


Independent Living March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Exercise 10am Exercise 11:15am Men's Exercise Class 12:30pm Bridge 12:30pm MU Women's Basketball 1pm Dr. Brashears 4pm Happy Hour (BYOB) 6:15pm Bingo	2 9am Exercise /10am Exercise 10:30pm Seamstress 1pm Chair Yoga 1:30pm Pool Shots 2pm Palmer's Trip "Brazil" 3pm Board Games 4pm Communion 6pm "Blind Fiddlers of Ashland"	3 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 3pm Corn Hole 6pm Movie- "Top Gun: Maverick"	4 12:30pm Bridge 6pm MU Men's Basketball 6:15pm Bingo
5 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. John Yeager 6pm Movie—"Call of the Wild"	6 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 2pm Wild Ramp 3pm Corn Hole 4pm Meditation W3, 2nd Floor 6pm MARSHALL MONDAY	7 9am Exercise 10am Exercise 12-2pm Todd Chow 1pm Walmart 1pm Chair Yoga 1pm Mexican Train Dominos 2pm Knitting Circle & Loom 2pm One Day University	8 9am Exercise 10am Exercise 10am Food Committee 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 4pm Happy Hour (BYOB) 6pm Dr. Schray & Victor Fet 6:15pm Bingo	9 9am Exercise /10am Exercise 10:30pm Seamstress 1pm Chair Yoga 1:30pm Pool Shots 3pm Board Games 4pm Communion 6pm Hoops Family Children's Hospital	10 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 2pm Jim Joy "Africa" 3pm Corn Hole 6pm Movie- "Fighting with my Family"	11 12:30pm Bridge 6:15pm Bingo
12 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. Terry Deane 6pm Movie—"Cleopatra"	13 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 2pm Tori Wucher Israel Tour HC 3pm Corn Hole	14 9am Exercise/10am Exercise 12-2pm Todd Chow 1pm Chair Yoga 1pm Kroger 1pm Right Left Center 2pm Knitting Circle & Loom Knitting, W5 #184 Cmmns Area 2pm One Day University 6pm—Parkinson's Support	15 9am Exercise 10am Exercise 11:15am Men's Exercise Class 11:30am Out to Lunch Central City Cafe 12:30pm Bridge 4pm Happy Hour (BYOB) 6pm Salsa Club of Charleston 6:15pm Bingo	16 9am Exercise 10am Exercise 10:30pm Seamstress 1pm Chair Yoga 1:30pm Pool Shots 2pm Resident Council 3pm Beer Tasting 4pm Communion	17 St. Patrick's Day 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 1pm Celtic Music with Dewey and Friends 2pm Lincoln Co Cloggers 3pm Corn Hole 6pm Movie- "Catch Me if you Can"	18 11:30am Trip out to Opera 12:30pm Bridge 6:15pm Bingo
19 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. Marc Price 6pm Movie—"Grapes of Wrath"	20 First Day of Spring! 9am Exercise 10am Exercise 10:30am Activities Meeting 11am Bank Cancelled 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole 6pm Keith Ellison 	21 9am Exercise / 10am Exercise 11am Huntington Federal Bank 12-2pm Todd Chow 1pm MU Emeritus Club 1pm Chair Yoga 1pm Ashland Mall 1pm Mexican Train Dominos 2pm One Day University 6pm Dr. Elaine Young, Dermatologist	22 9am Exercise/10am Exercise 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 3pm Marshall Chamber Music 4pm Happy Hour (BYOB) 6:15pm Bingo	23 9am Exercise 10am Exercise 10:30pm Seamstress 1pm Chair Yoga 1:30pm Pool Shots 2pm Breana Bowen, CCPL 3pm Board Games 4pm Communion	24 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 3pm Corn Hole 6pm Movie- "A Beautiful Day in the Neighborhood"	25 12:30pm Bridge 6:15pm Bingo
