

REFLECTIONS - MARCH 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Welcome to Reflections

Happy Birthday
to

Sue Weiser 3/3

Tina Cosenza 3/13

This month our Passport Program take us to Ireland. What better way to celebrate the wearing of the green.

Happy St. Patrick's Day

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



5
9:30 Current Events
10:00 Mindful Movement
10:30 Virtual Catholic Service/Mass
11:15 Spiritual Prayer Group
1:30 Dance & Movement
2:00 Creative Writing Workshop
3:00 Sunday Social Hour
3:30 Word Game Challenge

6
9:30 Current Events
10:15 Strength Training
11:15 History 101: 11 Moments that changed Ireland's History
1:15 Music & Movement
2:00 Greeting Card Workshop
3:00 Tea Time Party
4:00 Mindful Meditation & Reflection

7
9:30 Guided Imagery
10:15 Barre Balance Fitness
11:00 The History Channel: On This Day
1:30 Floral Arranging Session
2:00 Trivia Tuesday
2:30 Wine & Cheese Social
3:30 Tai Chi for Arthritis
6:00 Feature Film

8
9:30 Current Events
10:00 Yoga with Annette
10:15 Strength Training
10:45 Cooking Creations
11:30 Historic Ireland: Virtual Tour & Discussion
1:15 Music & Movement
2:00 Intro to Mahjong
3:00 Pub Social
3:30 Word Game Challenge

9
9:30 Good News of Today
10:00 Tai Chi for Arthritis
10:30 Knowledge Bout Challenge
11:15 Rosary
1:30 Reflections Outing
2:00 bingo
3:00 Social Hour
4:15 Lite & Fit Training
6:00 Docuseries: Travels of a Lifetime

10
9:00 Morning Gratitude & Prayer Group
9:30 Current Events
10:15 Barre Balance Fitness
11:00 Discussion Group: The Monarchy of Ireland
1:30 Stretch & Flex
2:00 Jeopardy
3:00 Refreshment Cafe
4:00 Corn Hole Challenge

11
9:30 Morning Reflections
10:00 Light Weight Body Moves
11:00 Famous Faces of Ireland: Grace O'Malley
1:30 Movement to Music
2:00 Table Pong
2:30 Saturday Sips Social
3:15 A Day at the Spa
6:00 Saturday Night Concert Series & Dance Party

12
9:30 Current Events
10:00 Mindful Movement
10:30 Virtual Catholic Service/Mass
11:15 Spiritual Prayer Group
1:30 Dance & Movement
2:00 Brush Strokes
3:00 Sunday Social Hour
3:30 Word Game Challenge

13
9:30 Current Events
10:15 Strength Training
11:15 Art & Culture: Irish Art Origins and Historical Importance
1:15 Music & Movement
2:00 Music with Kathy Earbino, Singer
3:00 Tea Time Party
4:00 Mindful Meditation &

14
9:30 Guided Imagery
10:15 Barre Balance Fitness
11:00 The History Channel: On This Day
1:30 Floral Arranging Session
2:00 Trivia Tuesday
2:00 Signature Series: It's All Greek to Me!
2:30 Wine & Cheese Social
3:30 Tai Chi for Arthritis

15
9:30 Current Events
10:00 Yoga with Annette
10:15 Strength Training
10:45 Cooking Creations
11:30 Historic Ireland: Virtual Tour & Discussion
1:15 Music & Movement
2:00 Intro to knitting & Crochet
3:00 Pub Social

16
9:30 Good News of Today
10:00 Tai Chi for Arthritis
10:30 Knowledge Bout Challenge
11:15 Rosary
1:30 Reflections Outing
2:00 Chef Demo
3:00 Social Hour
4:15 Lite & Fit Training
6:00 Docuseries: Travels of a Lifetime

17
9:00 Morning Gratitude & Prayer Group
9:30 Current Events
10:15 Barre Balance Fitness
11:00 Lecture to Learn: The Origin of St. Patty's Day
1:30 Stretch & Flex
2:00 Jeopardy
3:00 St. Patty's Day Celebration

18
9:30 Morning Reflections
10:00 Light Weight Body Moves
11:00 Famous Faces of Ireland: St. Patrick
1:30 Movement to Music
2:00 Volleyball Toss
2:30 Saturday Sips Social
3:15 A Day at the Spa
6:00 Saturday Night Concert Series & Dance Party

19
9:30 Current Events
10:00 Mindful Movement
10:30 Virtual Catholic Service/Mass
11:15 Spiritual Prayer Group
1:30 Dance & Movement
2:00 Creative Writing Workshop
3:00 Sunday Social Hour
3:30 Word Game Challenge

20
9:30 Current Events
10:15 Strength Training
11:15 History 101: Celtic Symbols and their meanings
1:15 Music & Movement
2:00 Stencil Art Workshop: Celtic Symbols
3:00 Tea Time Party
4:00 Mindful Meditation & Reflection

21
9:30 Guided Imagery
10:15 Barre Balance Fitness
11:00 The History Channel: On This Day
1:30 Floral Arranging Session
2:00 Trivia Tuesday
2:30 Wine & Cheese Social
3:30 Tai Chi for Arthritis
6:00 Feature Film

22
9:30 Current Events
10:00 Yoga with Annette
10:15 Strength Training
10:45 Cooking Creations
11:30 Historic Ireland: Virtual Tour & Discussion
1:15 Music & Movement
2:00 Intro to Quilting
3:00 Pub Social
3:30 Word Game Challenge

23
9:30 Good News of Today
10:00 Tai Chi for Arthritis
10:30 Knowledge Bout Challenge
11:15 Rosary
1:30 Reflections Outing
2:00 bingo
2:00 Music with Steven King, Singer
3:00 Social Hour
4:15 Lite & Fit Training

24
9:00 Morning Gratitude & Prayer Group
9:30 Current Events
10:15 Barre Balance Fitness
11:00 Lecture to Learn: Irelands Fashion through the ages
1:30 Stretch & Flex
2:00 Jeopardy
3:00 Refreshment Cafe
4:00 Corn Hole Challenge

25
9:30 Morning Reflections
10:00 Light Weight Body Moves
11:00 Famous Faces of Ireland: Brendan Behan
1:30 Movement to Music
2:00 Bowling
2:30 Saturday Sips Social
3:15 A Day at the Spa
6:00 Saturday Night Concert Series & Dance Party

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9:30 Current Events
10:00 Mindful Movement
10:30 Virtual Catholic Service/Mass
11:15 Spiritual Prayer Group
1:30 Dance & Movement
2:00 Brush Strokes
3:00 Sunday Social Hour
3:30 Word Game Challenge

27
9:30 Current Events
10:15 Strength Training
11:15 Art & Culture: Irish Music & Dance
1:15 Music & Movement
2:00 Craft Workshop: Spring Center Pieces
3:00 Tea Time Party
4:00 Mindful Meditation & Reflection

28
9:30 Guided Imagery
10:30 Step in Time with John Michael
1:30 Floral Arranging Session
2:00 Trivia Tuesday
2:30 The History Channel: On This Day
3:00 Wine & Cheese Social
3:30 Barre Balance Fitness
6:00 Feature Film

29
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11:30 Historic Ireland: Virtual Tour & Discussion
1:15 Music & Movement
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6:00 Docuseries: Travels of a Lifetime

31
9:00 Morning Gratitude & Prayer Group
9:30 Current Events
10:15 Barre Balance Fitness
11:00 Discussion Group: Irish Customs & Traditions
1:30 Stretch & Flex
2:00 Jeopardy
3:00 Refreshment Cafe
4:00 Corn Hole Challenge