

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# March 2023

## Assisted Living

*Happy Birthday*  
*Shirley LaFon 3.03*  
*Robert Ray 3.03*  
*Pat Woltersdorf 3.29*

1  
9:30 Daily News - Café  
10:30 Functional Fitness - Fitness Center  
1:30 "Leap Year"-Theater  
3:30 Conversation Starters - Lounge  
3:30 Wine Wednesday - Lounge

2  
Beauty Salon Open  
9:30 Daily News - Café  
10:30 Silver Sneakers - Fitness Center  
1:30 "Julie & Julia" - Theater  
3:30 Thirsty Thursday: Cape Codder - Lounge

3  
9:30 Daily News - Café  
10:30 Chair Exercise - Fitness Center  
1:30 Bingo - Theater  
3:30 Skee Ball - Lounge  
3:30 Happy Hour - Lounge  
6:30 Scrabble - Art Studio

4  
9:30 Daily News - Café  
10:30 Sit to be Fit - Fitness Center  
2:30 Trivial Pursuit - Cafe  
3:30 Walking Club - Lobby

5  
9:30 Daily News - Café  
9:30 Sunday School: Brookwood - Theater  
10:30 Worship: Brookwood - Theater  
10:30 Exercise - Fitness Center  
2:30 Jigsaw Puzzles - Art Studio  
3:30 Walking Club - Lobby

6  
9:30 Daily News - Café  
10:30 Exercise - Fitness Center  
1:30 Bingo - Theater  
3:30 Skee Ball - Lounge  
3:30 Happy Hour - Lounge  
6:30 Dominoes - Art Studio

7  
9:30 Daily News - Café  
10:30 Exercise with Enhabit Home Health - Fitness Center  
1:30 "Eat Pray Love" - Theater  
3:30 Trivia - Lounge  
3:30 Happy Hour - Lounge

8  
9:30 Daily News - Café  
10:30 Functional Fitness - Fitness Center  
10:30 Outing to On Tap Sports Café - Sign Up with Concierge  
1:30 Activity Committee Meeting - Dining Room  
3:30 Wine Wednesday - Lounge

9  
Beauty Salon Open  
9:30 Daily News - Café  
10:30 Silver Sneakers - Fitness Center  
11:00 Canasta - Dining Room  
1:30 "True Spirit" - Theater  
3:30 Thirsty Thursday: Cardinal Cocktail - Lounge

10  
9:30 Daily News - Café  
10:30 Chair Exercise - Fitness Center  
1:30 Bingo - Theater  
3:30 Skee Ball - Lounge  
3:30 Happy Hour - Lounge  
6:30 Dominoes - Art Studio

11  
9:30 Daily News - Café  
10:30 Sit to be Fit - Fitness Center  
2:00 Mexican Train - Dining Room  
3:30 Walking Club - Lobby

12  
Daylight Savings Time  
9:30 Daily News - Café  
9:30 Sunday School: Brookwood - Theater  
10:30 Worship: Brookwood - Theater  
10:30 Exercise - Fitness Center  
2:30 Scrabble - Art Studio  
3:30 Walking Club - Lobby

13  
9:30 Daily News - Café  
10:30 Moving to Music with Jackie - Fitness Center  
1:30 Bingo - Theater  
3:30 Happy Hour - Lounge  
6:30 Jigsaw Puzzles - Art Studio

14  
9:30 Daily News - Café  
10:30 Exercise with Enhabit Home Health - Fitness Center  
1:30 "Daddy Day Care"-Theater  
3:30 Trivia - Lounge  
3:30 Happy Hour - Lounge

15  
9:30 Daily News - Café  
10:30 Functional Fitness - Fitness Center  
10:30 Outing to Target - Sign up with Concierge  
1:30 Resident Council - Dining Room  
3:30 Conversation Starters - Lounge  
3:30 Wine Wednesday - Lounge

16  
Beauty Salon Open  
9:30 Daily News - Café  
10:30 Silver Sneakers - Fitness Center  
1:30 "Where the Crawdads Sing" - Theater  
3:30 Thirsty Thursday: Irish Coffee- Lounge  
6:30 Walking Club - Lobby

