

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>MARCH BIRTHDAYS</h2>						
Birgit A. 3rd Michael R. 4th Pat G. 11th Kay F. 15th			Sandy J. 18th Greta S. 20th Patsy T. 23rd Ray H. 25th			
2 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Sing Along with Monica (D)	3 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 1:30 Health and Wellness Video Series with Josh (D) 3:00 MacPhail: Andrea Leap: Songs of the Movies (D)	4 9:30 Interval Exercise with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) 2:00 Mardi Gras Social (DR)	5 9:30 Stay Fit with Courage (D) 10:30 Newsletter Committee (L) 10:30 Game: Scrabble (FAR) 12:00 Virtual Basilica St. Mary Catholic Ash Wednesday Mass (D) 2:00 Ash Wednesday with Bill Tipping (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	6 9:30 Ball Exercises with Michelle (D) 10:30 Outing: Bachman's on Lyndale (Sign up by 3/3) 10:15 Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 10:30 Mocktail Pong (FAR) 1:30 Silent Book Club (P) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	7 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Sing a Long Meet-Up (D) 2:30 Movie (D) 3:00 Coffee with Friends (P)	8 9:30 YouTube Fit (D) 10:30 Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
9 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3pm Coffee with Friends (P) 6:30 Sing Along with Monica (D)	10 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 11:00 Parkinson's Support Group (L) 1:30 Bridge (PR) 2:00 Artist Social with Karen Benson (D)	11 9:30 Interval Exercise with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) 2:00 All Resident Meeting (DR) 4:00 Tech Help with Graham (P)	12 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 11:45 Lunch with Jenny- Floors 10 & 11 2:00 Hennepin County Library Presentation (D) 3:00 Sweets with Michelle and daughter, Ivy (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	13 9:30 Ball Exercises with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 10:30 Origami (FAR) 2:00 Road to History with Al S-Den 3:00 Knitting with Coach Mariann (FAR)	14 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Haikus with Art's and Craft's Collective (FAR) 2:30 Movie (D) 3:00 Coffee with Friends (P)	15 9:30 YouTube Fit (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
16 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3pm Coffee with Friends (P) 6:30 Sing Along with Monica (D)	17 St. Patrick's Day 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 11:00 Time with Two Parables with Bill Tipping (D) 1:30 Bridge (PR) 2:00 Health and Wellness Video Series with Josh (D) 3:00 Shamrock Shakes with Friends (P)	18 9:30 YouTube Exercise (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) 2:00 MacPhail Hour: Trio Monette (P) 3:00 Coffee with Friends (P)	19 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 2:00 Chef Corner (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	20 9:30 Ball Exercises with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 10:30 Trivia (FAR) 2:00 Happy Hour: First Day of Spring (DR) 3:00 Knitting with Coach Mariann (FAR)	21 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 11:00 Outing: Lunch 1:30 Bridge (PR) 2:30 Movie (D) 3:00 Coffee with Friends (P)	22 9:30 YouTube Fit (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
23/30 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Sing Along with Monica (D)	24 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 2:00 Minneapolis Mayor Candidate Forum (DR) 31 9:30 Stay Fit with Courage (P) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 2:00 Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (P)	25 9:30 Interval Exercise with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:00 Great Courses: The History and Archaeology of the Bible (D) 2:00 Sing Along with Linda Wrobel (P) 3:00 Coffee with Friends (P) 4:00 Tech Help with Graham (P)	26 9:30 Stay Fit with Courage (D) 9:30 Outing: Galleria Flower Show (Sign up by 3/24) 10:30 Game: Scrabble (FAR) 2:00 Parkinson's Foundation presents: Parkinson's 101 (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	27 9:30 Ball Exercises with Michelle (D) 10:15 Gentle Chair Yoga and Stretching (D) 10:30 Blood Pressure Checks (5th floor) 10:30 Crosswords (FAR) 2:00 Monthly Birthday Party (D) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	28 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Facial Grooming Day with Nurse Jill (FAR) 2:30 Movie (D) 3:00 Coffee with Friends (P)	29 9:30 YouTube Fit (D) 10:15 Gentle Chair Yoga and Stretching (D) 11:15 Current Events (PR) 1:30 Bark Avenue on Parade Therapy Dogs (KR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)