

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2024

## Laurels / Meadows / Violette's Crossing

							<p><b>FootCare Nurse</b> 1 10:15 Exercise w/Julie Care One Rehab – L4 Basement <b>2:00 Guest Speaker: John Feffer, Director Foreign Policy In Focus Topic: Immigration – Laurels Bsmt</b> 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – L4 Bsmnt <b>2</b> <b>2:00 Entertainment:</b> <b>Bella Voce /Trio / Vocals &amp; Piano – L4 Basement</b> 3:30 Poetry Writing &amp; Discussion w/Sara – Laurels Basement 6:30 Mexican Train Dominoes</p>
<p><b>9:00 Beginners Spanish w/Sophie – Laurels Bsmnt</b> <b>3</b> 10:00 Joyful Movement L4 2:00 Bridge – Parlor 2:00 Pokeno – L4 Bsmnt 3:00 Root Beer Floats-MR 3:30 Screening: “Cosmos, A Space Time Odyssey” - Ep 1 - Laurels Basement</p>	<p>10:00 Weights L4 Bsmnt <b>4</b> <b>11:00 New Resident Orientation–Laurels Bsmt</b> <b>12:30 Music Monday @ Smith College – sign up</b> 1:30 Bingo! – L4 Basement <b>3:00 Outing: River Valley Coop, Walmart, Big Y, Aldi, S &amp; S – sign up</b> 6:30 Qwirkle</p>	<p>10:00 Gentle Stretch w/ Kathleen – Meadows Basement (L4) <b>5</b> 11:00 Needlecraft - MR 1:30 Card Game: Acey Deucey – Meadows Basmt 2:00 Walking Group <b>3:00 Piano in the Parlor w/ Michael Leidig / Jazz</b></p>	<p>10:00 Tai Chi w/Alex- L4 <b>6</b> <b>11:00 Laurels Resident Meeting– Laurels Basmt</b> 1:30 Bingo – L4 Basement 3:00 Academy Awards Songs – Multi Purpose <b>6:00 Outing: Cher Show / Bushnell / \$40 – sign up</b> 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne <b>7</b> <b>11:00 Meadows Resident Meeting – L4 Basement</b> 1:30 Blackjack -L4 Bsmt <b>2:00 Mt Holyoke Bulb Show \$5 donation – sign up</b> 2:30 Documentary: Leonard Cohen, A Journey, A Song – Laurels Basement 6:30 Game: 5 Crown</p>	<p><b>8:30 Outing: North Hadley Sugar Shack – sign up</b> 10:15 Exercise/Julie – L4 Bsmt <b>11:00 VC Resident Meeting - Cafe</b> <b>2:00 Guest Speaker: Vivien Weiss / Topic: Grief &amp; Loss Laurels Basement</b> 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – L4 Bsmnt <b>9</b> <b>2:00 Entertainment: The O’Tones / Trio / Vocals / Piano/Bass– L4 Basement</b> 3:30 Trivial Pursuit with Sara - Laurels Basement <b>3:15 Outing: Pioneer Valley Symphony Chorus / \$25 Sign up</b></p>		
<p><b>10:30 Duffy Academy of Irish Dancers –L4 Bsmt</b> <b>10</b> <b>2:00 Vespers with Pastor Floyd – Laurels Bsmnt</b> 2:00 Bridge - Parlor 3:00 Root Beer Floats with Danny – MR 3:30 Screening: “Power of Myth”/Ep 5– Laurels Bsmt</p>	<p>10:00 Weights - L4 Bsmnt <b>11</b> 11:00 Chronic Illness Support Group Meets -MR 1:30 Bingo! – L4 Basemnt 2:00 Book Group: “The Invention of Nature...” by Alex Wulf –Laurels Library 3:00 Memorabilia with Pat B. – Meadows Bsmnt (L4)</p>	<p>10:00 Gentle Stretch w/ Kathleen – L4 Basement <b>12</b> 11:00 Let’s Talk - MR 1:30 Card Game: Acey Deucey – Meadows Basmt 2:00 Walking Group – Meet At Reception 3:00 Catholic Mass – Laurels Basement</p>	<p>10:00 Tai Chi/Alex L4 <b>13</b> <b>11:30 Lunch Outing: Glendale Grill – sign up</b> 1:30 Bingo – L4 Bsmnt 3:00 Irish Songs – MR <b>6:30 Outing: John Mellencamp Concert / Bushnell / \$70 – sign up</b> 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne <b>14</b> <b>12:00 Pizza Party / \$5.00 pp – L4 Bsmnt– sign up</b> 1:30 Blackjack -L4 Bsmt <b>2:00 Outing: Smith Bulb Show/\$5 Donation–signup</b> 4:00 Stretching /Kathleen Meadows Basement 6:30 Game: 5 Crown</p>	<p>10:15 Exercise w/Julie <b>15</b> Care One Rehab – L4 1:30 Movie: “Judy” Starring Rene Zellweger Laurels Basement 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – L4 Bsmnt <b>16</b> <b>2:00 Entertainment:</b> <b>Louise Mosrie / Country Covers / Vocals / Guitar – Meadows Basement (L4)</b> 3:30 Screening: “Johnny Cash”– Laurels Basement 6:30 Mexican Train Dominoes</p>		
