

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2023

Cascades of the Sierra - Assisted Living

			<p>World Compliment Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 You be the Judge - LN 1:00 Spite and Malice—FC 2:00 Guitar Music with James - FC 3:00 Bingo - Cancelled 7:00 Let's Dance Band - LS</p>	<p>"A few of my favorite things" Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Mass with Father Beda—GR 11:15 Word Games - WR 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p>National Blue Day for Colon Cancer 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>9:00 Morning TV Social - FC 10:15 Must See Places of the World: Africa and Asia – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Book Club - GR 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>5 Alamo Day 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: Zumba – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Brain Games - AS 3:00 Bingo - AS</p> <p>Purim Begins</p>	<p>6 National Cereal Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:30 News & Coffee – FC 11:15 Trivia - WR 1:00 Spite and Malice —FC 1:00 Wii Fitness - E 1:45 Bridge —Mezz 2:15 How Many Words – AS 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>7 International Women's Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – LN 1:00 Spite and Malice—FC 2:15 Crosswords – AS 3:00 Bingo - AS</p>	<p>8 National Barbie Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 11:15 Word Games - WR 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p>9 National Panda Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Bill Papa and his Ukulele Group - FC 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>10 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Europe and the Middle East – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Encore Band - FC 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>12 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Pole Dancing! - ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Scrabble - AS 3:00 Bingo - AS</p> <p>Daylight Saving Time Begins</p>	<p>13 National "pi" Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:30 News & Coffee – FC 11:15 Trivia - WR 1:00 Spite and Malice —FC 1:00 Wii Fitness - E 1:45 Bridge —Mezz 2:00 Resident Town Hall - SC 2:15 How Many Words – AS 3:00 Bingo - AS 3:30 Happy Hour – FC **Join us for Pi tasting during Happy Hour**</p>	<p>14 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:00 Guitar Music with Dave Mensing - FC 3:00 Bingo - Cancelled 7:00 Let's Dance Band - LS</p>	<p>15 National Panda Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 11:15 Word Games - WR 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p>16 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 St Patrick's Day party with Music from Jacques - FC 3:00 Bingo - AS 7:00 Movie Night - SC</p> <p>St. Patrick's Day</p>	<p>17 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Australia to the Americas – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Blue Grass Association- FC 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>19 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: Zumba – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Brain Games - AS 3:00 Bingo - AS</p> <p>Spring Begins</p>	<p>20 9:00 Morning TV Social – FC 9:45 Room Visits 10:30 News & Coffee – FC 11:15 Trivia - WR 1:00 Spite and Malice —FC 1:00 Wii Fitness - E 1:45 Bridge —Mezz 2:00 Resident Dining Meeting - SC 2:15 How Many Words – AS 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>21 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – LN 1:00 Spite and Malice—FC 2:15 Crosswords – AS 3:00 Bingo - AS</p>	<p>22 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 11:15 Word Games - WR 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:00 Men's Group - GR 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p>23 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 March Birthday Party, root beer floats and music with Sandee- FC 3:00 Bingo – Cancelled 7:00 Movie Night - SC</p>	<p>24 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Treasures of the Coast – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 3:00 Bingo - AS 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>26 National Wear a Hat Day 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Pole Dancing! - ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Scrabble - AS 3:00 Bingo - AS</p>	<p>27 9:00 Morning TV Social – FC 9:45 Room Visits 10:30 News & Coffee – FC 11:15 Trivia - WR 1:00 Spite and Malice —FC 1:00 Wii Fitness - E 1:45 Bridge —Mezz 2:15 How Many Words – AS 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>28 National Vietnam War Veterans Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 You be the Judge - LN 1:00 Spite and Malice—FC 2:00 Piano music with Mike - LS 3:00 Bingo - Cancelled</p>	<p>29 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 11:15 Word Games - WR 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p>30 National Crayon Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>31 The Great Courses Schedule Monday - Psychology of Human Behavior Wednesday – Lost World of South America Friday – Daily Life in the Ancient World</p>



3/02 Ken H.
 3/02 Norman K.
 3/03 Pat L.
 3/06 Carolyn W.
 3/06 Jerry C.

3/14 Dee Ann R.
 3/15 Shirley M.
 3/23 Monte M.
 3/24 Kathy B.
 3/28 Norma A.



Winds Of March

Winds of March, we welcome you,
 There is work for you to do.
 Work and play and blow all day,
 Blow the winter cold away



Abbreviations Key:
 LS – Living Room South
 LN – Living Room North
 GR – Great Room
 SC – Sundance Cinema
 FC – Fireside Club
 AS – Art Studio
 M – Mavericks
 S – Scoundrels
 CC – Conference Room
 ARS – Aerobics Studio
 BP – Barbeque Patio
 PDRS – Private Dining Room South
 GC – Golf Course
 E – Everfit
 RR – Remington’s Restaurant
 WR – Winchester’s Restaurant
 MEZZ – Mezzanine

Movies and events are subject to change based on availability

March Outings
 Every Sunday from 9:00am to 12:00pm – Church
 Every Monday from 9:30am to 11:00am – Walmart
 3/2 Trader Joe’s 9:30am to 11:00am
 3/7 Savemart/ Walgreens 9:30am to 11:00am
 3/9 Olive Garden 12:00pm to 2:00pm
 3/14 Legends 12:00pm to 2:00pm
 3/16 National Auto Museum \$13 10:00am
 3/23 Meadowood Mall 10:00am to 12:00pm
 3/24 Savemart/ Walgreens 2:00pm to 3:00pm
 3/28 Galleria Shopping 9:30am to 11:00am
 3/30 Western Village 4:30pm to 7:00pm

March Spirit Days
 3/3 National Blue Day for Colon Cancer
 - Wear blue to show support and spread awareness!
 3/17 St. Patrick’s Day
 - Wear green so you don’t get pinched!
 3/27 National Wear a Hat Day
 - Wear your favorite hat today!



March 14th – March Madness Begins!



Transportation Hours:

Please check map, or call for day locations

Mondays:
 The bus will start **boarding** at 8:45 am for shopping & Labs. 9:00am-11:15am
 Appointments are to be made within the hours of 12:00pm-3:00pm

Tuesdays:
 Appointments are to be made within the hours of 9:00am-3:00pm

Wednesdays:
 Appointments are to be made within the hours of 9:00am-3:00pm

Thursdays:
 The bus will start **boarding** at 8:45am for shopping. 9:00am-11:15am
 Appointments are to be made within the hours of 12:00pm-3:00pm

Fridays:
 Appointments are to be made within the hours of 9:00am-2:00pm