




March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>1:30p.m.</u> Vesper Service With First Presbyterian -CG <u>2:30p.m.</u> Sunday Matinee, "The Crown"-CER	2 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Monday Morning Coffee with Cape Public Library -ML <u>2:00p.m.</u> Trivia- CER <u>2:30p.m.</u> Stretch It Out-A&C	3 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Step Class-A&C <u>10:00a.m.</u> Balance Training –A&C <u>6:30p.m.</u> Entertainment by Edwin Lenson– ML	4 <u>8:25a.m.</u> Exercise-A&C <u>9:00a.m.</u> Retired Teachers-MPR <u>9:30a.m.</u> Culinary Corner-GR <u>10:00a.m.</u> Catholic Mass-CG <u>10:00a.m.</u> Bible Study-A&C <u>11:00am</u> Leave for Chili Day at Arena <u>1:15p.m.</u> Catholic Rosary-TG <u>2:00p.m.</u> Brain Fitness-A&C <u>7:00p.m.</u> Movie Night -CER	5 <u>8:30a.m.</u> Leave for St Louis -ML <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Residents Choice Exercise-A&C <u>10:00a.m.</u> Needle Nook –ML <u>10:00a.m.</u> Balance Training –A&C	6 Green Fridays <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> First Friday w/Food Service-DR <u>10:00a.m.</u> Coffee, Cookies & Conversation-PDR <u>1:00p.m.</u> Stations of the Cross-HC <u>4:00p.m.</u> Social Hour-ML	7 <u>3:00p.m.</u> Centenary at The Chateau with communion — MPR
8 <u>Daylight Saving Time Begins</u> <u>2:00p.m.</u> Vesper Service with Southern Harmony -CG <u>2:30p.m.</u> Sunday Matinee, "The Crown"-CER	9 <u>8:25</u> - Exercise-A&C <u>9:30a.m.</u> Monday Morning Coffee "Montgomery Bank" GR <u>10:00a.m.</u> Book Club-Library <u>2:00p.m.</u> Word Games—CER <u>2:30p.m.</u> Stretch It Out-A&C	10 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Step Class-A&C <u>10:00a.m.</u> Balance Training –A&C <u>4:00p.m.</u> Birthday Dinner-DR <u>7:00p.m.</u> Leave for River Campus	11 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Culinary Corner-GR <u>10:00a.m.</u> Bible Study-A&C <u>11:00a.m.</u> Piano by Laverne-ML <u>1:15p.m.</u> Catholic Rosary-TG <u>2:00p.m.</u> Brain Fitness-A&C <u>7:00p.m.</u> Movie Night -CER	12 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Residents Choice Exercise - <u>10:00a.m.</u> Needle Nook –ML <u>10:00a.m.</u> Balance Training –A&C <u>2:00p.m.</u> Transportation Trust Fund Program—CER <u>3:00p.m.</u> Bingo-MPR	13 Green Fridays <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Catholic Eucharist-2ndFlr <u>10:00a.m.</u> Coffee, Cookies & Conversation-PDR <u>1:00p.m.</u> Stations of the Cross-HC <u>4:00p.m.</u> Social Hour-ML	14 <u>3:00p.m.</u> Centenary at The Chateau—MPR
15 <u>1:00p.m.</u> Vesper Service with Mark Kiblinger -CG <u>2:30p.m.</u> Sunday Matinee, "Doc Martin" -CER	16 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Monday Morning Coffee with 1st State Comm Bank -ML <u>2:00p.m.</u> Word Games—CER <u>2:30p.m.</u> Stretch It Out-A&C <u>5:00p.m.</u> C&J Bank Fashion Show-	17 St. Patrick's Day <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Step Class-A&C <u>10:00a.m.</u> Balance Training –A&C <u>10:00a.m.</u> Events Committee-MPR Scavenger Hunt- <u>4:00p.m.</u> Social Hour-ML 	18 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Culinary Corner-GR <u>10:00a.m.</u> Bible Study-A&C <u>1:15p.m.</u> Catholic Rosary-TG <u>2:30p.m.</u> Brain Fitness-A&C <u>7:00p.m.</u> Movie Night-CER	19 First Day of Spring <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Residents Choice Exercise- A&C <u>10:00a.m.</u> Needle Nook –ML <u>10:00a.m.</u> Balance Training –A&C <u>10:00a.m.</u> Men's Trip –ML	20 Green Fridays <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Catholic Eucharist-2ndFlr <u>10:00a.m.</u> Coffee, Cookies & Conversation- PDR <u>1:00p.m.</u> Stations of the Cross-HC <u>4:00p.m.</u> Social Hour-ML	21 <u>3:00p.m.</u> Centenary at The Chateau—MPR
22 <u>1:00p.m.</u> Vesper Service with Grace United Methodist - CG <u>2:30p.m.</u> Sunday Matinee, "Doc Martin" -CER	23 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Monday Morning Coffee GR <u>2:00p.m.</u> Word Games—CER <u>2:30p.m.</u> Stretch It Out-A&C	24 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Step Class-A&C <u>10:00a.m.</u> Balance Training –A&C <u>2:30p.m.</u> Science for Seniors-A&C <u>6:30p.m.</u> Entertainment by "Duo Sonic"—ML	25 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Culinary Corner-GR <u>10:00a.m.</u> Bible Study-A&C <u>1:15p.m.</u> Catholic Rosary-TG <u>2:30p.m.</u> Brain Fitness-A&C <u>7:00p.m.</u> Movie Night -CER	26 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Residents Choice Exercise- A&C <u>10:00a.m.</u> Needle Nook –ML <u>10:00a.m.</u> Balance Training –A&C <u>3:00p.m.</u> Bingo-MPR	27 Green Fridays <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Catholic Eucharist-2ndFlr <u>10:00a.m.</u> Coffee, Cookies & Con- versation-PDR <u>1:00p.m.</u> Stations of the Cross-HC <u>2:00p.m.</u> SEMO Food Service-CER <u>4:00p.m.</u> Social Hour-ML	28 <u>3:00p.m.</u> Centenary at The Chateau—MPR
29 <u>2:00p.m.</u> Vesper Service with Dave Schaffner -CG <u>2:30p.m.</u> Sunday Matinee, "Doc Martin" -CER	30 <u>8:25a.m.</u> Exercise-A&C <u>9:30a.m.</u> Monday Morning Coffee with Dr. Gleuck & Dr. Eichhorn - <u>2:00p.m.</u> Word Games—CER <u>2:30p.m.</u> Stretch It Out-A&C <u>6:30p.m.</u> Hymn Sing -MPR	31 <u>8:30a.m.</u> Tai Chi-A&C <u>9:30a.m.</u> Step Class-A&C <u>10:00a.m.</u> Balance Training –A&C <u>6:30p.m.</u> SEMO Winds Concert-ML				