17  
St. Patrick's Day  
9:30 Daily News - Café  
10:30 Chair Exercise - Fitness Center  
2:00 St. Patrick's Day Concert with Kevin Atkin's Music - Dining Room Courtyard (Weather Permitting)  
3:30 Happy Hour - Lounge  
6:30 Chess & Checkers - Art Studio

18  
9:30 Daily News - Café  
10:30 Sit to be Fit - Fitness Center  
2:30 Trivial Pursuit - Cafe  
3:30 Walking Club - Lobby

19  
9:30 Daily News - Café  
9:30 Sunday School: Brookwood - Theater  
10:30 Worship: Brookwood - Theater  
10:30 Exercise - Fitness Center  
2:30 Chess & Checkers - Art Studio  
3:30 Walking Club - Lobby

20  
First Day of Spring  
9:30 Daily News - Café  
10:30 Exercise - Fitness Center  
1:30 Bingo - Theater  
3:30 President's Trivia - Lounge  
3:30 Happy Hour- Lounge  
6:30 UNO - Art Studio

21  
9:30 Daily News - Café  
10:30 Exercise with Enhabit Home Health - Fitness Center  
1:30 "Skyfall 007" - Theater  
3:30 Happy Hour - Lounge

22  
9:30 Daily News - Café  
9:30 Outing to the Birmingham Museum of Art - Sign up with Concierge  
10:30 Functional Fitness - Fitness Center  
1:30 "The Pursuit of Happiness"-Theater  
3:30 Wine Wednesday - Lounge

23  
Beauty Salon Open  
9:30 Daily News - Café  
10:30 Silver Sneakers - Fitness Center  
11:00 Uno - Dining Room  
2:00 Jan Plays Piano - Activity  
3:30 Thirsty Thursday: Moscow Mule - Lounge

24  
9:30 Daily News - Café  
10:30 Chair Exercise - Fitness Center  
1:30 Bingo - Theater  
3:30 Skee Ball - Lounge  
3:30 Happy Hour - Lounge  
6:30 Dominoes - Art Studio

25  
9:30 Daily News - Café  
10:30 Exercise - Fitness Center  
2:00 Mexican Train - Dining Room  
3:30 Walking Club - Lobby

26  
9:30 Daily News - Café  
9:30 Sunday School: Brookwood - Theater  
10:30 Worship: Brookwood - Theater  
10:30 Exercise - Fitness Center  
2:30 Crossword Puzzles - Art Studio  
3:30 Walking Club - Lobby

27  
9:30 Daily News - Café  
10:30 Moving to Music with Jackie - Fitness Center  
1:30 Bingo - Theater  
3:30 Skee Ball - Lounge  
3:30 Happy Hour- Lounge  
6:30 Dominoes - Art Studio

28  
9:30 Daily News - Café  
10:30 Exercise with Enhabit Home Health - Fitness Center  
1:30 "Mudbound" - Theater  
3:30 Trivia - Lounge  
3:30 Happy Hour - Lounge

29  
9:30 Daily News - Café  
9:30 Outing to the Botanical Gardens & Gardens Café by Kathy G - Sign up with Concierge  
10:30 Functional Fitness - Fitness Center  
1:30 Chef Chat - Dining Room  
3:00 Encouragement Cards Committee - Art Studio  
3:30 Wine Wednesday - Lounge

30  
Beauty Salon Open  
9:30 Daily News - Café  
10:30 Silver Sneakers - Fitness Center  
11:00 Hand & Foot - Dining Room  
1:30 "Fletch" - Theater  
3:30 Thirsty Thursday: Margarita on the Rocks - Lounge

31  
9:30 Daily News - Café  
10:30 Chair Exercise - Fitness Center  
2:00 Bingo Store - Café  
3:30 Skee Ball - Lounge  
3:30 Happy Hour: March Birthdays Celebration - Lounge  
6:30 Dominoes - Art Studio

*Activities in green represent resident lead activities.*