

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

*Cascades of the Sierra - Independent Living*

<p><b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p><b>5</b> <u>Alamo Day</u> 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Zumba: Music and Movement – 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><b>6</b> <u>National Cereal Day</u> 9:00 Morning TV Social – FC 10:30 News &amp; Coffee – FC 10:30 Billiards - FC 1:00 Wii Fitness - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:15 How Many Words – AS 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>7</b> <u>World Compliment Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC 10:30 You be the Judge - LN 1:00 Spite and Malice—FC <b>2:00 Guitar Music with James - FC</b> 3:00 Bingo - Cancelled <b>7:00 Let's Dance Band - LS</b></p>	<p><b>8</b> <u>"A few of my favorite things" Day</u> 9:00 Morning TV Social - FC <b>10:00 Catholic Mass with Father Beda—GR</b> 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><b>9</b> <u>National Blue Day for Colon Cancer</u> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; 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><b>10</b> <u>National Barbie Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p><b>11</b> 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 <b>2:00 Book Club - GR</b> 7:00 Movie Night - SC</p>
<p><b>12</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p> <p>Daylight Saving Time Begins</p>	<p><b>13</b> <u>National "pi" Day</u> 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Zumba: Music and Movement – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Scrabble - AS 3:00 Bingo - AS</p>	<p><b>14</b> <u>International Women's Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – LN</b> 1:00 Spite and Malice—FC 2:30 Crosswords – AS 3:00 Bingo - AS</p>	<p><b>15</b> <u>National Panda Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC <b>2:00 Guitar Music with Dave Mensing - FC</b> 3:00 Bingo - Cancelled <b>7:00 Let's Dance Band - LS</b></p>	<p><b>16</b> <u>National Blue Day for Colon Cancer</u> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC <b>2:00 St Patrick's Day Party with music from Jacques - FC</b> 3:00 Bingo - Cancelled 7:00 Movie Night - SC</p> <p>St. Patrick's Day</p>	<p><b>17</b> 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 <b>2:00 Bill Papa and his Ukulele Group - FC</b> 3:00 Bingo - Cancelled 7:00 Movie Night - SC</p>	<p><b>18</b> 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 <b>2:00 Blue Grass Association - FC</b> 7:00 Movie Night - SC</p>	<p><b>19</b> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Zumba: Music and Movement – 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><b>19</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p><b>20</b> <u>National Wear a Hat Day</u> 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Zumba: Music and Movement – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 2:00 Brain Games - AS 3:00 Bingo - AS</p>	<p><b>21</b> <u>National Vietnam War Veterans Day</u> 9:00 Morning TV Social – FC 10:30 News &amp; Coffee – FC 10:30 Billiards – FC 1:00 Wii Fitness - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:00 Resident Dining Meeting - SC 2:15 How Many Words – AS 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>22</b> <u>National Puppy Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – LN</b> 1:00 Spite and Malice—FC 2:30 Crosswords – AS 3:00 Bingo - AS</p> <p>Ramadan Begins</p>	<p><b>23</b> <u>National Crayon Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC <b>2:00 Men's Group - GR</b> 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p><b>24</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC <b>2:00 March Birthday Party, root beer floats and music with Sandee- FC</b> 3:00 Bingo – Cancelled 7:00 Movie Night - SC</p>	<p><b>25</b> 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><b>26</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p>
<p><b>26</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p><b>27</b> <u>National Vietnam War Veterans Day</u> 9:00 Morning TV Social – FC 10:30 News &amp; Coffee – FC 10:30 Billiards – FC 1:00 Wii Fitness - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:00 Be Balanced – ARS 2:15 How Many Words – AS 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>28</b> <u>National Crayon Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC 10:30 You be the Judge - LN 1:00 Spite and Malice—FC <b>2:00 Piano music with Mike - LS</b> 3:00 Bingo - Cancelled</p>	<p><b>29</b> <u>National Crayon Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p><b>30</b> <u>National Crayon Day</u> 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Be Balanced – ARS 2:15 Hangman – AS 3:00 Bingo - AS</p>	<p><b>31</b> <u>The Great Courses Schedule</u> Monday - Psychology of Human Behavior Wednesday – Lost World of South America Friday – Daily Life in the Ancient World</p>	<p><b>31</b> <u>The Great Courses Schedule</u> Monday - Psychology of Human Behavior Wednesday – Lost World of South America Friday – Daily Life in the Ancient World</p>	<p><b>30</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</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 14<sup>th</sup> – 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