

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Daylight Savings Time</b></p> <p>Don't Forget to change your clocks</p> <p><b>FORWARD 1 hour on Sunday March 14th!</b></p>	<p><b>1</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> LHB Bible Study</p> <p><b>10:30 (S)</b> Pretty Nails</p> <p><b>1:00 (O)</b> Joy Ride</p> <p><b>2:00 (FSR)</b> Blackjack</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Spelling Bee</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>2</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Crafts - Pennants</p> <p><b>1:00 (FSR)</b> Group Crossword</p> <p><b>1:00 (T)</b> St Marks Rosary</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (BR)</b> Resident Services</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Jeopardy!</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>3</b></p> <p><b>9:00 - 10:30 (HC)</b> BP Check</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Triominos</p> <p><b>1:00 (ML)</b> Live Action Bowling</p> <p><b>2:00 (T)</b> Dr. Brent BBS</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>3:00 (T)</b> TV Series</p> <p><b>4:00 - 4:30 (FSR)</b> Wheel of Fortune</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>4</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> Charles Stanley</p> <p><b>10:40 (BAL)</b> Balcony Fishing</p> <p><b>1:00 (T)</b> GA Health Chat</p> <p><b>1:00 - 1:30</b> MagMart</p> <p><b>2:00 (DR)</b> Kenny Melton</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Thirsty Thurs. Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>5</b></p> <p><b>8:00 - 6:00</b> Dress in Blue Day</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Giant Kerplunk</p> <p><b>10:30 (BIS)</b> Pastries &amp; Horoscopes</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (FSR)</b> Scrabble</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (ML)</b> Connect Four</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>6</b></p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (T)</b> Wii Bowling</p> <p><b>1:00 (2SW)</b> Euchre</p> <p><b>1:00 (T)</b> TV Series</p> <p><b>1:30 (BAL)</b> Sundeck Social</p> <p><b>2:00 (FSR)</b> Hearts</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>	
	<p><b>7</b></p> <p><b>9:30 (FSR)</b> Sunday Stretches</p> <p><b>10:00 (T)</b> Communion</p> <p><b>10:30 (ML)</b> Walking Club</p> <p><b>11:00 (T)</b> LHB Online Service</p> <p><b>1:00 - 1:30</b> MagMart</p> <p><b>1:00 (T)</b> TV Series</p> <p><b>1:30 (RK)</b> Snack &amp; Chat</p> <p><b>2:00 (FSR)</b> Uno</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (FSR)</b> Chain Reaction</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>8</b></p> <p><b>8:00 - 6:00</b> Intl. Women's Day</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (S)</b> Pretty Nails</p> <p><b>1:00 (ML)</b> Hillbilly Golf</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (DR)</b> Xtreme Bingo</p> <p><b>3:00 (FSR)</b> Blackjack</p> <p><b>4:00 - 4:30 (BR)</b> Spelling Bee</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>9</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Crafts - Sugar Scrub</p> <p><b>1:00 (FSR)</b> Group Crossword</p> <p><b>1:00 (T)</b> St Marks Rosary</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (DR)</b> Indy Opera</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Jeopardy!</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>10</b></p> <p><b>9:00 - 10:30 (HC)</b> BP Check</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Triominos</p> <p><b>1:00 (ML)</b> Live Action Bowling</p> <p><b>2:00 (T)</b> Dr. Brent BBS</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>3:00 (T)</b> TV Series</p> <p><b>4:00 - 4:30 (FSR)</b> Wheel of Fortune</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>11</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> David Jeremiah</p> <p><b>10:40 (BAL)</b> Balcony Fishing</p> <p><b>1:00 - 1:30</b> MagMart</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (DR)</b> Hymn Sing</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Thirsty Thurs. Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>12</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Giant Kerplunk</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (BR)</b> LE &amp; Food Chat</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (ML)</b> Giant Dominos</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>13</b></p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (T)</b> Wii Bowling</p> <p><b>1:00 (2SW)</b> Euchre</p> <p><b>1:00 (T)</b> TV Series</p> <p><b>1:30 (BAL)</b> Sundeck Social</p> <p><b>2:00 (FSR)</b> Hand &amp; Foot</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>
