

March 2021 Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Worship with Chaplain Erin (CVCR) 11:00 Cardio Drumming with Jo & Cindy (MR) 12:15 Balance & Stability w/Paige (CVCR) 1:00 Cardio Drumming with Mandi & Cindy (MR) 3:00 Stories to Live By w/Chaplain Erin (MR)	2 10:00 Wheel of Fortune with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Happy Hour with Jo (MR) 2:30 Happy Hour with Dan (MR) 3:45 Happy Hour with Dan (MR) 4:00 Mobile Activity Cart	3 9:30 Ladies Creative Circle (MR) 10:15 Men's Coffee Corner: (CVCR) 12:15 Balance & Stability with Paige (CVCR) 1:00 Bingo with Jarko & Dan 1:45 Chair Aerobics with Paige (CVCR) 2:15 Bingo with Jarko & Dan 3:00 Crafts w/Mandi: Candle Votives (CVCR) 3:30 Bingo with Jarko & Dan	4 9:30 Guided Meditation with Jo (MR) 10:30 Wii Bowling with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Cardio Drumming w/Jo & Cindy (MR) 2:00 Cardio Drumming w/Jo & Mandi (MR) 3:30 1:1's with Jo	5 10:00 Crafts with Cindy: Cultured Pearl Necklace (MR) 10:45 Balance & Stability With Paige (CVCR) 12:15 Poi with Paige (CVCR) 1:30 Movie Matinee: My Fair Lady (MR)	6 11:00 National Geographics: Mountains (MR) 3:00 Deal the Dice (MR)
7 10:15 Walker Methodist Worship Service-Livestream (MR) 11:00 Coffee Chat with Mandi (MR) 3:00 Marge Ping Pong Toss with Mandi (MR)	8 10:00 Worship with Chaplain Erin (CVCR) 11:00 Cardio Drumming Cindy (MR) 12:15 Balance & Stability w/Paige (CVCR) 1:00 Cardio Drumming with Mandi & Cindy (MR) 3:00 Stories to Live By w/Chaplain Erin (MR)	9 10:00 Apples to Apples with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Happy Hour with Jo (MR) 2:30 Happy Hour with Dan (MR) 3:45 Happy Hour with Dan (MR) 4:00 Mobile Activity Cart	10 9:30 Ladies Creative Circle (MR) 10:15 Men's Coffee Corner: (CVCR) 12:15 Balance & Stability with Paige (CVCR) 1:00 Bingo with Jarko & Dan 1:45 Chair Aerobics with Paige (CVCR) 2:15 Bingo with Jarko & Dan 3:00 Crafts w/Mandi: Pot o Gold Centerpiece (CVCR) 3:30 Bingo with Jarko & Dan	11 9:30 Guided Meditation with Jo (MR) 10:30 Wii Bowling with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Cardio Drumming w/Jo & Cindy (MR) 2:00 Cardio Drumming w/Jo & Mandi (MR) 3:30 1:1's with Jo	12 10:00 TED Talk: The World Needs All Kinds of Minds (MR) 10:45 Balance & Stability With Paige (CVCR) 12:15 Poi with Paige (CVCR) 1:30 Movie Matinee: Footloose (MR) 2:00 1:1's with Jo	13 11:00 National Geographics: Antarctica (MR) 3:00 Yahtzee (MR)
14 10:15 Walker Methodist Worship Service-Livestream (MR) 11:00 Coffee Chat with Mandi (MR) 3:00 Like Minds Game with Mandi (MR)	15 10:00 Worship with Chaplain Erin (CVCR) 11:00 Cardio Drumming with Jo & Cindy (MR) 12:15 Balance & Stability w/Paige (CVCR) 1:00 Cardio Drumming with Mandi & Cindy (MR) 3:00 Stories to Live By w/Chaplain Erin (MR)	16 10:00 Tabletop Curling with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Happy Hour with Jo (MR) 2:30 Happy Hour with Dan (MR) 3:45 Happy Hour with Dan (MR) 4:00 Mobile Activity Cart	17 9:30 Ladies Creative Circle (MR) 10:15 Men's Coffee Corner: (CVCR) 12:15 Balance & Stability with Paige (CVCR) 1:00 Bingo with Jarko & Dan 1:45 Chair Aerobics with Paige (CVCR) 2:15 Bingo with Jarko & Dan 3:00 Crafts w/Mandi: Canvas Bunny Painting (CVCR) 3:30 Bingo with Jarko & Dan	18 9:30 March Madness Fundraiser 12:15 Chair Yoga with Paige (CVCR) 1:00 Chef Show with Musah (CVCR) 1:00 Cardio