
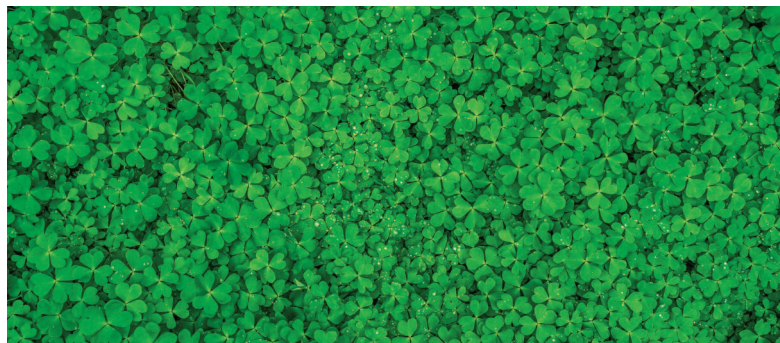


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 9:30 Fun Fitness! 10:00 Daily Chronicles 10:00 Catholic Mass (Ch 268) 11:00 Sunday Sketches 1:00 Silver Sneakers 2:00 Singing & Swinging with Julie Z. 2:30 Social Club 3:30 Active Game 7:00 Silver Screen Sunday	<b>2</b> 9:15 Daily Devotional 9:30 Body Blast! 10:00 Daily Chronicles 10:45 Artful Expressions 1:00 Silver Sneakers 1:30 Scenic Sights 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Active Game 7:00 Melodies & Memories	<b>3</b> Caregiver Appreciation 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Crafty Creations 1:00 Silver Sneakers 1:30 Mass/Communion 2:00 Trivia Treasure 2:30 Social Club 3:30 Mindful Meditation 7:00 Movie	<b>4</b> 9:15 Daily Devotional 9:30 Chair Zumba! 10:00 Daily Chronicles 10:45 Riverbend Tour Bus! 1:00 Silver Sneakers 1:30 Riverbend University 2:30 Social Club 3:30 Game On! 7:00 Movie	<b>5</b> 9:15 Daily Devotional 9:30 Seated Yoga 10:00 Daily Chronicles 10:45 Community Corner 1:00 Silver Sneakers 2:00 Riddle Me This! 2:30 Social Club 3:30 Mindful Meditation 6:00 Bingo	<b>6</b> National Day of Prayer 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Spa Sensations 1:00 Silver Sneakers 1:30 Paint with a Purpose 2:30 Social Club 3:30 Life Stories 7:00 Fun Friday Flicks	<b>7</b> 9:15 Daily Devotional 9:30 Simply Stretch! 10:00 Daily Chronicles 10:45 Armchair Traveler 1:00 Silver Sneakers 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Classic Comedy Hour 7:00 Cinema Spotlight	
<b>8</b> Daylight Savings Time 9:30 Fun Fitness! 10:00 Daily Chronicles 10:00 Catholic Mass (Ch 268) 11:00 Sunday Sketches 1:00 Silver Sneakers 2:00 Word Challenge 2:30 Social Club 3:30 Active Game 7:00 Silver Screen Sunday	<b>9</b> 9:15 Daily Devotional 9:30 Body Blast! 10:00 Daily Chronicles 10:45 Artful Expressions 1:00 Silver Sneakers 1:30 Scenic Sights 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Active Game 7:00 Melodies & Memories	<b>10</b> 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Crafty Creations 1:00 Silver Sneakers 2:00 Trivia Treasure 2:30 Social Club 3:30 Mindful Meditation 7:00 Movie	<b>11</b> 9:15 Daily Devotional 9:30 Chair Zumba! 10:00 Daily Chronicles 10:45 Riverbend Tour Bus! 1:00 Silver Sneakers 1:30 Riverbend University 2:30 Social Club 3:30 Game On! 7:00 Movie	<b>12</b> Girl Scouts Day 9:15 Daily Devotional 9:30 Seated Yoga 10:00 Daily Chronicles 10:45 Community Corner 1:00 Silver Sneakers 2:00 Riddle Me This! 2:30 Social Club 3:30 Mindful Meditation 6:00 Bingo	<b>13</b> 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Spa Sensations 1:00 Silver Sneakers 1:30 Paint with a Purpose 2:30 Social Club 3:30 Life Stories 7:00 Fun Friday Flicks	<b>14</b> National Pi Day 9:15 Daily Devotional 9:30 Simply Stretch! 10:00 Daily Chronicles 10:45 Armchair Traveler 1:00 Silver Sneakers 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Classic Comedy Hour 7:00 Cinema Spotlight	
