






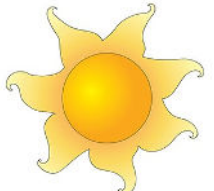

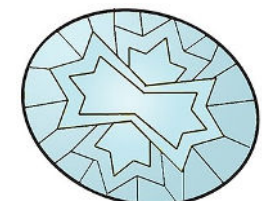
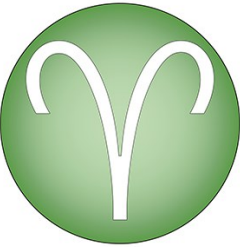








March-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>The Lodge</h1> <h1>March</h1> 			1 International Women's Day 9:30 A Visit with Yuki and Christine 10:30 Namaste Nail Care 1:00 Remember When 1:30 March EZ Does It Trivia 2:00 BINGO! 3:00 Book Club with Valarie 3:00 Documentary 4:15 Aroma Therapy 6:00 River Monsters—Channel 39 	2 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:30 Creativity Class 10:30 Catholic Mass—GR 1:00 Movie Matinee-SC 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Edge of Alaska—Channel 39	3 World Wildlife Day 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Game Day 1:00 Culinary Creations 2:00 BINGO! 3:00 Documentary 4:15 Aroma Therapy 6:00 The Zoo—Channel 39	4 9:30 Let's Exercise! 10:00 Daily Chronicle and News 10:15 "Who Am I?" 10:30 Noodle Ball 11:00 Namaste 1:30 Table Games 2:30 Snacks and a Chat 3:00 BINGO! 4:15 Aroma Therapy 7:00 The Lawrence Welk Show - Channel 5
			5 9:30 Daily Chronicle and News 10:00 Sing Along with Susie Q 10:30 Bible Study 10:45 Remembering Iconic Outfits 1:30 Movie Matinee and Snack Bar 3:30 Resident's Choice 4:15 Aroma Therapy 6:00 Wild Nevada—Channel 5	6 P U R I M 9:45 Steel Feather Fitness Zumba 10:30 Daily Chronicle and News 10:45 Trivia 1:30 Music: Placido Domingo 2:30 Snacks and a Chat 3:00 BINGO! 4:15 Aroma Therapy 6:00 Castle—Channel 28 	7 Cereal Day 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Creativity Class 1:00 Table Games 2:00 BINGO! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Dirty Jobs with Mike Rowe - Channel 42	8 9:30 A Visit with Yuki and Christine 10:30 Namaste Nail Care 1:00 Noodle Ball 1:30 Brain Games 2:00 BINGO! 3:00 Documentary 4:15 Aroma Therapy 6:00 River Monsters—Channel 39
12 Daylight Savings 9:30 Daily Chronicle and News 10:00 Sing Along with Susie Q 10:30 Bible Study 10:45 Reminiscing About Spring 1:30 Movie Matinee and Snack Bar 4:15 Aroma Therapy 6:00 Wild Nevada—Channel 5 	13 9:45 Steel Feather Fitness Zumba 10:30 Daily Chronicle and News 10:45 Trivia 1:30 Music: "Toss a Tune" 2:30 Snacks and a Chat 3:00 BINGO! 4:15 Aroma Therapy 6:00 Castle—Channel 28	14 March Madness 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Brain Games 1:00 Crafts with Kaylee 2:00 BINGO! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Dirty Jobs with Mike Rowe - Channel 42  	15 9:30 A Visit with Yuki and Christine 10:30 Namaste Nail Care 1:00 Game Day 2:00 Resident Movie 4:15 Aroma Therapy 6:00 River Monsters—Channel 39 	 	Birthdays Pam O.—3/12 Jamie G.—3/21 	Abbreviations Key: ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North LS- Living Room South SC- Sundance Cinema

