

# REFLECTIONS - MARCH 2024

March 31	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter							
9:30 Coffee & Chronicle	9:30 Coffee & Chronicle	9:30 Coffee & Chronicle	9:30 Coffee & Chronicle	9:00 Today in History	9:30 Coffee & Chronicle	1 9:00 Today in History	2 9:30 Coffee & Chronicle
10:30 Sun Salutation Exercise	10:30 Sun Salutation Exercise	10:30 Sun Salutation Exercise	10:30 Health Checkup Clinic	10:30 One Day Video Lab	10:30 Outing: Tucker's	10:30 Donna Martin Concert	10:30 Golden Canopy Fitness
11:00 Virtual Catholic Service	11:00 Virtual Catholic Service	11:00 CPTE Gym Exercise	10:30 Community Tai Chi	11:00 CPTE Gym Exercise	11:00 Weightlifting for Density	11:00 Tai Chi for Arthritis	11:00 Sugar & Spice Baking Club
1:30 Movie: Jesus Revolution	1:30 Movie: "The Hill"	1:30 Relax & Renew Exercise	11:00 Herarthside Homemakers	11:00 Poetry Corner	12:30 Community Bistro	1:30 Barre & Balance Class	1:30 You Be the Judge Debate
2:30 Sundae Social	2:30 Cocoa & Cookies	2:30 Beer and Pretzels Trivia	1:30 Barre & Balance Class	1:30 Ukulele Session with Mike	2:00 Bingo and Brews	2:30 Manicures	2:30 Afternoon Tea Time
3:30 True or False Trivia	3:30 20 Questions Challenge	3:00 Taste of the World	2:00 Sugar & Spice Baking Club	3:00 Corks & Curds Social	3:30 Gentle Yoga	3:00 Page Turners Book Club	3:30 Gentle Yoga
4:00 Meditative Movement	4:00 Meditative Movement	4:00 Musical Momentum	3:00 Page Turners Book Club	4:00 Meditative Movement	4:00 Eversound Audio Books	4:00 NY Times Wordle	4:00 Hymn Sing
6:00 Musical Moments: Flute	6:00 Musical Moments: Piano	6:00 Hand Massages	4:00 Trivial Pursuit	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club
6:00 Musical Moments: Flute	6:00 Musical Moments: Piano	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club
3 9:30 Coffee & Chronicle	10 9:30 Coffee & Chronicle	11 9:00 Today in History	12 9:30 Coffee & Chronicle	13 9:00 Today in History	14 9:30 Coffee & Chronicle	15 9:00 Today in History	16 9:30 Coffee & Chronicle
10:30 Sun Salutation Exercise	10:30 Sun Salutation Exercise	10:30 Outing: Kittery Foreside	10:30 Nick Phaneuf Concert	10:30 Firefly Pottery Workshop	10:30 Outing: Papa Gino's	10:30 Community Tai Chi	10:30 Golden Canopy Fitness
11:00 Virtual Catholic Service	11:00 Virtual Catholic Service	11:00 CPTE Gym Exercise	11:00 Herarthside Homemakers	11:00 CPTE Gym Exercise	11:00 Weightlifting for Density	11:00 Poetry Corner	11:00 Sugar & Spice Baking Club
1:30 Movie: "The Hill"	1:30 Movie: "Greater"	1:30 Relax & Renew Exercise	1:30 Barre & Balance Class	1:30 Bob Ross Watercolors	12:30 Community Bistro	1:30 Barre & Balance Class	1:30 You Be the Judge Debate
2:30 Sundae Social	2:30 Cocoa & Cookies	2:30 Beer and Pretzels Trivia	2:00 Sugar & Spice Baking Club	3:00 Corks & Curds Social	2:00 3.14 Pie Social	2:30 Manicures	2:30 Afternoon Tea Time
3:30 True or False Trivia	3:30 20 Questions Challenge	3:00 Taste of the World	3:00 Tai Chi for Arthritis	4:00 Meditative Movement	3:30 Gentle Yoga	3:00 Page Turners Book Club	3:30 Gentle Yoga
4:00 Meditative Movement	4:00 Meditative Movement	4:00 Musical Momentum	4:00 Trivial Pursuit	6:00 Hand Massages	4:00 Eversound Audio Books	4:00 NY Times Wordle	4:00 Hymn Sing
6:00 Musical Moments: Piano	6:00 Musical Moments: Violin	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club
6:00 Musical Moments: Piano	6:00 Musical Moments: Violin	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club
17 St. Patrick's Day	18 9:00 Today in History	19 9:30 Coffee & Chronicle	20 9:00 Today in History	21 9:30 Coffee & Chronicle	22 9:00 Today in History	23 9:30 Coffee & Chronicle	24 9:30 Coffee & Chronicle
9:30 Coffee & Chronicle	10:30 Outing: South Berwick	10:30 Community Tai Chi	10:30 One Day Video Lab	10:30 Outing: Newick's	10:30 Community Tai Chi	10:30 Golden Canopy Fitness	10:30 Sun Salutation Exercise
