


# MARCH 2024

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|---|--|--|---|--|
| <div></div> | LOCATION<br>Activity Room (AR)<br>Centerview 2nd FL Lounge (C2FL)<br>Centerview 3rd Floor Lounge (C3FL)<br>Centerview Lounge (CL)<br>Dining Room (DR)<br>Garden Cafe (GC)<br>Gazebo (G)<br>Library (L)<br>Prayer Garden (PG)<br>Private Dining Room (PDR)   |   | *For any activity followed by an asterisk(*), please sign up at the concierge desk!  |  | 8:50am Did you Know? (AR) 1<br>9:00am Senior Fit Class (Stretch 2 Relax) (AR)<br>9:00am Post Office<br>9:30am Balance and Stretch (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Green Thumb Gardeners (G)<br>11:00am Activity Chat with Faith & Tony (AR)<br>12:30pm LCR (AR)<br>2:00pm Dancing Divas (AR)<br>6:00pm Bridge (AR)                                 | 9:00am Saturday Stroll with Tony (PG) 2<br>10:30am Bingo (AR)<br>12:00pm Rummikub (C2FL)<br>12:30pm Horse Races (AR)<br>2:00pm Movie Matinee: Elvis<br>6:00pm Game Night (GC)  |
| 3:00pm Worship Hour- Guest Speaker: Arnie Frank (AR) 3                                       | 8:50am Did you Know? (AR) 4<br>9:00am Shopping: Fry's<br>9:00am Senior Fit Class (Core Builders) (AR)<br>9:30am Balance and Stretch (AR)<br>11:30am Chair Yoga with Kelley (AR)<br>1:00pm Farkle! (CL)<br>1:30pm Shopping: Fry's<br>2:00pm Catholic Communion Service (AR)<br>2:00pm Catholic Mass (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR)  | 9:30am Lap Quilts (AR) 5<br>10:00am Coffee & Crosswords (GC)<br>12:15pm Wii Bowling (AR)<br>1:30pm Pick A Prize Bingo (AR)<br>2:00pm Needlework Group Meeting (L)<br>2:00pm Grief Share (PDR)<br>3:00pm Hope Looks Up Bible Study (AR)<br>6:00pm Hand & Foot (AR) | 8:50am Did you Know? (AR) 6<br>9:00am Senior Fit Class (Balance Fitness) (AR)<br>10:00am Bible Study (AR)<br>11:00am Breaking Bread (AR)<br>11:30am Shopping: Fry's 10% Off<br>1:00pm Watercolors with Faith* (AR)<br>1:30pm Bank Run<br>1:30pm Shopping: Fry's 10% Off<br>2:30pm O-R-E-O Eat the Middle First Party* (GC)<br>6:00pm Bunco (AR)  | 8:30am Cornhole (AR) 7<br>9:00am Wellness<br>Presentation: Nutrition While We Age (AR)<br>10:30am Price is Right (AR)<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:00pm Working Hands (C3FL)<br>1:30pm Paw Parade & 'Paw'ty (PG)<br>3:30pm Dinner Out: Carlos O'Brien's | 8:50am Did you Know? (AR) 8<br>9:00am Senior Fit Class (Stretch 2 Relax) (AR)<br>9:30am Balance and Stretch (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Food Meeting (All Residents Welcome) (AR)<br>10:30am Green Thumb Gardeners (G)<br>12:30pm LCR (AR)<br>2:00pm Dancing Divas (AR)<br>3:00pm Happy Hour - Velvet Elvis* (L)<br>6:00pm Bridge (AR)         | 9:00am Saturday Stroll with Tony (PG) 9<br>10:30am Bingo (AR)<br>12:00pm Rummikub (C2FL)<br>2:00pm Chair Volleyball! (AR)<br>6:00pm Game Night (GC)  |
