

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Traditional Living & Crossroads Activity Calendar

<p>10:00 Coffee &amp; Tea Social 1:00 Knotty Knit, Stitch &amp; Needlepoint Club <b>1:00-2:00 FREE Monthly Blood Pressure Clinic (P)</b> 2:00 Exercise w/ Miranda 3:00 Hometown Scramble 6:00 Movie Night @ the Casino</p>	<p>9:00 Exercise w/ Miranda 10:00 Exercise w/ Miranda 10:30 Weekly Boggle <b>1:00 Resident Council &amp; Food Committee Meetings</b> 2:00 Pitch (P) <b>3:00 Men's Group: Pub Hour (P)</b> 6:00 Movie Night @ the Casino</p>	<p>9:00 Exercise w/ Miranda 10:00 Exercise w/ Miranda 10:30 Manicures &amp; Nail Care <b>1:30-4:00 LIVE in Concert: Neil Diamond (T)</b> 2:00 Cribbage (P) 3:00 Adult Coloring 6:00 Game Night (P)</p>
<p><b>10:00 Televised Catholic Mass (T, NBC Ch 5)</b> 10:30 Cranium Crunches 2:00 Rummy (P) 3:00 Yahtzee (P) 6:00 Game Night (P)</p>	<p><b>9:00 IL Local Shopping w/ Jimmy</b> 10:00 Exercise w/ Ron <b>10:30 FREE Health Talk: The Effects of Isolation (P)</b> <b>1:00 CedarBOOK Club (L)</b> 2:00 Left, Right, Center (P) 3:00 Cedarbrook Hold Em' (P) 6:00 Movie Night @ the Casino</p> <p>Purim Begins</p>	<p><b>10:30 Food Demo w/ the Chef</b> 1:00 Knotty Knit, Stitch &amp; Needlepoint Club 2:00 Exercise w/ Miranda <b>3:00 Women's Group: Pub Hour (P)</b> 6:00 Movie Night @ the Casino</p>
<p><b>10:00 Televised Catholic Mass (T, NBC Ch 5)</b> 10:30 Cranium Crunches 2:00 Rummy (P) 3:00 Yahtzee (P) 6:00 Game Night (P)</p> <p>Daylight Savings Time: Spring Ahead!</p> <p>Daylight Saving Time Begins</p>	<p><b>9:00 IL Local Shopping w/ Jimmy</b> 10:00 Exercise w/ Ron 10:30 Manicures &amp; Nail Care <b>1:00 CedarBOOK Club (L)</b> <b>2:00 Trivia Time w/ Bob (P)</b> 3:00 Cedarbrook Hold Em' (P) 6:00 Movie Night @ the Casino</p>	<p><b>1:00 Knotty Knit, Stitch &amp; Needlepoint Club</b> <b>1:00 2023 Spring Bulb Show @ The Botanic Garden of Smith College</b> 2:00 Exercise w/ Miranda 3:00 Hometown Scramble 6:00 Movie Night @ the Casino</p>
<p><b>10:00 Televised Catholic Mass (T, NBC Ch 5)</b> 10:30 Cranium Crunches 2:00 Rummy (P) 3:00 Yahtzee (P) 6:00 Game Night (P)</p>	<p><b>9:00 IL Local Shopping w/ Jimmy</b> 10:00 Exercise w/ Ron 10:30 Manicures &amp; Nail Care <b>1:00 CedarBOOK Club (L)</b> 2:00 Left, Right, Center (P) 3:00 Cedarbrook Hold Em' (P) 6:00 Movie Night @ the Casino</p> <p>Happy Spring! Wear a bright, spring-like color today!</p> <p>Spring Begins</p>	<p><b>9:00 Walmart Shopping</b> 10:00 Coffee &amp; Tea Social Hour 1:00 Knotty Knit, Stitch &amp; Needlepoint Club 2:00 Exercise w/ Miranda <b>3:00 March Birthday Party (P)</b> 6:00 Movie Night @ the Casino</p> <p>Ramadan Begins</p>
<p><b>10:00 Televised Catholic Mass (T, NBC Ch 5)</b> 10:30 Cranium Crunches 2:00 Rummy (P) 3:00 Yahtzee (P) 6:00 Game Night (P)</p>	<p><b>9:00 IL Local Shopping w/ Jimmy</b> 10:00 Exercise w/ Ron 10:30 Manicures &amp; Nail Care <b>1:00 CedarBOOK Club (L)</b> 2:00 Left, Right, Center (P) 3:00 Cedarbrook Hold Em' (P) 6:00 Movie Night @ the Casino</p> <p>In honor of Singin' in the Rain Day, stop by the Casino Theatre tonight for Singin' in the Rain!</p>	<p>10:00 Coffee &amp; Tea Social Hour 1:00 Knotty Knit, Stitch &amp; Needlepoint Club 2:00 Exercise w/ Miranda <b>3:00 March New Resident Social (P)</b> 6:00 Movie Night @ the Casino</p>

Haymaker's Pub is reserved for a private function from 3:30-6:30PM

\*See reverse for more detail\*

Activities to take place in Lucy Stone Activity Room, unless noted.

Lucy Stone Activity Room-LS, Windsor Dining-WD, Swift Dining-SD, Courtyard-CY, Pub-P, Theatre-T, Chapel-C, Library-L

Activities outings highlighted in **RED** on calendar.

Please sign up at the concierge desk.

\*Minimum of 3 residents signed up for all outings\*

Listed in **BLUE**, you'll find fun themed days where staff & residents are encouraged to "play along".

Special days include St. Patrick's Day, The First Day of Spring & Baseball's Opening Day!

Have fun & dress accordingly 😊

Exercise w/ Miranda will take place on Tuesday, Thursday, Friday & Saturday @ 9:00AM & 10:00AM

Wednesday's class will take place @ 2:00PM

**Monthly Blood Pressure Clinic – Wednesday, March 1<sup>st</sup> @ 1:00-2:00PM**

Stop by Haymaker's Pub for the free monthly blood pressure clinic.

**Free Health Talk: The Effects of Isolation - Monday, March 6<sup>th</sup> @ 10:30AM**

Join us in Haymaker's Pub for a FREE Health Talk discussing the Effects of Isolation. Kevin LeClaire of Enhabit Home Health & Hospice will be leading the discussion.

**FREE Fall Prevention Clinic - Thursday, March 9<sup>th</sup> @ 10:30AM**

Join us in Haymaker's Pub for a FREE Fall Prevention Clinic. Sheila & Jane of Care Tenders Home Health will be leading the discussion & clinic.

**Wellness Workshop w/ Miranda - Saturday, March 18<sup>th</sup> @ 2:00PM**

Stop by Lucy Stone Activity Room for Miranda's 2<sup>nd</sup> Wellness Workshop this year! Miranda will be discussing a specific topic of her choosing, providing handouts as well.