

March 2010

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>1</u> 9:30-10:15 am Yoga for Seniors (FR) 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>2</u> 9:15 am Chi Qong Flow (MR) 10 am Camden Shopping 12 noon-1:45 pm Parkinson's Support (MR) 2 pm Chi Qong Flow (MR) 4:00 pm Tom Hopps reads (2TLR)	<u>3</u> 9 am Gentlemen's Breakfast (DR) 9:30 am Rockland Shopping	<u>4</u> 8 am Dancing Chi Qong (MR) 11 am-12:15 pm VIP Support Group 1-2 pm BP Clinic 2:30 pm Dancing w/ Park. (MR)	<u>5</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	<u>6</u>
<u>7</u> 1:30 pm Nondenom. Service: Congregational Church (2T) 2 pm departure Bay Chamber concert: DBR & The New Clef Coalition 7 pm Movie Night	<u>8</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>9</u> 9:15 am Chi Qong Flow (MR) 10 am Camden Shopping 10 am Mass (2T) 2 pm Chi Qong Flow (MR) 4:00 pm Tom Hopps reads (2TLR)	<u>10</u> 9:30 am Rockland Shopping 1 pm Documentary/Disc. (M/LR)	<u>11</u> 8 am Dancing Chi Qong 1-2 pm BP Clinic 2:30 pm Dancing w/ Park. (MR)	<u>12</u> 10:30 am Sittercise (FR) 11 am Exercise (FR) 2:00 pm Variety Show (DR)	<u>13</u> 4:30-5:30 pm Birthday Social (MR/LR)
<u>14 Start Daylight Saving Time</u> 1:30 pm Church Service hosted by Catholic (2T) 1:15 pm Sing-A-Long (MR) 2:30 pm Swingtimers (DR) 7 pm Movie_Night (MR)	<u>15</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>16</u> 9:15 am Chi Qong Flow (MR) 10 am Camden Shopping 2 pm Chi Qong Flow (MR) 4:00 pm Tom Hopps reads (2TLR)	<u>17 St. Patrick's Day</u> 9:30 am Rockland Shopping Irish Coffee	<u>18</u> 8 am Dancing Chi Qong 8:45 am Sr. College* 12:15 pm Sr. College* 1-2 pm BP Clinic 2:30 pm Dancing w/ Park. (MR)	<u>19</u> 10:30 am Sittercise (FR) 10:30 am Roger Richmond 3D (M) 11 am Exercise (FR) 3-4 pm Poetry, Tea & Thee (LR)	<u>20</u> 6:30 pm departure Bay Chamber concert: Curtis on Tour
<u>21</u> 1:30 pm Nondenom. Service: Episcopal Church (2T) 7 pm Movie Night (MR)	<u>22</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>23</u> 9:15 am Chi Qong Flow (MR) 10 am Camden Shopping 2 pm Chi Qong Flow (MR) 4:00 pm Tom Hopps reads (2TLR)	<u>24</u> 9:30 am Rockland Shopping 1:30 pm Adventures in Living Well, "At Sea Around the Table" (L/MR)	<u>25</u> 8 am Dancing Chi Qong 8:45 am Sr. College* 12:15 pm Sr. College* 1-2 pm BP Clinic 2:30 pm Dancing w/ Park. (MR)	<u>26</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>27</u> 4:30 pm Wine & Cheese Social (MR)
<u>28 Palm Sunday</u> 1:30 pm Nondenom. Service: Coastal Christian Church (2T) 7 pm Movie Night (MR)	<u>29</u> 10:30 am Sittercise (FR) 11 am Exercise (FR)	<u>30 Passover</u> 9:15 am Chi Qong Flow (MR) 10 am Camden Shopping 2 pm Chi Qong Flow (MR) 4:00 pm Tom Hopps reads (2TLR)	<u>31</u> 9:30 am Rockland Shopping	Legend 2T: 2nd Floor Activity Rm, Terraces GR: 2nd Floor Game Room DR: Independent Dining Room FR: 1st Floor Fitness Room MR: Independent Media Room G : The Gardens (1st Floor) L: 3rd Floor Library *: Van Trips, Weather Permitting		