



March

Aspire Senior Living Independent Living Life Enrichment Calendar

NOTICE

Due to recent recommendations by the CDC, all activities are subject to change, including cancellation in some cases.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	2 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 1:30 Movie- Comedy 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	3 9:15 Stretches and Strength-EA2 1:30 Bingo-Pub 2:00 Blood Pressure Clinic 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	4 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 3:30 Feet to the Fire 6:00 Board Games with St. Paul Families	5 9:15 Keepin' Fit-EA2 10:30 Catholic Service: St. Paul EA2 1:30 Bingo-Pub 3:00 Dynseo-Pub 6:15 Walking Club**	6 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 2:00 Music by Tj & Lynn (EC+) 3:30 Happy Hour-Pub 6:15 Walking Club**	7 10:30 Chair Yoga-EA2 1:30 Movie 3:00 Dynseo-Pub 3:30 Snack and Reminisce-Pub
Daylight Saving Begins 8 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	9 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Healthy Treat w/Chip-Pub 1:30 Movie- New Release 1:45 Board Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	10 10:00 Strong Bodies with Jane 10:30 Healthy Treat w/Chip-Pub 1:30 Bingo-Pub 2:30 Resident Council Meeting-Pub 3:00 Dynseo 6:00 Sheepshead** 6:15 Walking Club**	11 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Lutheran Service: Mt. Calvary-EC2 1:30 JC Studio Dance to Health 2:30 Healthy Treat w/Chip-Pub 3:30 Feet to the Fire 6:15 Walking Club**	12 9:15 Stretches and Strength with Aegis-EA2 10:00 Shepherd's Care Service-EA2 10:30 Healthy Treat w/Chip-Pub 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	13 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:30 Healthy Treat w/Chip-Pub 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	14 10:30 Chair Yoga-EA2 1:30 Educational Speaker: Flu, Shingles, Tetanus Vaccines-Pub 3:30 Snack and Reminisce-Pub
15 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	16 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 1:30 Movie- Adventure 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	St. Patrick's Day 17 9:15 Stretches and Strength-EA2 10:00 Leprechaun Scavenger Hunt-Pub 2:00 St. Patrick Day Party-Pub 6:00 Sheepshead** 6:15 Walking Club**	18 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 10:30 Catholic Service Holy Spirit-PUB 3:30 Feet to the Fire 6:15 Walking Club**	19 9:15 Keepin' Fit-EA2 1:30 Bingo-Pub 3:00 Dynseo-Pub 6:15 Walking Club**	20 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	21 10:30 Chair Yoga-EA2 1:30 Movie- Comedy 3:30 Snack and Reminisce-Pub
22 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	National Chip & Dip Day 23 9:00 Water Zumba 9:15 Keepin' Fit-EA2 1:30 Movie- New Release 1:45 Board Games-EA2 3:00 Chip and Dip Tasting-Pub 6:00 Sheepshead** 6:15 Walking Club**	24 9:15 Stretches and Strength-EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	25 9:00 Water Zumba 9:15 Keepin' Fit-EA2 10:00 Aegis Meet and Greet-Pub 3:30 Feet to the Fire 6:15 Walking Club**	26 9:15 Keepin' Fit-EA2 10:00 Shepherd's Care Service-EA2 1:30 Bingo-Pub 3:00 Dynseo -Pub 6:15 Walking Club**	27 9:00 Water Zumba 9:15 Keepin' Fit-EA2 1:30 Movie 3:30 Happy Hour-Pub 6:15 Walking Club**	28 10:30 Chair Yoga-EA2 1:30 Movie- Action 3:30 Snack and Reminisce-Pub
29 9:30 Religious Reading 9:45 Daily Chronicle 2:00 Dynseo-Pub 3:30 Snack and Reminisce	30 9:00 Water Aerobics 9:15 Keepin' Fit-EA2 1:30 Movie- Resident Choice 1:45 Card Games-EA2 3:00 Dynseo -Pub 6:00 Sheepshead** 6:15 Walking Club**	31 9:15 Stretches and Strength-EA2 1:30 Bingo-Pub 3:00 Dynseo-Pub 6:00 Sheepshead** 6:15 Walking Club**	 <p>Celebrating Health & Fitness</p>		<p>Happy Birthday</p> <p>Robert P. – 3/3 Dorothy K. – 3/22 RuthAnn P. – 3/4 Bob W. – 3/27 Mary W. – 3/10 Joan S. – 3/29</p> 	

*All activities are subject to change when necessary **Resident-led activity
Residents' families are invited to participate in community events.

Musical Performance Happy Hour
Spiritual Service