| 3:00pm Worship Hour- Guest Speaker: Bud Downs (AR) 10  | 8:50am Did you Know? (AR) 11<br>9:00am Shopping: Fry's<br>9:00am Senior Fit Class (Core Builders) (AR)<br>9:30am Balance and Stretch (AR)<br>10:00am Movie Outing: Cabrini \$9<br>10:00am Blood Pressure Clinic (CL)<br>11:30am Chair Yoga with Kelley (AR)<br>1:00pm Farkle! (CL)<br>1:30pm Shopping: Fry's<br>2:00pm Catholic Communion Service (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR) | 9:30am Lap Quilts (AR) 12<br>10:00am Mary K Cosmetics (GC)<br>12:15pm Wii Bowling (AR)<br>1:30pm Pick A Prize Bingo (AR)<br>2:00pm Grief Share (PDR)<br>3:00pm Hope Looks Up Bible Study (AR)<br>6:00pm Hand & Foot (AR)  | 7:30am Men's Breakfast (DR) 13<br>8:50am Did you Know? (AR)<br>9:00am Senior Fit Class (Balance Fitness) (AR)<br>10:00am Bible Study (AR)<br>11:00am Breaking Bread (AR)<br>11:45am MIM Outing: Music & Memory-No Charge<br>12:30pm Creative Crafting (AR)<br>1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14)<br>1:30pm Bank Run<br>2:00pm FSU: Visit Jerusalem with Bud and Kathy Downs*<br>6:00pm Bunco (AR) | 8:30am Cornhole (AR) 14<br>9:00am Cafe Curana (GC)<br>10:00am Wheel of Fortune<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:00pm Working Hands (C3FL)<br>1:00pm A Visit with Abraham Lincoln (AR)<br>2:00pm Pi (3.14) Social* (GC)                                      | 8:50am Did you Know? (AR) 15<br>9:00am Senior Fit Class (Stretch 2 Relax) (AR)<br>9:00am Post Office<br>9:00am Tax Document Drop-Off (L)<br>9:30am Balance and Stretch (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Green Thumb Gardeners (G)<br>12:30pm LCR (GC)<br>2:00pm Rockin' with Elvis (AR)<br>3:00pm Caregiver Support Group (L)<br>6:00pm Bridge (AR) | 9:00am Saturday Stroll with Tony (PG) 16<br>10:30am Bingo (AR)<br>12:00pm Leprechaun Lunch (DR)<br>12:00pm Rummikub (C2FL)<br>12:30pm Classic Cinema: The Quiet Man (AR)<br>12:30pm Horse Races (AR)<br>6:00pm North Valley Symphony \$ (see Faith to sign up)<br>6:00pm Game Night (GC) |



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| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|--|--|---|---|
| 3:00pm <b>Worship Hour- Guest Speaker: Lee Spivey (AR)</b> 17   | 8:50am <b>Did you Know? (AR)</b> 18<br>9:00am <b>Shopping: Fry's</b><br>9:00am Senior Fit Class (Core Builders) (AR)<br>9:30am Balance and Stretch (AR)<br>11:00am <b>Man Cave Monday*</b><br>11:30am <b>Chair Yoga with Kelley (AR)</b><br>1:00pm Farkle! (CL)<br>1:30pm <b>Shopping: Fry's</b><br>2:00pm <b>Catholic Communion Service (AR)</b><br>2:30pm <b>Rosary (AR)</b><br>3:00pm <b>Book Club Meeting (L)</b><br>6:00pm Bingo (AR) | 9:30am <b>Lap Quilts (AR)</b> 19<br>10:00am <b>Coffee &amp; Crosswords (GC)</b><br>11:30am Avon (GC)<br>12:15pm <b>Wii Bowling (AR)</b><br>1:30pm <b>Pick A Prize Bingo (AR)</b><br>2:00pm <b>Grief Share (PDR)</b><br>2:30pm <b>Easter Card Craft!* (GC)</b><br>6:00pm Hand & Foot (AR) | 8:50am <b>Did you Know? (AR)</b> 20<br>9:00am Senior Fit Class (Balance Fitness) (AR)<br>10:00am <b>Bible Study (AR)</b><br>11:00am <b>Breaking Bread (AR)</b><br>11:00am <b>Cholla Library (Metrocenter)</b><br>1:00pm <b>Mending and Sewing Repair Pick-Up (AR)</b><br>1:30pm <b>Bank Run</b><br>2:00pm <b>All Shook Up Karaoke* (AR)</b><br>6:00pm Bunco (AR)   | 8:30am <b>Cornhole (AR)</b> 21<br>10:00am <b>Vet to Vet (AR)</b><br>11:30am <b>"Move