	<p><b>14</b></p> <p><b>8:00</b> Daylight Savings Time</p> <p><b>9:30 (FSR)</b> Sunday Stretches</p> <p><b>10:00 (T)</b> Communion</p> <p><b>10:30 (LV2)</b> Who am I?</p> <p><b>11:00 (T)</b> LHB Online Service</p> <p><b>1:00 - 1:30</b> MagMart</p> <p><b>1:00 (T)</b> TV Series</p> <p><b>1:30 (ML)</b> Corn Hole</p> <p><b>2:00 (BR)</b> Bon Voyage Social</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (FSR)</b> Chain Reaction</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>15</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> LHB Bible Study</p> <p><b>10:30 (S)</b> Pretty Nails</p> <p><b>1:00 (DR)</b> Ireland Speaker</p> <p><b>2:00 (FSR)</b> Blackjack</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:30 - 3:30 (ML)</b> Pie a Director</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Spelling Bee</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>16</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (ML)</b> Ireland Craft</p> <p><b>1:00 (FSR)</b> Group Crossword</p> <p><b>1:00 (T)</b> St Marks Rosary</p> <p><b>2:00 (T)</b> Irish Docu.</p> <p><b>2:00 (FSR)</b> Phase 10</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Jeopardy!</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>17</b></p> <p><b>9:00 - 10:30 (HC)</b> BP Check</p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (FSR)</b> Triominos</p> <p><b>11:00 - 1:00 (DR)</b> Irish Lunch</p> <p><b>1:00 (ML)</b> Pot of Gold Toss</p> <p><b>2:00 (T)</b> Dr. Brent BBS</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>3:00 (T)</b> TV Series</p> <p><b>4:00 - 4:30 (FSR)</b> Wheel of Fortune</p> <p><b>7:00 (T)</b> Brooklyn w/ Popcorn</p>	<p><b>18</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (T)</b> Charles Stanley</p> <p><b>10:40 (BAL)</b> Balcony Fishing</p> <p><b>1:00 - 1:30</b> MagMart</p> <p><b>2:00 (BR)</b> Chat w/ Jenny</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 - 4:30 (BR)</b> Ireland Trivia</p> <p><b>7:00 (T)</b> Movie</p>	<p><b>19</b></p> <p><b>10:00 (FSR)</b> Exercise</p> <p><b>10:30 (BIS)</b> Donuts &amp; Discussion</p> <p><b>10:30 (ML)</b> Giant Kerplunk</p> <p><b>1:00 (FSR)</b> Kings in the Corner</p> <p><b>2:00 (T)</b> Documentary</p> <p><b>2:00 (BR)</b> Irish F.F.T.</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (BR)</b> Guinness Tasting</p> <p><b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>20</b></p> <p><b>10:00 (FSR)</b> Saturday Stretches</p> <p><b>10:30 (T)</b> Wii Bowling</p> <p><b>1:00 (2SW)</b> Euchre</p> <p><b>1:00 (T)</b> TV Series</p> <p><b>1:30 (BAL)</b> Sundeck Social</p> <p><b>2:00 (LV2)</b> Celtic Harp</p> <p><b>3:00 (FSR)</b> Bingo</p> <p><b>4:00 (T)</b> STA5G</p> <p><b>7:00 (T)</b> Movie</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (ML)</b> Walking Club <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:00 (T)</b> TV Series <b>1:30 (RK)</b> Snack & Chat <b>2:00 (FSR)</b> Uno <b>3:00 (FSR)</b> Bingo <b>4:00 (FSR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>22</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (ML)</b> Hillbilly Golf <b>2:00 (FSR)</b> Blackjack <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>23</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Crafts - Topiary <b>1:00 (FSR)</b> Group Crossword <b>1:00 (T)</b> St Marks Rosary <b>2:00 (T)</b> Documentary <b>2:00 (FSR)</b> <b>Resident Council</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>7:00 (T)</b> Movie	<b>24</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (ML)</b> Live Action Bowling <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>25</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> David Jeremiah <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 - 1:30</b> MagMart <b>2:00 (T)</b> Documentary <b>2:00 (DR)</b> <b>Steve Elston</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie	<b>26</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Giant Kerplunk <b>1:00 (FSR)</b> Kings in the Corner <b>2:00 (FSR)</b> <b>Banana Gram</b> <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 (ML)</b> <b>Giant Dominos</b> <b>7:00 (T)</b> Movie w/ Popcorn	<b>27</b> <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (HC)</b> <b>Hear Clear</b> <b>10:30 (T)</b> Wii Bowling <b>1:00 (2SW)</b> Euchre <b>1:00 (T)</b> TV Series <b>1:30 (BAL)</b> <b>Sundeck Social</b> <b>2:00 (FSR)</b> <b>Hand &amp; Foot</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie
<b>28</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (LV2)</b> Who am I? <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:00 (T)</b> TV Series <b>1:30 (ML)</b> <b>Basketball TicTacT</b> <b>2:00 (RK)</b> Tea Time <b>3:00 (FSR)</b> Bingo <b>4:00 (FSR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>29</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (O)</b> <b>Joy Ride</b> <b>1:00 (RK)</b> <b>News./Cal Folding</b> <b>2:00 (FSR)</b> Blackjack <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>30</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Crafts - Easter Cross <b>1:00 (FSR)</b> Group Crossword <b>1:00 (T)</b> St Marks Rosary <b>2:00 (ML)</b> <b>Basketball Pong</b> <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>7:00 (T)</b> Movie	<b>31</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (ML)</b> Live Action Bowling <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<div style="text-align: center;"> <h3>Emotional Wellness</h3> <p>Emotional wellness is an important component of our overall health throughout our lives. As a child, we learn to regulate our emotions and sense of security based on the responses of our caregivers and environment. As adults, we hopefully learn healthy ways to express our thoughts and emotions, and interact compassionately with others. Emotional wellness goes beyond managing and preventing mental illness. To feel at peace inside and out, a person must establish and maintain a positive relationship with themselves and with others. Knowing how to recognize and embrace one's thoughts and emotions, as well as being able to empathize with the feelings of others, is key to healthy emotional wellbeing.</p> </div>		

