

# March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><b>1030 DRAMA CLUB</b> 1  <b>1 BUS TO THE COMMUNITY CENTER FOR LYNDA JONSON'S CELEBRATION OF LIFE</b></p>
<p>130 CARD BINGO 2</p>	<p>10 BAKING WITH KALLAN  <b>130 10 CENT BINGO</b>                  2 MANICURES WITH KALLAN (SIGN-UP REQUIRED)</p>	<p>3 9 HOT HAND WAX  <b>11 LUNCH OUTING TO MILOS</b>  <b>1030 ONE ON ONE</b>                  2 MOVIE MARATHON WITH POPCORN                  FIRST 2 EPISODES OF AMERICAN PRIMEVAL (6-PART SERIES)  <b>630 CARD BINGO</b></p>	<p>4 10 MORNING REFLECTIONS  <b>1030 RESIDENT MEETING</b>                  2 HAPPY HOUR                  3 ONE ON ONE  <b>630 CRIBBAGE TOURNAMENT</b></p>	<p>5 9 COFFEE TALK  <b>10 LIBRARY HOUR</b>                  1 SHOP &amp; SNACK                  1-3 CRAFT AT BRIDGES</p>	<p>6 930 MUSIC &amp; MOVEMENT                  1 DRAMA CLUB NEW SKIT  <b>2 BIRTHDAY CELEBRATION</b>                  3 ONE ON ONE</p>	<p>7 <b>HAPPY INTERNATIONAL WOMEN'S DAY</b> 8                  9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> FLOOR                  11 DRAMA CLUB                  130 PRESENTATION WITH COLLEEN &amp; DRAMA CLUB'S 1<sup>ST</sup> SKIT                  230 ICE-CREAM SOCIAL</p>
<p>130 CARD BINGO 9</p>	<p><b>11 SIT &amp; SOAK AT THE POOL &amp; LUNCH OUTING</b>                  130 10 CENT BINGO                  2 MOVIE MARATHON WITH POPCORN                  NEXT 2 EPISODES OF AMERICAN PRIMEVAL</p>	<p>10 9 HOT HAND WAX  <b>1030 ONE ON ONE</b>                  1 SEWING: MAKING MITTENS (SIGN UP REQUIRED) <b>DAY 1</b>                  2 MOVIE MARATHON LAST 2 EPISODES OF AMERICAN PRIMEVAL  <b>630 CARD BINGO</b></p>	<p>11 10 MORNING REFLECTIONS  <b>2 ST. PATRICK'S DAY HAPPY HOUR</b>  <b>FEATURED DRINK – MOJITO/GREEN BEER</b>  <b>50/50 DRAW</b>                  3 ONE ON ONE  <b>630 CRIBBAGE TOURNAMENT</b></p>	<p>12 930 MUSIC &amp; MOVEMENT                  11 ONE ON ONE                  1 SHOP &amp; SNACK  <b>1 COFFEE WITH A COP</b>                  2 TRIVIA  <b>630 CARD BINGO WITH HINTON YOUTH</b></p>	<p>13 <b>CELEBRATING NATIONAL CRAFT MONTH</b> 14                  9-3 CRAFTS, SNACKS &amp; PIZZA (SIGN-UP REQUIRED)                  3 ONE ON ONE  <b>630 THE MUSICAL GUYS &amp; DOLLS AT THE PATH (SIGN UP REQUIRED)</b></p>	<p>15 <b>830 HOT DRINKS &amp; HOT TOPICS</b>                  10 PAPER BINGO (VOLUNTEER)                  11 DRAMA CLUB- NEW SKIT  <b>130 HEARING CLINIC</b>                  130 ICE CREAM SOCIAL                  230 HORSE RACE GAME</p>
<p>130 CARD BINGO 16</p>	<p>10 BAKING WITH KALLAN  <b>130 10 CENT BINGO</b>  <b>230 ST. PATRICK'S DAY ICE CREAM SOCIAL</b></p>	<p>17 9 HOT HAND WAX  <b>9 DAY 2: FINISH SEWING MITTENS</b>  <b>1030 ONE ON ONE</b>                  10 GAMES  <b>2 FRAUD PREVENTION PRESENTATION WITH FCSS</b>  <b>630 CARD BINGO</b></p>	<p>18 10 TAXES WITH KATIE (FCSS)                  10 MORNING REFLECTIONS                  2 HAPPY HOUR                  3 ONE ON ONE  <b>630 CRIBBAGE TOURNAMENT</b></p>	<p>19 930 MUSIC &amp; MOVEMENT  <b>10 THE NORTHERN ROCKIES MUSEUM &amp; LUNCH</b>                  11 ONE ON ONE                  1 SHOP &amp; SNACK                  2 DOCTOR'S PRESENTATION</p>	<p>20 9 COFFEE WITH THE MAYOR 21                  10 COOKING WITH KALLAN                  130 LEARNING TO USE THE CRICUT WITH CHESLEY                  230 ONE ON ONE</p>	<p>22 9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> FLOOR                  11 DRAMA CLUB                  130 KARAOKE &amp; ICE CREAM FLOATS</p>
<p>130 CARD BINGO 23</p>	<p>10 BAKING WITH KALLAN  <b>130 10 CENT BINGO</b>                  2 MANICURES WITH KALLAN (SIGN-UP REQUIRED)</p>	<p>24 9 HOT HAND WAX  <b>1030 ONE ON ONE</b>  <b>10 EDSON RED BRICK ARTS CENTER &amp; MUSEUM &amp; LUNCH OUTING</b>  <b>130 LINKAGES</b>  <b>630 CARD BINGO</b></p>	<p>25 10 MORNING REFLECTIONS  <b>10 TAXES WITH KATIE (FCSS)</b>                  2 HAPPY HOUR                  3 ONE ON ONE  <b>630 CRIBBAGE TOURNAMENT</b></p>	<p>26 <b>1030 COFFEE WITH THE FIRE CHIEF</b> 27                  1 SHOP &amp; SNACK                  1 ONE ON ONE  <b>630 CARD BINGO WITH HINTON YOUTH</b></p>	<p>27 9 YAHTZEE  <b>10 COFFEE AT BRIDGES</b>                  130 MURDER MYSTERY GAME – CHOOSING CHARACTERS SIGN UP REQUIRED</p>	<p>28 <b>WORLD PIANO DAY</b> 29                  9 TABLE CURLING                  11 DRAMA CLUB                  130 ICE CREAM SOCIAL                  230 CRAFTERS' CORNER</p>
<p>130 CARD BINGO 30</p>	<p><b>11 SIT &amp; SOAK AT THE POOL &amp; LUNCH OUTING</b>                  130 10 CENT BINGO                  2 MANICURES WITH KALLAN (SIGN-UP REQUIRED)</p>	<p>31</p>				