<p><b>9:00 Beginners Spanish w/Sophie – Laurels Bsmnt</b> <b>17</b> 10:00 Seated Stretch – L4 10:45 Pokeno – L4 <b>2:00 Vespers w/Floyd- AL</b> 2:00 Bridge - Parlor 3:00 Banana Splits - MR 3:30 St Patrick’s Day Craft w/Sara – L4 Basement</p>	<p>10:00 Weights - L4 Basemnt <b>18</b> 11:00 RR Snap Shooters Meet: “Shamrock”- AL Basmt 1:30 Bingo! – L4 Basement 3:00 Screening: Live At The Troubadour w/Carole King &amp; J. T- Laurels Basement <b>3 Outing: River Valley Coop, Walmart, Big Y, Aldi – sign up</b> 6:30 Qwirkle</p>	<p>10:00 Gentle Stretch w/ Kathleen – L4 Basement <b>19</b> 11:00 Needlecraft – MR <b>11:30 Outing: Terrazza’s Restaurant – sign up</b> 1:30 Card Game: Acey Deucey – Meadows Basement (L4) 3:00 Baking – CK</p>	<p>10:00 Tai Chi w/Alex <b>20</b> Meadows Basement 1:30 Bingo-L4 Basement 2:00 Walking Group 3: Music Memories – MR 4:00 Tea &amp; Cookie Social – Multi Purpose 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne <b>21</b> Meadows Basement 1:30 Blackjack – Meadows Basement 2:00 Scrabble – Parlor 3:00 Circle of Life with Kathleen –Multi Purpose 6:30 Game: 5 Crown</p>	<p>10:15 Exercise Julie <b>22</b> 11:00 Rendever Virtual Reality – Laurels Bsmt 1:30 Movie: “Priscilla” (Presley) Laurels Bsmnt 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo – Meadow <b>23</b> Basement (L4) <b>2:00 Entertainment: Kier White / Vocals / Classic Favorites – Meadows Basement (L4)</b> 3:30 Poetry Writing &amp; Discussion w/Sara – Laurels Basement</p>		
<p>10:00 Joyful Movement <b>24</b> w/Madelyn – L4 Bsmnt <b>2:00 Vespers with Pastor Floyd – AL Basement</b> 2:00 Bridge - Parlor 3:00 Root Beer Floats-MR 3:30 Screening: “Cosmos, A Space Time Odyssey” - Ep 2 - Laurels Basement</p>	<p>10:00 Weights for <b>25</b> Lightweights w/Danny - L4 11 Silver Lesbians Meet-MR 1:30 Bingo! – L4 Basement 3:00 Documentary: Elton John – Laurels Basement 4:00 Prayer Group with Malcolm – Laurels Basemnt 6:30 Qwirkle</p>	<p>10:00 Gentle Stretch w/ Kathleen – L4 Basement <b>26</b> 11:00 Let’s Talk – MR 1:30 Card Game: Acey Deucey – Meadows Bsmnt 2:00 Walking Group – Meet At Reception 3:00 Hand Massages w/ Kathleen – sign up</p>	<p>10:00 Tai Chi w/Alex <b>27</b> Meadows Basement <b>1:00 Outing: Forbes Library – sign up</b> 1:30 Bingo-L4 Basement 3:00 Walking Group 4:00 Music Trivia - MR 6:30 Game: Tripoley</p>	<p>10:00 Exercise Lynne <b>28</b> Meadows Basement <b>2:00 Resident Birthday Party / Celebrating March Birthdays –L4 Basement</b> 4:15 Stretching with Kathleen – Laurels Bsmt 6:30 Game: 5 Crown</p>	<p>10:15 Exercise w/Julie <b>29</b> Meadows Basement 1:30 Movie: “Cloud Burst” starring Olympia Dukakis - Laurels Bsmnt 2:00 Bridge – Parlor Laurels Neighborhood 6:30 Rummikub</p>	<p>10:00 Bingo Bash – <b>30</b> Meadows Basement (L4) <b>2:00 Entertainment: Combo Compact /Classic Favorites – L4 Bsmnt</b> 3:30 Trivial Pursuit with Sara - Laurels Basement 6:30 Mexican Train Dominoes</p>		
<p><b>9:00 Beginners Spanish w/Sophie – Laurels Bsmnt</b> <b>31</b> 10:00 Seated Stretch – L4 10:45 Pokeno – L4 <b>2:00 Vespers w/Floyd- AL</b> 2:00 Bridge - Parlor 3:00 Root Beer Floats-MR 3:30 Screening: “Power of Myth”/ Ep 6 Laurels Bsmn</p>	<p>The Community Room will be under renovations beginning March 4<sup>th</sup>. Room locations: Meadows (L4) Basement Laurels (AL) Basement CK = Country Kitchen MR = Multi-Purpose Room</p>							