to the Beat" Chair Exercise with Kelley (AR)</b><br>12:00pm <b>Working Hands (C3FL)</b><br>1:00pm <b>FSU: JFK with Griff* (AR)</b><br>2:00pm <b>Rock-a-Hula Social* (GC)</b>  | 8:50am <b>Did you Know? (AR)</b> 22<br>9:00am Senior Fit Class (Stretch 2 Relax) (AR)<br>9:00am Tax Document Pick-up (L)<br>9:30am Balance and Stretch (AR)<br>10:00am <b>FSU: Women's Rights with Griff (AR)</b><br>10:00am <b>Shopping: Safeway, Walgreens or CVS</b><br>10:30am <b>Green Thumb Gardeners (G)</b><br>12:30pm <b>LCR (AR)</b><br>2:00pm <b>Dancing Divas (AR)</b><br>3:00pm <b>Happy Hour - St. Patty's Green Beer!* (L)</b><br>6:00pm Bridge (AR) | 9:00am <b>Saturday Stroll with Tony (PG)</b> 23<br>10:30am Bingo (AR)<br>12:00pm Rummikub (C2FL)<br>2:00pm <b>Freedom in Christ Gospel Group (AR)</b><br>6:00pm Game Night (GC) |
| 3:00pm <b>Worship Hour- Guest Speaker: Tom Haney (AR)</b> 24  | 8:50am <b>Did you Know? (AR)</b> 25<br>9:00am <b>Shopping: Fry's</b><br>9:00am Senior Fit Class (Core Builders) (AR)<br>9:30am Balance and Stretch (AR)<br>11:30am <b>Chair Yoga with Kelley (AR)</b><br>1:00pm Farkle! (CL)<br>1:30pm <b>Shopping: Fry's</b><br>2:00pm <b>Catholic Communion Service (AR)</b><br>2:30pm <b>Rosary (AR)</b><br>6:00pm Bingo (AR)   | 9:30am <b>Lap Quilts (AR)</b> 26<br>9:30am <b>Paparazzi Jewelry Everything \$5 (GC)</b><br>12:15pm <b>Wii Bowling (AR)</b><br>1:30pm <b>Pick A Prize Bingo (AR)</b><br>2:00pm <b>Grief Share (PDR)</b><br>2:45pm <b>Who, What, Where? New! (GC)</b><br>6:00pm Hand & Foot (AR)           | 8:50am <b>Did you Know? (AR)</b> 27<br>9:00am Senior Fit Class (Balance Fitness) (AR)<br>10:00am <b>Bible Study (AR)</b><br>11:00am <b>Breaking Bread (AR)</b><br>1:30pm <b>Bank Run</b><br>1:30pm <b>Shopping: Super Walmart (19th Ave &amp; Bell) (Limit 14)</b><br>1:30pm <b>Shopping: Super Walmart (19th Ave &amp; Bell) (Limit 14)</b><br>2:30pm <b>Wine Down Wednesday* (AR)</b><br>6:00pm Bunco (AR) | 8:30am <b>Cornhole (AR)</b> 28<br>10:00am <b>Concentration (New!) (AR)</b><br>11:30am <b>"Move to the Beat" Chair Exercise with Kelley (AR)</b><br>12:00pm <b>Working Hands (C3FL)</b><br>2:00pm <b>Crafts with Teresa! (Limit 10)* (GC)</b><br>2:00pm <b>Classic Cinema: Jailhouse Rock (AR)</b><br>3:30pm <b>Dinner Out: Hulas Modern Tiki</b> | 8:50am <b>Did you Know? (AR)</b> 29<br>9:00am Senior Fit Class (Stretch 2 Relax) (AR)<br>9:30am Balance and Stretch (AR)<br>10:00am <b>Japanese Friendship Garden-\$8- See Faith to Sign Up</b><br>10:00am <b>Shopping: Safeway, Walgreens or CVS</b><br>10:30am <b>Birthday Breakfast (Invite Only) (AR)</b><br>10:30am <b>Green Thumb Gardeners (G)</b><br>12:30pm <b>LCR (AR)</b><br>2:00pm <b>Good Friday Concert (AR)</b><br>6:00pm Bridge (AR)                | 9:00am <b>Saturday Stroll with Tony (PG)</b> 30<br>10:30am Bingo (AR)<br>12:00pm Rummikub (C2FL)<br>12:30pm Horse Races (AR)<br>6:00pm Game Night (GC)                          |
| 7:00am <b>Easter Sunrise Service (PG)</b> 31<br>3:00pm <b>Worship Hour- Guest Speaker: Len Fleming (AR)</b> |  |  |  |  |   | "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.<br><br>Luke 12:32  |