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>The Lodge</h1> <h1>March</h1>			<p>Birthdays Pam O.—3/12 Jamie G.—3/21</p> 	<p>16 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Creativity Class 10:30 Communion 1:00 Movie Matinee-SC 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Edge of Alaska—Ch 39</p>	<p>17  9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 "Truth with Blarney" 2:00 St. Patrick's Day Party 2:30 "Having Fun With Limericks" 3:00 Documentary 4:15 Aroma Therapy 6:00 The Zoo—Channel 39</p> 	<p>18 9:30 Let's Exercise! 10:00 Daily Chronicle and News 10:15 "What am I?" 10:30 Noodle Ball 11:00 Namaste 1:30 Table Games 2:30 Snacks and a Chat 3:00 Bingo! 4:15 Aroma Therapy 7:00 The Lawrence Welk Show - Channel 5</p>
<p>19 9:30 Daily Chronicle and News 10:00 Sing Along with Susie Q 10:30 Bible Study 10:45 Short Story: "Lion and Lamb" 1:30 Movie Matinee and Snack Bar 4:15 Aroma Therapy 6:00 Wild Nevada—Channel 5</p> 	<p>20 First Day of Spring 9:45 Steel Feather Fitness Zumba 10:30 Daily Chronicle and News 10:45 Random Trivia 1:30 Music: Andrea Bocelli 2:30 Snacks and a Chat 3:00 BINGO! 4:15 Aroma Therapy 6:00 Castle—Channel 28</p> 	<p>21 Poetry Day 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Creativity Class 1:00 Mocktails 2:00 BINGO! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Dirty Jobs with Mike Rowe - Channel 42</p>	<p>22 Tuskegee Airmen Day 9:30 A Visit with Yuki and Christine 10:30 Namaste Nail Care 1:00 Remember When 1:30 Brain Games 2:00 BINGO! 3:00 Documentary 4:15 Aroma Therapy 6:00 Guy's Grocery Games —Ch 51</p>	<p>23 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Creativity Class 10:30 Communion 1:00 Movie Matinee-SC 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Edge of Alaska—Ch 39</p>	<p>24 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Game Day 1:00 Culinary Creations 2:00 Bingo! 3:00 Documentary 4:15 Aroma Therapy 6:00 The Zoo—Channel 39</p>	<p>25 9:30 Let's Exercise! 10:00 Daily Chronicle and News 10:15 "What Am I" 10:30 Noodle Ball 11:00 Namaste 1:30 Table Games 2:30 Snacks and a Chat 3:00 Bingo! 4:15 Aroma Therapy 7:00 The Lawrence Welk Show - Channel 5</p>
<p>26 9:30 Daily Chronicle and News 10:00 Sing Along with Susie Q 10:30 Bible Study 10:45 Short Story: "The Recipe" 1:30 Movie Matinee and Snack Bar 4:15 Aroma Therapy 6:00 Wild Nevada—Channel 5</p> 	<p>27 9:45 Steel Feather Fitness Zumba 10:30 Daily Chronicle and News 10:45 How Come? An Answer to Every Science Question 1:30 Music: 50's and 60's Sing Along 2:30 Snacks and a Chat 3:00 BINGO! 4:15 Aroma Therapy 6:00 Castle—Channel 28</p>	<p>28 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Brain Games 1:00 Crafts with Kaylee 2:00 BINGO! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Dirty Jobs with Mike Rowe - Channel 42</p> 	<p>29 9:30 A Visit with Yuki and Christine 10:30 Namaste Nail Care 1:00 Remember When 1:30 Brain Games 2:00 BINGO! 3:00 Men's Club 3:00 Documentary 4:15 Aroma Therapy 6:00 Guy's Grocery Games —Ch 51</p>	<p>30 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Creativity Class 10:30 Communion 1:00 Movie Matinee-SC 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Edge of Alaska—Ch 39</p>	<p>31 Cesar Chavez Day 9:30 Exercising to Music 10:00 Daily Chronicle and News 10:15 Game Day 1:00 Culinary Creations 2:00 Bingo! 3:00 Documentary 4:15 Aroma Therapy 6:00 Diners, Drive-Ins & Dives-Ch 51</p>	<p>Abbreviations Key: ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North LS- Living Room South SC- Sundance Cinema</p>

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