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

**Lymphatic  
Massage with  
Geca. See Raileigh  
to book your  
appointment!**

**Dimensions of  
Wellness  
Physical**



**Mental/  
Emotional**



**Spiritual**



**Social**



**Intellectual**



**Environmental**



9 Senior's Strength  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance  
230 Hand Massage

9 Senior's Strength  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
11 Parkinson's Program  
130 Reiki Appointments  
230 Hand Massage

9 Senior's Strength  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
130 Standing Balance  
230 Hand Massage

9 Senior's Strength  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance  
230 Hand Massage

9 Senior's Strength  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
130 Standing Balance  
230 Hand Massage

9 Flexibility  
11 Silver Sneakers  
130 Strength/Flexibility  
2 Yin Yoga

Mardi Gras

9 Flexibility  
11 Silver Sneakers  
130 Strength/Flexibility  
2 Yin Yoga

9 Flexibility  
11 Silver Sneakers  
130 Strength/Flexibility  
2 Yin Yoga

9 Flexibility  
11 Silver Sneakers  
130 Strength/Flexibility  
2 Yin Yoga

9 Senior's Strength  
10 Pelvic floor exercise  
1030 Resident Meeting  
130 Standing Balance

9 Senior's Strength  
10 Pelvic Floor Exercise  
Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance

9 Senior's Strength  
10 Pelvic Floor Exercise  
Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance

9 Senior's Strength  
10 Pelvic Floor Exercise  
Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance

9 Flexibility  
1030-12 Tele Rehab  
(sign up REQ.)  
130 Standing Balance  
230 Hand massage in  
the Garden Room

9 Flexibility  
1030-12 Tele Rehab  
Program (sign up REQ.)  
130 Standing Balance  
230 Hand massage  
230 Eyeglasses Cleaning &  
Minor Repairs

Purim Begins

9 Flexibility  
1030-12 Tele Rehab  
(sign up REQ.)  
130 Standing Balance  
230 Hand massage in  
the Garden Room

Spring Begins

9 Flexibility  
1030-12 Tele Rehab  
(sign up REQ.)  
130 Standing Balance  
230 Hand massage in  
the Garden Room

9 Senior's Pilates  
10 Daycare Visit  
130 Standing Balance  
230 Yin Yoga

9 Senior's Pilates  
10 Senior's Pilates/  
Hand Strength  
11 Silver Sneakers  
130 Standing Balance  
230 Yin Yoga

9 Senior's Pilates  
10 Daycare Visit  
130 Standing Balance  
230 Yin Yoga

9 Senior's Pilates  
10 Senior's Pilates/  
Hand Strength  
11 Silver Sneakers  
130 Standing Balance  
230 Yin Yoga

**"If it doesn't  
challenge you, it  
won't change you."**

**"You're only one  
workout away from  
a good mood."**

**"You can have  
results or excuses,  
but not both."**

**"Nothing will work  
unless you do."**

# Health & Wellness

\*\*\* Calendar is subject to change\*\*\*