

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

										11:00am - Trivia Crush (CC) 1 1:00pm - Aerobic Dance Class (CC) 2:00pm - Yahtzee (CC) 6:30pm - Bingo (CC)	
11:00am - Coffee and Crosswords (Cafe) 2 2:00pm - Church Service with Communion (CC) 3:30pm - Murder, She Wrote and Jigsaw Puzzles (CC) 7:00pm - 97th Academy Awards Show (CC)	10:00am - Exercise Class (CC) 3 10:30am - Therapy Dogs (GR) 1:00pm - Bingo (CC) 2:00pm - Chair Core Exercises (CC) 2:30pm - Ping Pong (CC) 3:00pm - Book Club (2nd Floor)	10:00am - Exercise Class (CC) 4 11:00am - History of Mardi Gras (CC) 1:00pm - Mardi Gras Mask Making (CC) 3:30pm - "Let the Good Times Roll" Mardi Gras Happy Hour (CC) Mardi Gras	10:00am - Exercise Class (CC) 5 10:30am - Crafting Hour: Creative Sewing (CC) 12:00pm - Popcorn and Movie Showing: <i>The Sound of Music</i> (MT)	10:00am - Exercise Class (CC) 6 10:45am - Food Lion (Grocery Outing) 1:00pm - Bingo (CC) 2:30pm - Oreo Cookie Day (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 7 10:30am - Wii Sports: Bowling (CC) 12:00pm - Art with Emily (CC) 2:30pm - Seated Cardio Exercise (CC) 3:00pm - Liverpool Rummy with Marranda (CC) 7:00pm - Friday Movie and Popcorn: <i>Secretariat</i> (MT)	11:00am - Trivia Crush (CC) 8 1:00pm - Aerobic Dance Class (CC) 2:00pm - Clue (CC) 6:30pm - Bingo (CC)					
11:00am - Coffee and Crosswords (Cafe) 9 2:00pm - Church Service (CC) 3:30pm - Murder, She Wrote and Jigsaw Puzzles (CC) Daylight Saving Time Begins	10:00am - Exercise Class (CC) 10 11:00am - Jumbo Checkers (CC) 1:00pm - Bingo (CC) 2:00pm - Chair Core Exercises (CC) 3:00pm - Minute to Win it: Pivot Point (CC)	10:00am - Exercise Class (CC) 11 10:30am - Patrick Henry Mall (Shopping Outing) 2:30pm - Brain Fitness: Finish the Phrase (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 12 10:30am - Crafting Hour: Spring Wreaths (CC) 1:00pm - Chair Stretches (CC) 2:00pm - VHS Senior Life Support Group (CC) 3:00pm - Ping Pong (CC)	10:00am - Exercise Class (CC) 13 10:45am - Kroger (Grocery Outing) 1:00pm - Bingo (CC) 2:30pm - Popcorn Lover's Tasting (CC) 3:30pm - Happy Hour (CC) Purim Begins	10:00am - Exercise Class (CC) 14 10:30am - Jeopardy (CC) 1:00pm - Seated Cardio Exercise (CC) 2:00pm - Liverpool Rummy with Marranda (CC) 7:00pm - Friday Movie and Popcorn: <i>Driving Miss Daisy</i> (MT)	11:00am - Trivia Crush (CC) 15 1:00pm - Aerobic Dance Class (CC) 2:00pm - Dominoes (Cafe) 6:30pm - Bingo (CC)					
11:00am - Coffee and Crosswords (Cafe) 16 2:00pm - Church Service (CC) 3:30pm - Murder, She Wrote and Jigsaw Puzzles (CC)	10:00am - Exercise Class (CC) 17 10:30am - Therapy Dogs (CC) 1:00pm - Bingo (CC) 2:00pm - St. Patrick's Day Social (CC) 3:00pm - Book Club ~Resident-Led~ (2nd Floor) 3:30pm - Chair Core Exercises (CC) St. Patrick's Day	10:00am - Exercise Class (CC) 18 11:00am - Brain Fitness: Word Within a Word (CC) 12:00pm - Plaza Azteca (Lunch Outing) 2:30pm - Cornhole (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 19 10:30am - VHS Blood Pressure Clinic (CC) 1:00pm - Chair Stretches (CC) 2:00pm - March Birthday Social with Music by the Sentimental Journeys (DR) 3:30pm - Ping Pong (CC)	10:00am - Exercise Class (CC) 20 10:45am - Aldi/Lidl (Grocery Outing) 1:00pm - Bingo (CC) 2:30pm - Flower Arranging (CC) 3:30pm - Happy Hour (CC) Spring Begins	10:00am - Exercise Class (CC) 21 10:30am - Wii Sports: Tennis (CC) 12:00pm - Art with Emily (CC) 2:30pm - Seated Cardio Exercise (CC) 3:00pm - Liverpool Rummy with Marranda (CC) 7:00pm - Friday Movie and Popcorn: <i>Wild Hogs</i> (MT)	11:00am - Trivia Crush (CC) 22 1:00pm - Wii Sports: Bowling (CC) 2:00pm - Rummikub (CC) 6:30pm - Bingo (CC)					
11:00am - Coffee and Crosswords (Cafe) 23 2:00pm - Church Service (CC) 3:30pm - Murder, She Wrote and Jigsaw Puzzles (CC)	10:00am - Exercise Class (CC) 24 11:00am - Art Appreciation Discussion: Starry Night (CC) 1:00pm - Bingo (CC) 2:00pm - Chair Core Exercises (CC) 3:00pm - Jumbo Jenga (CC)	10:00am - Exercise Class (CC) 25 10:45am - Guided Tour of Newport News Sculptures (Outing) 2:30pm - Brain Fitness: Unscrambling Words (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 26 11:00am - Crafting Hour: Beading Class (CC) 1:00pm - Chair Stretches (CC) 2:00pm - VHS Senior Life Support Group (CC) 3:00pm - Ping Pong (CC)	10:00am - Exercise Class (CC) 27 10:45am - Walmart (Grocery Outing) 1:00pm - Bingo (CC) 2:00pm - Town Hall with Amanda (DR) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 28 10:30am - Solving an Unsolved Case File (CC) 1:00pm - Seated Cardio Exercise (CC) 2:00pm - Liverpool Rummy with Marranda (CC) 7:00pm - Friday Movie and Popcorn: <i>Something's Gotta Give</i> (MT)	11:00am - Trivia Crush (CC) 29 1:00pm - Aerobic Dance Class (CC) 2:00pm - Scrabble (CC) 6:30pm - Bingo (CC)					
11:00am - Coffee and Crosswords (Cafe) 30 2:00pm - Church Service (CC) 3:30pm - Murder, She Wrote and Jigsaw Puzzles (CC)	10:00am - Exercise Class (CC) 31 10:30am - Therapy Dogs (CC) 1:00pm - Bingo (CC) 2:00pm - Chair Core Exercises (CC) 3:00pm - Book Club (2nd Floor)	 <h2 style="color: #e67e22;">The Arbors Independent Living Community</h2> 									