Mezzanine Activities Calendar

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am March IQ (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Scarf Dancing (A3E) 2pm Smoothie Social (A3E) 2:30pm World Compliment Day (A3E) 3pm Happy Happy Hippos! (A3E) 4pm Storytelling (A3V) 5:30pm Wind Down and Relax (A3E)	2 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 10:45am Sound of Music Sing a Long (A3E) 12:30pm Current Events Conversation (A3V) 1:30pm Walking Club (A3V) 2pm Reminiscing: The Best Road Trips in America (A3E) 3pm Rhythm Band (A3E) 3pm Choir Rehearsal (BST) 4pm Drama Club (A3E) 5:30pm Wind Down and Relax (A3E)	3 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 11am Jewelry Making (A3E) 1:30pm Balloon Toss (A3E) 2pm Movie Matinee (A4T) 4pm Leisurely Walk (A3E) 5:30pm Relax and Unwind (A3E)	4 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Shabbat (A3V) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 1:30pm Bowling (A3E) 2pm Irish Dancers! (A3E) 3pm Manicures! (A3E) 4pm Virtual Concert (A3E) 5:30pm Relax and Unwind (A3E)
5 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Noodle Ball (A3E) 2pm Lecture-Chicago Architecture with Ann (A3E) 3pm Sunday Afternoon Social (A3E) 4pm Afternoon Meditation and Stretches (A3E) 6pm Sunday Evening Movie (A3E)	6 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am Remembering Michelangelo (A3E) 12:30pm Current Events Discussion (A3V) 1:30pm Sit and Be Fit (A3E) 2pm Artist Impressions- Fresco Paintings (A3E) 3pm Card Games (A3E) 3:30pm Biographies: Lou Costello (A3E) 5:30pm Relax and Unwind (A3E)	7 10am Move and Groove (A3E) 10:30am Music Therapy w/ Nancy! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Walking Club (A3V) 1:30pm Opera Club (I3T) 2pm Crafter's Corner (A3E) 3pm Picture Bingo (A3E) 4pm The Story of Purim (A3V) 5:30pm Relax and Unwind (A3E)	8 **International Women's Day** 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Notable Women in History Trivia (A3E) 11am Finish the Phrase (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Scarf Dancing (A3E) 2pm Let's Learn about Holi! (A3E) 2:30pm Artist Corner-Pour Painting (A3E) 3:30pm Karaoke (A3E) 4pm Who am I? (A3E) 5:30pm Relax and Unwind (A3E)	9 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 12:30pm Current Events Conversation (A3V) 1:30pm Walking Club 2pm Family Feud (A3E) 2:30pm Story Telling 3pm Choir Rehearsal (BST) 3pm Let's Dance! (A3E) 3:30pm Name that Tune (A3E) 4pm Word Games (A3E) 5:30pm Relax and Unwind (A3E)	10 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 11am Jewelry Making (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Color by Numbers (A3E) 5:30pm Relax and Unwind (A3E)	11 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Shabbat (A3V) 10:45am Riddle Me This (A3E) 11am Bean Bag Toss (A3E) 1:30pm Bowling (A3E) 2pm Saturday Afternoon Jazz Concert (A3V) 3pm Manicures! (A3E) 4pm Virtual Concert (A3E) 5:30pm Relax and Unwind (A3E)
12 **National Girl Scout Day (cont)** 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Girl Scout Social (A3E) 4pm Afternoon Meditation and Stretches (A3E) 6pm Sunday Evening Movie (A3E)	13 **National Girl Scout Day** 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12:30pm Current Events Discussion (A3V) 2pm Who's On First? (A3E) 2:30pm Artist Workshop 3:15pm Fact or Blarney 4pm Limerick Writing 5:30pm Relax and Unwind (A3E)	14 **Pi Day!** 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:45am Spelling Bee (A3E) 11am Smile! You're On Candid Camera (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Chair Volleyball (A3E) 1:30pm Men's Club-March Madness 1:30pm Walking Club (A3V) 2pm Cooking Club- Pie 3pm Pi Social (A3E) 5:30pm Relax and Unwind (A3E)	15 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 11am Nature Talks with Alyse (BST) 12:30pm Refresh and Recharge (A3E) 1:30pm Scarf Dancing (A3E) 2pm Shamrock Shakes! (A3E) 2:30pm "I Am Ireland" Viewing (A3E) 4pm Let's Learn to Irish Step Dance (A3E) 5:30pm Relax and Unwind (A3E)	16 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 10:45am Myra the Therapy Dog Visits! (A3E) 12:30pm Current Events Conversation (A3V) 1:30pm Walking Club 2pm Green River Floats! (A3E) 2:15pm Crafter's Corner-Rainbow Shamrocks 3pm Choir Rehearsal (BST) 3pm Fill Your Pot With Gold Game (A3E) 3:30pm Irish Blessings (A3E) 4pm Irish Music Karaoke (A3E) 5:30pm Relax and Unwind (A3E)	17 **St. Patrick's Day!** 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am We're All Irish on St. Patrick's Day (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Leisurely Walk (A3E) 5:30pm Relax and Unwind (A3E)	18 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Shabbat (A3V) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 1:30pm Bowling (A3E) 2pm Jumbo Puzzle (A3E) 3pm Manicures! (A3E) 4pm Virtual Concert (A3E) 5:30pm Relax and Unwind (A3E) 7pm Special Music: Girls of the 50's with Heather B. (BST)

