

March 2023 Calendar

Independent Living - Life Enrichment & Wellness


March Birthdays

Linda Lenz 3/10
 Fay Reynolds 3/12
 Linda Rabon 3/13
 Pinky Funderburk 3/15
 Judy Heustess 3/16

Barbara Marnock 3/25
 Bill Bell 3/27
 Charles Martin 3/27
 Louise Bell 3/28
 Kirk Kirkpatrick 3/30



MARCHing into UNITY (Diversity and Inclusion)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater WS - Woodshop</p>	<p>Helpful Reminders:</p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>Melissa, with Dr. Patel's office in the lower level, is available to check your blood pressure on Tuesdays & Thursdays 9:00 am - 12:00 pm</p> <p>All activities and outings on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.</p>	<p>1</p> <p>9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 2:30 Resident Association Quarterly Meeting - HH 3:00 Church Service - HH</p>	<p>2</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 12:15 Movie Outing 80' for Brady 1:30 Balance/Core - HH</p>	<p>3 Wear Blue Day: Colon Cancer</p> <p>10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 11:00 Lunch at Captain Steve's 2:00 Craft Corner - AS Make an Ice Cream Truck For Ice Cream Truck Day on the 13th 3:00 Pool - 5L 6:00 Movie - MT</p>	<p>4</p> <p>10:30 Choir Practice - HH 12:45 Shen Yun 3:00 Rummikub - CR 6:30 Bingo - HH</p>	
<p>5</p> <p>11:00 WPC Service on TV-CR 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>6</p> <p>9:30 Healthy Upper Body - HH 10:30 Replay: Bible Study- CH 99 11:00 Musical Performance - HH Matsiko World Orphan Choir 1:30 Full Body Stretch - HH 1:30 Woodcarving with Rusty - WS 2:30 Aqua Move & Groove - P 3:30 CVS, Walgreens, \$Tree 6:00 Movie - MT</p>	<p>7</p> <p>9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 3:45 Library Bookmobile - L 6:30 - Hymn Sing - HH 7:00 Toastmasters - CR</p>	<p>8 International Womens' Day</p> <p>9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 2:00 International Women's Day Guest Speakers: Lib Anderson & More 2:00 Walmart Newport 3:00 Church Service - HH 5:00 Dinner at Rock Hill Diner</p>	<p>9</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:30 Guest Speaker - HH Hospice 101' by Karen Stuber of Agape Care Group</p>	<p>10</p> <p>10:00 Brunch at Eggs Up 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 3:00 Cornhole - HH 4:15 CW Musical Performance HH Sue & Bob Start on Piano & Cello 6:00 Movie - MT</p>	<p>11</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p>12 Daylight Savings Begins</p> <p>11:00 WPC Service on TV-CR 1:00-3:00 CW Girl Scouts will be Here to deliver and sell Cookies in the Lobby and play Cornhole in the Courtyard. 2:00 Board Games - CR 3:00 Catholic Church Service - HH 4:00 Vespers - HH</p> 	<p>13 Ice Cream Truck Day</p> <p>9:30 Healthy Upper Body - HH 10:30 Replay: Bible Study- CH 99 11:00 Musical Performance - HH 2:00 Everyone Deserves a treat from the Ice Cream Truck - L 2:30 Aqua Move & Groove - P 3:30 CVS, Walgreens, \$Tree 6:00 Movie - MT</p>	<p>14</p> <p>9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 6:30 - Hymn Sing - HH</p>	<p>15</p> <p>9:30 Healthy Upper Body - HH 10:45 Bus Week at Hamricks in Gaffney & Lunch at Daddy Joes Beach Barbeque 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH</p>	<p>16 Wear Red & White Day</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:00-4:00 CW Mni Turkish Festival - HH Turkish Presentation Turkish Coffee & Tea Turkish Food Demonstration Belly Dancing Workshop Venders, Raffles and more 1:30 Balance/Core - CR</p>	<p>17 St, Patrick's Day</p> <p>9:30 Donuts - CR 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 3:00 Pool - 5L 2:00 St. Patricks Day Social - CR 6:00 Movie - MT</p>	<p>18</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p>19</p> <p>11:00 WPC Service on TV-CR 1:30 CW Minkviolin Presents A Young Violinists' Concert - HH 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>20</p> <p>9:30 Healthy Upper Body - HH 10:30 Replay: Bible Study- CH 99 1:30 Full Body Stretch - HH 1:30 Woodcarving with Rusty - WS 2:30 Aqua Move & Groove - P 2:30 CW Musical Performane HH Timothy & Hosanna Nobel 3:30 CVS, Walgreens, \$Tree 6:00 Movie - MT</p>	<p>21 Wear Green Day</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 3:45 Library Bookmobile - L 4:00 Mocktail Party - L 6:30 - Hymn Sing - HH 7:00 Toastmasters - CR</p>	<p>22</p> <p>9:00 B&K Nails 9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 2:00 Walmart Newport 3:00 Church Service - HH</p>	<p>23 National Chip & Dip Day</p> <p>9:30 Healthy Lower Body - HH 10:00 Calvary Church Organ Concert & Senior Lunchron & Shoppig at the Fresh Market 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Chip & Dip Social - CR</p>	<p>24</p> <p>10:00 Water Walking & Stretch - P 10:30 Brunch at Le Peep & Shopping in Indian Land 11:00 Seated Tai Chi - CH 99 3:00 Cornhole - HH 6:00 Movie - MT</p>	<p>25</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p>26</p> <p>11:00 WPC Service on TV-CR 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>27</p> <p>9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 3:30 CVS, Walgreens, \$Tree 6:00 Movie - MT</p>	<p>28</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 6:30 - Hymn Sing - HH</p>	<p>29</p> <p>9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:00 Neighborhood Ride Around 1:30 Full Body Stretch - HH 3:00 Church Service - HH</p>	<p>30</p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH</p>	<p>31</p> <p>9:15 Winthrop Performance of Pippin 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 3:00 Pool - CR 6:00 Movie - MT</p>	