

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>Tom Boyer</i> (CL) 4:30 Mexican Train (AR)</p> <p>1</p>	<p>9:30 Gentle Stretching (FC) 2 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:30 Food Committee Meeting (C) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo Auction (CL)</p> <p>Purim begins</p>	<p>8:45 Back Stretch (FC; sign-up only) 3 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Hearing Aid Cleaning (AR) 4 9:00 Pickleball (PX) 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 3:00 CHORAL & BELLS VALENTINE'S & ST. PATRICK'S DAY CONCERT (CL) 3:30 Housekeeping Committee (CR2) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign-up only) 5 9:15 Rock Steady (FC) 10:00 SHRED DAY (L) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 TRANSFORM THE WAY YOU AGE W/THE EXERCISE COACH: A PRESENTATION BY THOMAS PALMISANO (CL) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)</p>	<p>8:30 TRINITY CRAFT SALE 9:45 Basic Aerobics (FC) 6 10:00 JOYRIDE 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball (PX) 7 10:30 Saving Way Donations (L) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Pearl Harbor Part 2, PG-13 (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>Grace Townsend</i> (L) 4:30 Mexican Train (AR)</p> <p>8</p> <p>Daylight Saving Time begins</p>	<p>9:30 Gentle Stretching (FC) 9 10:00 KROGER 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:30 Book Club (CL) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign-up only) 10 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Fit & Tone (FC) 2:00 Resident Association Meeting (CL) 2:45 Blood Pressure Checks w/AMT (L) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball (PX) 11 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign-up only) 12 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Magoo the Therapy Dog (L) 1:00-4:00 Sketch & Paint (AR) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (CR) 3:30 Bible Study (CL) 6:30 GAME NIGHT W/WEATHERLY YOUTH GROUP (CL) 6:30 Music w/Marge (L)</p>	<p>9:45 Basic Aerobics (FC) 13 10:00 JOYRIDE 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Penny Auction (CL) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball (PX) 14 2:30 Rummikub (AR) 7:00 Movie Night: <i>Where Eagles Dare, PG (CL)</i></p> <p>Pi Day</p>
<p>11:00 Neurobics Mental Exercises (AR) 4:30 Mexican Train (AR)</p> <p>15</p>	<p>9:30 Gentle Stretching (FC) 16 10:00 BANK TRIP 10:00 LIBRARY TRIP 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:00-12:00 FITNESS ASSESSMENTS W/FUNCTIONAL PATHWAYS (CL) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:00-3:00 PARKWAY PLACE MALL 1:30 Basic Aerobics (FC) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign-up only) 17 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 LUNCH W/ANGIE: B WING, 3RD FLOOR (DR) 3:00 Bridge (CR) 3:30 WINE & CHEESE: GO GREEN FOR ST. PATRICK'S DAY KARAOKE W/DJ BILL (CL) 7:00 Tuesday Trivia (CR)</p> <p>St. Patrick's Day</p>	<p>9:00 Pickleball (PX) 18 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 11:00 Chorus (CL) 12:30 Acupressure Therapy (by appointment only) 1:00 Hand Bells (CL) 1:30 Basic Aerobics (FC) 3:00 WINE & WELLNESS W/PREFERRED HOMECARE (L) 3:30 Great Course (CL) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign-up only) 19 9:15 Rock Steady (FC) 10:00 STATE OF THE VILLAGE MEETING (CL) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)</p>	<p>9:45 Basic Aerobics (FC) 20 11:00 ESCAPE ROOM W/LUNCH @ CAJUN STEAMER 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p> <p>Spring begins</p>	<p>8:45 RUMMAGE SALE @ GOOD SHEPHERD 9:00 Pickleball (PX) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Flicka, PG (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 4:30 Mexican Train (AR)</p> <p>22</p>	<p>9:30 Gentle Stretching (FC) 23 10:00 PUBLIX 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign-up only) 24 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Landscaping Committee (CR) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball (PX) 25 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 11:00 Chorus (CL) 1:00 Hand Bells (CL) 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 3:30 Great Course (CL) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign-up only) 26 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Magoo the Therapy Dog (L) 1:30 FUNCTIONAL PATHWAYS PRESENTATION (CL) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)</p>	<p>9:45 Basic Aerobics (FC) 27 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 3:30 ECLECTIC WINE & CHEESE W/THE LEEDS CONNECTION (CL) 6:30 Hand & Foot (CR) 6:30 BROADWAY THEATER LEAGUE: MRS. DOUBTFIRE</p>	<p>9:00 Pickleball (PX) 28 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Hunt for Red October, PG (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>Amelia Adams & Linda Webster</i> (L) 4:30 Mexican Train (AR)</p> <p>29</p> <p>Palm Sunday</p>	<p>9:30 Gentle Stretching (FC) 30 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign-up only) 31 8:45 Activities Committee (CR) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 BIRTHDAY LUNCH (DR) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AC = AQUATIC CENTER C = CAFÉ CH = CHAPEL CL = CLUB ROOM C3 = C WING, 3RD FLOOR CR = CARD ROOM</p>	<p>CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY GR = GAME ROOM L = LOBBY PR = POKER ROOM PX = PICKLEPLEX</p>	<p>Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early.</p> <p>Please sign up at Front Desk for all items listed in bold.</p>	<p>REDSTONE VILLAGE</p>