 Island Poolside Party 1:00 Village Chorus CL 1:30 Hawaiian Meditation- FC 2:30 Learn to Line Dance- FC 6:30 Duplicate Bridge CR 7:00 Not So Newly Wed Game- CL</p>	<p>9:00 Spa Time- CL 10:30 Low Impact Aerobics- FC 11:00 Basket Making AR 1:30 Hawaiian Yoga 2:00 Commissary 2:30 Hawaiian Jewelry- AR 6:30 Dominos AR 6:30 Poker & Pina Coladas-CL 7:00 Bible Study CR</p>	<p>9-11:30 Paint & Palette AR 10:15 Basic Aerobics- FC 10:30 Captain's Social- Cafe 11:00 Balance- FC 1:30 Cooking Demo- C 1:30 Puzzles G 3:30 Luau, Steel Drums- CL 6:30 Hand and Foot CR 7:00 Hawaiian Movie Night</p>	<p>9-10:00 Lap Swim AC 10:30 Bridge Lessons CR 2:00 Resident 1st Aid/AED Class- CL 3:00 Tai Chi for Balance-FC 5:00-7:00 Open Swim AC 7:00 Movie Night See white board for movie information.</p>
<p>9:00-10:00 Lap Swim AC 10:30 Sunday Brunch DR 3:00 Concert in the Lobby John Tinger-Instrumental 5:00-7:00 Open Swim AC <small>Daylight Saving Time Begins</small></p>	<p>9:00 Bank Trip 10:00 Needlework AR 11:00 Balance- FC 1:00-3:00 Parkway Place 2:00 Shopping: Wal-Mart 2:30 Basic Aerobics- FC 3:00 Blood Pressure Clinic L 6:45 Bingo CL 7:00 Poker PR</p>	<p>9:00-10:00 Open Swim AC 9:30 Catholic Service AL 10:00 Nourishment Class- C 10:30 Low Impact Aerobics- FC 12:00 Lunch W/ Jane- B Wing 3rd Floor- DR 2:00 Penny Poker PR 2:00 Resident Council CL 6:30 Hudson Alpha- CL 6:45 Party Bridge CR</p>	<p>10:00 Fit for a cure- AR 10:30 Brain Games AR 11:00 Balance- FC 1:00 Village Chorus CL 1:30 Qi Gong- FC 2:30 Basic Aerobics- FC 3:30 Housekeeping Committee C 6:30 Duplicate Bridge CR</p>	<p>10:00 Nourishment Class- C 10:00 Volunteering Downtown Rescue Mission 10:30 Low Impact Aerobics-FC 3:00 Gentle Stretching FC 4:00 Hymns with Marge L 6:30 Dominos AR 7:00 Bible Study CR 7:00 Poker PR</p>	<p>10:15 Basic Aerobics- FC 11:00 Balance- FC 1:30 Puzzles G 1:00 Pool Tournament- Residents Vs Associates- BR 3:00 Stories read by Louise AR 6:30 Hand and Foot CR</p>	<p>9-10:00 Lap Swim AC 9:30- Essential Oils 101- CL 10:30 Bridge Lessons CR 3:00 Tai Chi for Balance-FC 5:00-7:00 Open Swim AC 7:00 Movie Night See white board for movie information. <small>St. Patrick's Day</small></p>
<p>9:00-10:00 Lap Swim AC 10:30 Sunday Brunch DR 3:00 Concert in the Lobby: Michael Young Saxophone 5:00-7:00 Open Swim AC</p>	<p>10:00 Needlework AR 10:00 Kroger and Aldi's 11:00 Balance- FC 1:30 Qi Gong- FC 2:00 Shopping: Wal-Mart 2:30 Basic Aerobics- FC 3:00 Blood Pressure Clinic L 6:45 Bingo CL 7:00 Poker PR</p>	<p>9:00-10:00 Open Swim AC 10:30 Low Impact- FC 2:00 Penny Poker PR 2:00 Nourishment Class- C 3:00 Tai Chi for Balance- FC 6:45 Party Bridge CR</p>	<p>10:30 Brain Games AR 11:00 Balance- FC 12:00 Happy Birthday March Luncheon DR 1:00 Village Chorus CL 1:30 Qi Gong- FC 2:30 Basic Aerobics- FC 6:30 Duplicate Bridge CR</p>	<p>10:30 Outing with Monique 10:30 Low Impact Aerobics-FC 11:00 Basket Making AR 2:00 Annual State of the Village- CL 4:00 Hymns with Marge L 6:30 Dominos AR 7:00 Bible Study CR 7:00 Poker PR</p>	<p>8:30 Discussion w Jane- CL 9-11:30 Paint & Palette AR 10:00 Nourishment Class- C 10:15 Basic Aerobics- FC 11:00 Balance- FC 1:30 Puzzles G 1:30 Egg Coloring- AR 2:00 Security Meeting CR 3:30 Wine & Cheese: Spring Fling with Dawn Osborne- CL</p>	<p>9-10:00 Lap Swim AC 10:30 Bridge Lessons CR 1:00 Easter Egg Hunt 3:00 Tai Chi for Balance-FC 5:00-7:00 Open Swim AC 7:00 Movie Night See white board for movie information.</p>
<p>9:00-10:00 Lap Swim AC 10:30 Sunday Brunch DR 3:00 Concert in the Lobby: 5:00-7:00 Open Swim AC <small>Palm Sunday</small></p>	<p>9:00 Bank Trip 10:00 Men's Group CL 10:00 Shopping - Publix 10:00 Needlework AR 11:00 Balance- FC 1:30 Qi Gong- FC 2:00 Shopping: Wal-Mart 3:00 Blood Pressure Clinic L 6:45 Bingo CL 7:00 Poker PR</p>	<p>9:00-10:00 Open Swim AC 9:30 Catholic Service AL 10:30 Low Impact Aerobics- FC 2:00 Penny Poker PR 2:00 Maintenance Committee Meeting C-Wing Commons 3:00 Craft Corner- AR 6:45 Party Bridge CR 7:00 Comedy Hour- CL</p>	<p>10:30 Brain Games 11:00 Balance- FC 1:00 Village Chorus CL 2:30 Community Disaster Plan Review- CL 2:30 Basic Aerobics- FC 6:30 Duplicate Bridge CR</p>	<p>9:30 Outing: Muscle Shoals Music Hall of Fame and Mama Jeanes 10:30 Low Impact – FC 3:00 Gentle Stretching FC 6:30 Dominos 7:00 Bible Study- CR 7:00 Poker</p>	<p>8:30-10:30 Stress Break: Chair Massages- CL 10:15 Basic Aerobics- FC 11:00 Balance- FC 1:30 Puzzles G 3:30- Blue Zone Activity- AR 6:30 Hand and Foot CR <small>First Day of Passover Good Friday</small></p>	<p>9-10:00 Lap Swim AC 10:30 Bridge Lessons CR 3:00 Tai Chi for Balance-FC 5:00-7:00 Open Swim AC 7:00 Movie Night See white board for movie information.</p>

Please sign up for all highlighted events.