<b>15</b> 9:30 Fun Fitness! 10:00 Daily Chronicles 10:00 Catholic Mass (Ch 268) 11:00 Sunday Sketches 1:00 Silver Sneakers 2:30 Social Club 3:30 Active Game 7:00 Silver Screen Sunday	<b>16</b> 9:15 Daily Devotional 9:30 Body Blast! 10:00 Daily Chronicles 10:45 Artful Expressions 1:00 Silver Sneakers 1:30 Scenic Sights 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Active Game 7:00 Melodies & Memories	<b>17</b> St. Patrick's Day 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Crafty Creations 1:00 Silver Sneakers 2:00 Trivia Treasure 3:15 St. Patrick's Day Social 3:30 Mindful Meditation 7:00 Movie	<b>18</b> 9:15 Daily Devotional 9:30 Chair Zumba! 10:00 Daily Chronicles 10:45 Riverbend Tour Bus! 1:00 Silver Sneakers 1:30 Riverbend University 2:30 Social Club 3:30 Game On! 7:00 Movie	<b>19</b> 9:15 Daily Devotional 9:30 Seated Yoga 10:00 Daily Chronicles 10:45 Community Corner 1:00 Silver Sneakers 2:00 Riddle Me This! 2:30 Social Club 3:30 Mindful Meditation 6:00 Bingo	<b>20</b> 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Spa Sensations 1:00 Silver Sneakers 1:30 Paint with a Purpose 2:30 Social Club 3:30 Life Stories 7:00 Fun Friday Flicks	<b>21</b> 9:15 Daily Devotional 9:30 Simply Stretch! 10:00 Daily Chronicles 10:45 Armchair Traveler 1:00 Silver Sneakers 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Classic Comedy Hour 7:00 Cinema Spotlight	
<b>22</b> 9:30 Fun Fitness! 10:00 Daily Chronicles 10:00 Catholic Mass (Ch 268) 11:00 Sunday Sketches 1:00 Silver Sneakers 2:00 Word Challenge 2:30 Social Club 3:30 Active Game 7:00 Silver Screen Sunday	<b>23</b> 9:15 Daily Devotional 9:30 Body Blast! 10:00 Daily Chronicles 10:45 Artful Expressions 1:00 Silver Sneakers 1:30 Scenic Sights 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Active Game 7:00 Melodies & Memories	<b>24</b> 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Crafty Creations 1:00 Silver Sneakers 2:00 Trivia Treasure 2:30 Social Club 3:30 Mindful Meditation 7:00 Movie	<b>25</b> National Waffle Day 9:15 Daily Devotional 9:30 Chair Zumba! 10:00 Daily Chronicles 10:45 Riverbend Tour Bus! 1:00 Silver Sneakers 1:30 Riverbend University 2:30 Social Club 3:30 Game On! 7:00 Movie	<b>26</b> 9:15 Daily Devotional 9:30 Seated Yoga 10:00 Daily Chronicles 10:45 Community Corner 1:00 Silver Sneakers 2:00 Riddle Me This! 2:30 Social Club 3:30 Mindful Meditation 6:00 Bingo	<b>27</b> 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Spa Sensations 1:00 Silver Sneakers 1:30 Paint with a Purpose 2:30 Social Club 3:30 Life Stories 7:00 Fun Friday Flicks	<b>28</b> 9:15 Daily Devotional 9:30 Simply Stretch! 10:00 Daily Chronicles 10:45 Armchair Traveler 1:00 Silver Sneakers 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Classic Comedy Hour 7:00 Cinema Spotlight	
<b>29</b> 9:30 Fun Fitness! 10:00 Daily Chronicles 10:00 Catholic Mass (Ch 268) 11:00 Sunday Sketches 1:00 Silver Sneakers 2:00 Piano with John D'Ambrosio 2:30 Social Club 3:30 Active Game 3:30 Hand Spa 7:00 Silver Screen Sunday	<b>30</b> 9:15 Daily Devotional 9:30 Body Blast! 10:00 Daily Chronicles 10:45 Artful Expressions 1:00 Silver Sneakers 1:30 Scenic Sights 1:45 Bingo Bliss/Prizes 2:30 Social Club 3:30 Active Game 7:00 Melodies & Memories	<b>31</b> National Crayon Day 9:15 Daily Devotional 9:30 Tai Chi 10:00 Daily Chronicles 10:45 Crafty Creations 1:00 Silver Sneakers 2:00 Trivia Treasure 2:30 Social Club 3:30 Mindful Meditation 7:00 Movie					

Events are subject to change.

— AN LCB SENIOR LIVING COMMUNITY —

## March Highlights

3/8 Daylight Savings Time begins  
 3/17 St. Patrick's Day Social 3:15pm  
 3/19 C.A.R.E.S. Club (Alzheimer's Support Group) 6:00pm

"Surrender to what is. Let go of what was. Have faith in what will be" ~ Sonia Ricotti

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.