Drumming w/Jo & Cindy (MR) 2:00 Cardio Drumming w/Jo & Mandi (MR) 3:30 1:1's with Jo	19 10:00 TED Talk: The Profound Power of a Authentic Apology (MR) 10:45 Balance & Stability With Paige (CVCR) 12:15 Poi with Paige (CVCR) 1:30 Movie Matinee: Funny Girl (MR) 2:00 1:1's with Jo	20 11:00 National Geographics: Oceans 3:00 Beat That w/Dan (MR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 10:15 Walker Methodist Worship Service Livestream (MR) 11:00 Coffee Chat with Mandi (MR) 3:00 Bubble Talk Game with Mandi (MR)	22 10:00 Worship with Chaplain Erin (CVCR) 11:00 Cardio Drumming with Jo & Cindy (MR) 12:15 Balance & Stability w/Paige (CVCR) 1:00 Cardio Drumming with Mandi & Cindy (MR) 3:00 Stories to Live By w/Chaplain Erin (MR) 3:00 Baking with Jo: St. Patrick's Pistachio Cake (CVCR)	23 10:00 Family Feud with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Happy Hour with Jo (MR) 2:30 Happy Hour with Dan (MR) 3:45 Happy Hour with Dan (MR) 4:00 Mobile Activity Cart	24 9:30 Ladies Creative Circle (MR) 10:15 Men's Coffee Corner: (CVCR) 12:15 Balance & Stability with Paige (CVCR) 1:00 Bingo with Jarko & Dan 1:45 Chair Aerobics with Paige (CVCR) 2:15 Bingo with Jarko & Dan 3:00 Crafts w/Mandi: Canvas Bunny Painting (CVCR) 3:30 Bingo with Jarko & Dan	25 9:30 Guided Meditation with Jo (MR) 10:30 Wii Bowling with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Cardio Drumming w/Jo & Cindy (MR) 2:00 Cardio Drumming w/Jo & Mandi (MR) 3:00 Mobile Activity Cart	26 10:00 TED Talk: Why You Should Make Useless Things (MR) 10:45 Balance & Stability With Paige (CVCR) 12:15 Poi with Paige (CVCR) 1:30 Movie Matinee: A Star is Born (MR) 2:00 1:1's with Jo	27 11:00 National Geographics: Owls 3:00 Card Bingo w/Dan (MR)
28 10:15 Walker Methodist Worship Service Livestream (MR) 11:00 Coffee Chat with Mandi (MR) 3:00 Tabletop Curling with Mandi (MR)	29 10:00 Worship with Chaplain Erin (CVCR) 11:00 Cardio Drumming with Jo & Cindy (MR) 12:15 Balance & Stability w/Paige (CVCR) 1:00 Cardio Drumming with Mandi & Cindy (MR) 3:00 Stories to Live By w/Chaplain Erin (MR)	30 10:00 Match Game with Dan (MR) 12:15 Chair Yoga with Paige (CVCR) 1:00 Happy Hour with Jo (MR) 2:15 Happy Hour with Dan (MR) 3:30 Happy Hour with Dan (MR) 4:00 Mobile Activity Cart	31 9:30 Ladies Creative Circle (MR) 10:15 Men's Coffee Corner: (CVCR) 12:15 Balance & Stability with Paige (CVCR) 1:00 Bingo with Jarko & Dan 1:45 Chair Aerobics with Paige (CVCR) 2:15 Bingo with Jarko & Dan 3:00 Crafts w/Mandi: Scrabble Coasters (CVCR) 3:30 Bingo with Jarko & Dan			
	(WR) Garden Building Walker Room (GL) 1 st Floor Gardens (GL) Gardens Lobby (MC) 1 st Floor Gardens (MR) Memory Care (MR) 1 st Floor Gardens (MR) Monroe Room (MR) 2 nd Floor Gardens (TBG) T.B. Walker Grill (TBG) 2 nd Floor Gardens (TL) The Landing (TL) 2 nd Floor Gardens (CS) Care Suites (CS) 3 rd Floor Gardens	(CR) City View Building (CR) Community Room (CR) 1 st Floor City View (FC) Fitness Center (FC) 1 st Floor City View (ET) East Terrace (ET) 1 st Floor City View (WT) West Terrace (WT) 1 st Floor City View (CVCR) City View Conference (CVCR) 2 nd Floor City View (GR) Game Room (GR) 3 rd Floor City View (AS) Art Studio (AS) 3 rd Floor City View (GH) Greenhouse (GH) 4 th Floor City View		Please note all activities are subject to change. Please check daily calendars located on bulletin boards on the 1st floor of City View & Plaza		