10:30 Sun Salutation Exercise	11:00 CPTE Gym Exercise	11:00 Herarthside Homemakers	11:00 CPTE Gym Exercise	11:00 Weightlifting for Density	11:00 Poetry Corner	11:00 Sugar & Spice Baking Club	11:00 Virtual Catholic Service
11:00 Virtual Catholic Service	1:30 Relax & Renew Exercise	1:30 Barre & Balance Class	1:30 Ukulele Session with Mike	12:30 Community Bistro	1:30 Barre & Balance Class	12:30 Elsa's Ham Dinner Social	1:30 Movie: "The Dig"
1:30 Movie: "The Dig"	2:30 Beer and Pretzels Trivia	2:00 Sugar & Spice Baking Club	3:00 Corks & Curds Social	2:00 Bingo and Brews	2:30 Manicures	2:30 Afternoon Tea Time	2:30 St. Patrick's Day Social
2:30 St. Patrick's Day Social	3:00 Taste of the World	3:00 Page Turners Book Club	4:00 Meditative Movement	3:30 Gentle Yoga	3:00 Page Turners Book Club	3:30 Gentle Yoga	3:30 True or False Trivia
3:30 True or False Trivia	4:00 Musical Momentum	4:00 Trivial Pursuit	6:00 Hand Massages	4:00 Eversound Audio Books	4:00 NY Times Wordle	4:00 Hymn Sing	4:00 Meditative Movement
4:00 Meditative Movement	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club	6:00 Musical Moments: Cello
6:00 Musical Moments: Cello	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club	6:00 Musical Moments: Cello
6:00 Musical Moments: Cello	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club	6:00 Musical Moments: Cello
24 9:30 Coffee & Chronicle	25 9:00 Today in History	26 9:30 Coffee & Chronicle	27 9:00 Today in History	28 9:30 Coffee & Chronicle	29 9:00 Today in History	30 9:30 Coffee & Chronicle	9:30 Coffee & Chronicle
10:30 Sun Salutation Exercise	10:30 Outing: Downtown Exeter	10:30 Community Tai Chi	10:00 Event Planning Committee	10:30 Outing: Firefly Studio	10:30 Community Tai Chi	10:30 Golden Canopy Fitness	10:30 Sun Salutation Exercise
11:00 Virtual Catholic Service	11:00 Chris Ekblom Concert	11:00 Herarthside Homemakers	10:30 One Day Video Lab	11:00 Weightlifting for Density	11:00 Poetry Corner	11:00 Sugar & Spice Baking Club	11:00 Virtual Catholic Service
1:30 Movie: "Parenthood"	1:30 Relax & Renew Exercise	1:30 Barre & Balance Class	11:00 CPTE Gym Exercise	12:30 Community Bistro	1:30 Barre & Balance Class	1:30 You Be the Judge Debate	1:30 Movie: "Parenthood"
2:30 Cocoa & Cookies	2:30 Beer and Pretzels Trivia	2:00 Sugar & Spice Baking Club	11:00 Poetry Corner	2:00 Bingo and Brews	2:00 March Birthday Social	2:30 Afternoon Tea Time	2:30 Cocoa & Cookies
3:30 20 Questions Challenge	3:00 Taste of the World	3:00 Page Turners Book Club	1:30 Bob Ross Watercolors	3:30 Resident Council Meeting	3:00 Page Turners Book Club	3:30 Gentle Yoga	3:30 20 Questions Challenge
4:00 Meditative Movement	4:00 Musical Momentum	4:00 Trivial Pursuit	3:00 Corks & Curds Social	3:30 Gentle Yoga	4:00 NY Times Wordle	4:00 Hymn Sing	4:00 Meditative Movement
6:00 Musical Moments: Harp	6:00 Hand Massages	6:00 Open Art Studio	4:00 Meditative Movement	4:00 Eversound Audio Books	6:00 Who in the Room?	6:00 Tune In Music Club	6:00 Musical Moments: Harp
6:00 Musical Moments: Harp	6:00 Hand Massages	6:00 Open Art Studio	6:00 Hand Massages	6:00 Open Art Studio	6:00 Who in the Room?	6:00 Tune In Music Club	6:00 Musical Moments: Harp

## Quotable Quotes

Here's to old Ire-  
land—  
fair, I ween,  
With the blue skies  
stretched  
above her!  
Here's to her sham-  
rock warm  
and green,  
And here's to the  
hearts  
that love her!

Our engagement  
program is built upon  
both our residents'  
interests and our Five  
Principles for Vitality.

By providing quality  
and choice, we hope to  
encourage socialization  
and well-being for mind,  
body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care