26 1:30pm Virtual Worship, Ch1990 1:30pm Worship Service with Rev. Shannon Blosser 6pm Movie—"Laura" 6:30pm Trip out to Marshall Artists Series	27 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole	28 9am Exercise /10am Exercise 12-2pm Todd Chow 1pm Chair Yoga 1pm Kroger 1pm Right Left Center 2pm Knitting Circle & Loom Knitting, W5 #184 Cmmns Area 2pm One Day University	29 9am Exercise/10am Exercise 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 4pm Happy Hour (BYOB) 6:15pm Bingo	30 9am Exercise 10am Exercise 10:30am Book Club 10:30pm Seamstress 1pm Chair Yoga 1:30pm Pool Shots 2pm Community Meeting 3pm Board Games 4pm Communion 5pm Out to Dinner La Familia	31 Birthday Dinner! 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 3pm Corn Hole 6pm The Weekend Warriors 7pm Trip out to Marshall Artists Series	KEY Black=Regular Events Red= Special On Campus Green=Off Campus

Healthcare March 2023 (Calendar Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Garden View Daily Activities 9am 1E Morning Gathering 10am 1E Exercise 2pm 1E Craft/Activity	1 Exercise 11:15-11:45am Pretty Nails 2-3pm	2 Exercise 11:15-11:45am Resident Council 2-2:30pm Refreshments 2:30	3 Exercise 11:15am-11:45am Movie Matinee & Popcorn “That’s Amour” 2pm—4pm	4 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
	5 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service Carol Gump 3-3:45pm, Chapel	6 Exercise 11:15am-11:45am Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel Piano w/Liberty 4:30pm Dining Rm	7 Exercise 11:15am-11:45am Beading 2-3pm	8 Exercise 11:15am-11:45am Walmart Trip 1-4pm Banjo w/Jessica in the Neighborhood 1:30-2:30pm	9 Exercise 11:15-11:45am Lip Reading Lesson 2-3pm	10 Exercise 11:15am-11:45am Let’s Play Cards 2-3pm
12 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	13 Exercise 11:15am-11:45am 2:00-3:00pm Tour of Isreal 3pm-3:30pm Mass w/Father Dean, Chapel	14 Exercise 11:15am-11:45am Pot of Gold Treats & Shamrock Pins 2-3pm	15 Exercise 11:15-11:45am Charleston Salsa Dance Club 2-3pm	16 Exercise 11:15-11:45am Aspire Music Therapy w/Carleigh 2-3pm	17 St. Patty’s Day Celtic Music w/Dewey and Friends 11-11:30am Lincoln County Cloggers 2pm	18 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
19 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	20 Exercise 11:15am-11:45am Bingo 2-3pm 3pm-3:30pm Mass w/Father Dean, Chapel 5pm Music with Keith Ellison Din- ing Room	21 Exercise 11:15am-11:45am Sock Bunny 2-3pm	22 Exercise 11:15am-11:45am Walmart Trip 1-4pm Banjo w/Jessica in the Neighborhood 1:30-2:30pm	23 Exercise 11:15am-11:45am Music Therapy w/Carleigh 2-3pm	24 Exercise 11:15am-11:45am Let’s Play Cards 2-3pm	25 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
26 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	27 Exercise 11:15am-11:45am Bingo 2-3pm 3pm Mass w/Father Dean, Chapel Piano w/Liberty 4:30pm Dining Rm	28 Exercise 11:15am-11:45am Out to Lunch 12pm at Bombshell Burgers and BBQ 3-4pm Sachet Bunny Bags	29 Exercise 11:15-11:45am Pretty Nails 2-3pm	30 Saints Alive Choir 11-11:45am Lip Reading Lesson 2-3pm Sing-A-Long w/Chuck 4:30pm Dining Room	31 Exercise 11:15-11:45am Movie & Popcorn “Along Came Polly” 2-4pm Birthday Dinner w/Weekend Warriors Band 5pm Dining Room	Friday Room Visits with Chaplain Carol Gump 9am—2pm Outings Weather Permitting