



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:00 Church Service, MR 2:30 Root Beer Float, B 5:30 Turner Classic TV Channel, B</p>	<p>2</p> <p>10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 "Family Feud" Game, B 3:30 FIT to Balance®, ALP 5:30 Movie Night, B</p>	<p>3</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:30 Pets, Puppies & Smiles, ALP 2:00 Good Vibes Discussion Group, LR 3:00 Free Prize Bingo, B</p>	<p>4</p> <p>10:00 Bible Study, LR 10:30 FIT to Stretch®, ALP 11:30 Water Aerobics, P 1:00 Fry's Food & Drug, L 3:00 Beautiful Nails, B 4:00 Catholic Rosary, ACR 6:30 Ballroom Dancing, ALP</p>	<p>5</p> <p>10:30 FIT to Balance®, ALP 11:00 Julia's Classical Piano, MR 11:00 Canyon Breeze Sedona Outing, L 12:00 Open Swimming, P 12:15 Spiritual Devotions & Hymns, LR 2:00 Poets & Prose Society, LR</p>	<p>6</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:15 Great Courses DVD, B 3:00 Happy Hour, MR</p>	<p>7</p> <p>9:30 Self-Led Good News Reading, MR 10:15 FIT to Stretch®, ALP 1:30 Hot Potato Game, ALP 3:00 N.A.U. A Capella Performance, ALP 5:30 Movie Night in the Bistro, B</p>	
<p>DAYLIGHT SAVING TIME BEGINS</p> <p>8</p> <p>10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:00 Church Service, MR 2:30 Root Beer Float, B 2:30 B in the Bistro, B 3:00 Song of the Heart Performance, MR 5:30 Sunday Movie Night, B</p>	<p>9</p> <p>10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:30 Free Resident Massage, ER 2:00 Talk w/Life Enrichment, B 3:30 FIT to Balance®, ALP</p>	<p>10</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 10:30 FIT to Pedal®, ER 11:30 Parkinson's Support Group, ALP 12:00 Open Swimming, P 1:30 Pets, Puppies & Smiles, ALP 2:00 Aviation Club, DSDR 3:00 Free Prize Bingo, B</p>	<p>11</p> <p>7:00 Omelette Bar, B 10:00 Bible Study, LR 10:30 Tai Chi, ALP 11:30 Water Aerobics, P 1:00 Fry's Food & Drug, L 2:00 Chair Yoga, B 2:30 Music Meditation, ALP 3:00 Catholic Mass, MR 4:00 Catholic Rosary, ACR 6:30 Ballroom Dancing, ALP</p>	<p>12</p> <p>10:30 FIT to Balance®, ALP 11:00 Julia's Classical Piano, MR 12:00 Open Swimming, P 12:15 Spiritual Devotions & Hymns, LR 2:30 Resilience Exhibit Talk, B 3:30 Meet & Eat w/Connect Hearing, ALP</p>	<p>13</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:15 Great Courses DVD, B 2:00 Kitchen Corner, B 3:00 Happy Hour, MR</p>	<p>14</p> <p>9:30 Self-Led Good News Reading, MR 10:15 FIT to Stretch®, ALP 2:00 Meditation w/Autumn, SFDR 3:00 Money Bingo, B 3:30 Afternoon Snack Delight, B 4:15 TED Talk & Discussion, B</p>	
<p>15</p> <p>10:30 FIT to Pedal®, ER 11:30 Austin's Piano Music, MR 12:00 Open Swimming, P 1:00 Church Service, MR 2:30 Root Beer Float, B 5:30 Turner Classic TV Channel, B</p>	<p>16</p> <p>10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 "Family Feud" Game, B 2:30 YouTube Travel Video, B 3:30 FIT to Balance®, ALP</p>	<p>ST. PATRICK'S DAY</p> <p>17</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:30 Pets, Puppies & Smiles, ALP 2:00 Good Vibes Discussion Group, LR 3:00 Free Prize Bingo, B 7:00 Archaeological