

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">MARCH 2023</h1>			 <p style="text-align: center;"><b>~The Arbors 20th Anniversary Celebration!!~</b></p> <p>10:00 Exercise (CC)* *No other schedule Activities* Celebration starts at 12 to 2pm!!</p>	<p>10:00 Exercise Class (CC) 2</p> <p>1:00 Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 3</p> <p>2:00 New Resident meet &amp; Greet: Introducing the buddy system</p>	<p>~Independent Activity~ 4</p> <p>7:00 Bingo (CC)*</p>
<p>~Independent Activity~ 5</p> <p>2:00 Church Service (CC)</p> <p>~Self Care Sunday~</p>	<p>10:00 Exercise Class (CC) 6</p> <p>12pm Ted Talk (Introducing Ireland as our themed month)</p> <p>1:00 Bingo</p> 	<p>10:00 Exercise Class (CC) 7</p> <p>11:00 Walmart (outing)</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 8</p> <p>11:00 Women Empowerment Social (CC)*</p> <p>1:00 Life Story Writing w/Theresa (CC)*</p> <p>2pm March Birthday Celebration (DR)*</p>	<p>10:00 Exercise Class (CC) 9</p> <p>1:00 Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 10</p> <p>11:00 Mall (Outing)</p> <p>2:00 Art with Emily (CC)*</p>	<p>~Independent Activity~ 11</p> <p>7:00 Bingo (CC)*</p>
<p>~Independent Activity~ 12</p> <p>2:00 Church Service (CC)</p> <p>~Rest &amp; Recharge~</p> <p>Daylight Saving Time Begins</p>	<p>10:00 Exercise Class (CC) 13</p> <p>1:00 Bingo (CC)*</p> <p>2pm Ted Talk (Irish Coffee)</p>	<p>10:00 Exercise Class (CC) 14</p> <p>11:00 Food Lion (Outing)</p> <p>3:30 Happy Hour (CC)*</p> <p>National Potato Chip Day</p>	<p>10:00 Exercise Class (CC) 15</p> <p>12:00 Schooners (Lunch Outing)</p> <p>2:30 Saint Patrick's Day Crafts (CC)*</p>	<p>10:00 Exercise Class (CC) 16</p> <p>1:00 Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 17</p> <p>2pm Saint Patrick's Day Party (DR)*</p> <p>*Please Wear Green*</p> <p>St. Patrick's Day</p>	<p>~Independent Activity~ 18</p> <p>7:00 Bingo (CC)*</p>
<p>~Independent Activity~ 19</p> <p>2:00 Church Service (CC)</p> <p>~Self Care Sunday~</p>	<p>10:00 Exercise Class (CC) 20</p> <p>1:00 Bingo (CC)*</p> <p>2pm Ted Talk ( Myths about Leprechauns)</p> <p>Spring Begins</p>	<p>10:00 Exercise Class (CC) 21</p> <p>11:00 Harris Teeter (Outing)</p> <p>2pm Montessori School Program (DR)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 22</p> <p>1:00 Crafting &amp; Knitting (3rd floor)*</p> <p>2pm Writing Workshop with Theresa (CC)*</p> <p>Ramadan Begins</p>	<p>10:00 Exercise Class (CC) 23</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Lana &amp; Kim Performance (DR)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 24</p> <p>11:30 Health Benefits Class (CC)*</p> <p>2:00 Art with Emily (CC)*</p>	<p>1:00-4:00pm Game Day (CC)* 25</p> <p>7:00 Bingo (CC)*</p>
<p>~Independent Activity~ 26</p> <p>2:00 Church Service (CC)</p> <p>~Rest &amp; Recharge~</p>	<p>10:00 Exercise Class (CC) 27</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Ted Talk (Visiting Ireland)</p>	<p>10:00 Exercise Class (CC) 28</p> <p>11:00 Food Lion (outing)</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 29</p> <p>12pm Quick trip to Hot Dog King (outing)</p> <p>1:00 Crafting &amp; Knitting (3rd floor)*</p>	<p>10:00 Exercise Class (CC) 30</p> <p>1:00 Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 31</p> <p>~Wishing Mrs. Laura Silvent the Best of Luck on her New Journey!!~</p> <p>The Arbors Will miss you!!</p>	