### MONTHLY HIGHLIGHT

1	Joy Ride	17	Pot of Gold Toss
2	Resident Services	17	Brooklyn w/ Pop-
4	GA Health Chat	18	Chat w/ Jenny
4	Kenny Melton	18	Ireland Trivia
5	Dress in Blue Day	19	Donuts & Discus-
5	Pastries & Horo-	19	Irish F.F.T.
6	Sundeck Social	19	Guinness Tasting
8	Intl. Women's Day	20	Sundeck Social
8	Xtreme Bingo	20	Celtic Harp
9	Indy Opera	23	Resident Council
12	LE & Food Chat	25	Steve Elston
12	Giant Dominos	26	Banana Gram
13	Sundeck Social	26	Giant Dominos
13	Hand & Foot	27	Hear Clear
14	Daylight Savings	27	Sundeck Social
14	Bon Voyage So-	27	Hand & Foot
15	Ireland Speaker	28	Basketball TicTac-
15	Pie a Director	29	Joy Ride
16	Ireland Craft	29	News./Cal Folding
16	Irish Docu.	30	Basketball Pong
17	Irish Lunch		

### HAPPY BIRTHDAY!

3/2 Betty S.  
 3/10 Barbara H.  
 3/21 Ralph A.  
 3/23 Jack R.  
 3/29 Katie M.  
 3/30 Grace C.



### ACTIVITY KEY

<b>S</b> 1st Floor Sunroom	<b>HC</b> Health Club
<b>LV2</b> 2nd Floor Living Room	<b>L</b> Library
<b>2SW</b> 2nd Floor Sunroom West	<b>LV1</b> Living Room First Floor
<b>50D</b> 50's Diner	<b>ML</b> Main Lobby
<b>BP</b> Back Patio	<b>MW</b> Memory Way
<b>BAL</b> Balcony	<b>O</b> Outing
<b>BR</b> Bar	<b>PDR</b> Private Dining Room
<b>BIS</b> Bistro	<b>RK</b> Resident Kitchen
<b>BC</b> Business Center	<b>SC</b> Spiritual Center
<b>DR</b> Dining Room	<b>T</b> Theater
<b>FSR</b> Four Seasons Room	