Mezzaine Activities Calendar

March 2023

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19 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Baking Club (A3E) 3pm Sunday Afternoon Social (A3E) 4pm Afternoon Meditation and Stretches (A3E) 6pm Sunday Evening Movie (A3E)	**20** 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12:30pm Current Events Discussion (A3V) 1:30pm Afternoon Stretches (A3E) 2pm Spring Social (A3E) 3:30pm Mindful Meditations 4pm Arm Chair Travels 5:30pm Relax and Unwind (A3E)	**21** 10am Move and Groove (A3E) 10:30am Music Therapy w/ Nancy! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Walking Club (A3V) 2pm Try A New Brew Social (A3E) 3pm Picture Bingo (A3E) 4pm Rhythm Band (A3E) 5:30pm Relax and Unwind (A3E)	**22** 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Scarf Dancing (A3E) 2pm Smoothie Social (A3E) 2:30pm Biographies-Ceaser Romero 3:30pm Sing a Longs (A3E) 4pm Story Telling (A3E) 5:30pm Relax and Unwind (A3E)	**23** 10am Tai Chi With Diana (A3E) 10:30am Drum Circle w/ Chris (A3E) 11am Art History with Debra (NOTE TIME CHANGE) (I3T) 12:30pm Current Events Conversation (A3V) 1:30pm Walking Club 2pm Musical Entertainment! (A4T) 3pm Choir Rehearsal (BST) 4pm Categories (A3E) 5:30pm Relax and Unwind (A3E)	**24** 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 11am Jewelry Making (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Color by Numbers (A3E) 5:30pm Relax and Unwind (A3E)	**25** 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Shabbat (A3V) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 11am Bean Bag Toss (A3E) 1:30pm Bowling (A3E) 2pm Jumbo Puzzle (A3E) 3pm Manicures! (A3E) 4pm Virtual Concert (A3E) 5:30pm Relax and Unwind (A3E)
26 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Dump Cake Creation (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Dance Party (A3E) 2:30pm Trivia 3pm Sunday Afternoon Social (A3E) 4pm Afternoon Meditation and Stretches (A3E) 6pm Sunday Evening Movie (A3E)	**27** 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12:30pm Current Events Discussion (A3V) 2pm Cooking Club 3pm Travelogue-Barcelona 3:30pm Remembering Plácido Domingo (A3E) 5:30pm Relax and Unwind (A3E)	**28** 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:45am Spelling Bee (A3E) 11am Cool Carnations (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Walking Club (A3V) 2pm Crafter's Corner 3pm Picture Bingo (A3E) 4pm Crossword Puzzle (A3E) 5:30pm Relax and Unwind (A3E)	**29** 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Scarf Dancing (A3E) 2pm Birthday Bash! (A3E) 4pm Jeopardy! (A3E) 5:30pm Relax and Unwind (A3E)	**30** 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 12:30pm Current Events Conversation (A3V) 1:30pm Walking Club (A3V) 2pm Opening Day Social! (A3E) 3pm Baseball Bingo (A3E) 3pm Choir Rehearsal (BST) 4pm Categories (A3E) 5:30pm Relax and Unwind (A3E)	**31** 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 11am Jewelry Making (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Leisurely Walk (A3E) 5:30pm Relax and Unwind (A3E)	

Location Legend

A2E	AL Fl-2 LE
A3E	AL Fl-3
A3V	3rd Floor Living Room
A4T	AL 4th Floor Theater
BST	Bistro

All activities are subject to change based on resident preference