Society, ALP</p>	<p>18</p> <p>10:00 Bible Study, LR 10:30 FIT to Stretch®, ALP 11:30 Water Aerobics, P 1:00 Fry's Food & Drug, L 2:30 Luck of the Irish B Day Party, ALP 4:00 Catholic Rosary, ACR 6:30 Ballroom Dancing, ALP</p>	<p>FIRST DAY OF SPRING</p> <p>19</p> <p>10:30 FIT to Balance®, ALP 11:00 Julia's Classical Piano, MR 12:00 Open Swimming, P 12:15 Spiritual Devotions & Hymns, LR 2:00 Poets & Prose Society, LR</p>	<p>20</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 Resident Council Meeting, DSDR 3:00 Happy Hour, MR</p>	<p>21</p> <p>9:30 Self-Led Good News Reading, MR 10:15 FIT to Stretch®, ALP 1:30 Lucky Shamrock Craft, ALP 5:30 Movie Night in the Bistro, B</p>	
<p>22</p> <p>10:30 FIT to Pedal®, ER 11:30 Austin's Piano Music, MR 12:00 Open Swimming, P 1:00 Church Service, MR 2:30 Root Beer Float, B 2:30 B in the Bistro, B 5:30 Sunday Movie Night, B</p>	<p>23</p> <p>10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 "Family Feud" Game, B 3:00 Navajo Culture Story, B 3:30 FIT to Balance®, ALP</p>	<p>24</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:00 Monthly Health Assessment, B 1:30 Pets, Puppies & Smiles, ALP 2:00 Forum w/E.D., DSDR 3:00 Free Prize Bingo, B</p>	<p>25</p> <p>7:00 Omelette Bar, B 10:00 Bible Study, LR 10:30 Tai Chi, ALP 1:00 Fry's Food & Drug, L 2:00 Chair Yoga, B 2:30 Music Meditation, ALP 3:30 Improv Class w/John, B 4:00 Catholic Rosary, ACR 6:30 Ballroom Dancing, ALP</p>	<p>26</p> <p>10:00 Games w/Angela, ALP 10:30 FIT to Balance®, ALP 11:00 Julia's Classical Piano, MR 12:00 Open Swimming, P 12:15 Spiritual Devotions & Hymns, LR 1:00 Barnes & Noble Outing, L 2:00 The Psych Series w/Autumn, SFDR 3:00 Valiant Veterans®, B</p>	<p>27</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 Bookmobile, PL 1:15 Great Courses DVD, B 3:00 Happy Hour, MR</p>	<p>28</p> <p>9:30 Self-Led Good News Reading, MR 10:15 FIT to Stretch®, ALP 2:00 Meditation w/Autumn, SFDR 3:00 Money Bingo, B 3:30 Afternoon Snack Delight, B 4:15 TED Talk & Discussion, B</p>	
<p>29</p> <p>10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:00 Church Service, MR 2:30 Root Beer Float, B 5:30 Turner Classic TV Channel, B</p>	<p>30</p> <p>10:30 FIT to Be Strong®, ALP 11:30 Water Aerobics, P 1:00 Caroline's Asteroids Talk, B 3:30 FIT to Balance®, ALP</p>	<p>31</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 10:30 FIT to Pedal®, ER 12:00 Open Swimming, P 1:30 Pets, Puppies & Smiles, ALP 2:00 Good Vibes Discussion LR 3:00 Free Prize Bingo, B</p>	<p>LOCATIONS</p> <p>Alpine – Conference Rm., ACR Alpine Room, ALP Arts and Crafts Room, AC Back Patio, BP Bistro, B Bungalow Clubhouse, BC Desert Sheep Dining Room, DSDR</p> <p>Exercise Room, ER Library, LR Lobby, L Malapais Room, MR Parking Lot, PL Pearl Garden, 3rd Floor, PG3 Pool, P</p> <p>Private Dining Room, PDR Schultz Dining Room, SDR Second Floor Balcony, SFB Second Floor Dining Room, SFDR Second Floor Lounge, SFL</p>			<p>BIRTHDAYS</p> <p>Barbara M., 4th Betty C., 12th Nora K., 20th</p> <p>Marshall E., 24th Shirley B., 30th</p> <p>CALENDAR EVENTS SUBJECT TO CHANGE.</p>	