

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
 <p>9:30 Walk It Out  <b>10:00 Step It Up: Leg Strengthening</b>  11:00 Bingo  <b>1:30 TED Talk: The Psychology of Self Motivation</b>  2:00 Advice Column: Relationships  <b>3:15 Jeopardy!</b>  4:00 Sing Along to Dean Martin Classics  <b>4:30 Evening Stroll</b>  6:00 Featured Director Greta Gerwig Little Women</p>	<p>9:30 Walk the Block  <b>10:00 Upper Cuts: Upper Body Strengthening</b>  11:00 Bingo  <b>1:30 Audible Book Club: Michelle Obama's Becoming</b>  2:00 Group Crossword Puzzle  <b>3:15 Tech Talk Tuesday: Apple Products</b>  4:30 Melrose Gardens Walking Club  <b>6:00 Women's History Month Series: Queen Elizabeth I</b></p>	<p>9:30 Nature Watchers Walk and Roll  <b>10:00 Resistance Band Workout</b>  11:00 Bingo  <b>1:30 Stretch Band Series</b>  2:00 Armchair Travel: Milan  <b>2:45 Milan Trivia</b>  3:00 Hot Topics  <b>4:00 Happy Hour: Milan Spritz</b>  6:00 Netflix Series The Final Table</p>	<p>9:30 Restoring Soles Nature Walk  <b>10:00 Total Body Fitness</b>  11:00 Bingo  <b>1:15 History Documentary: America in the 1920s</b>  <b>2:00 Nail Care and Reminiscing</b>  <b>3:00 Writing Club</b>  4:30 Walk This Weigh  <b>5:00 Streaming Shabbat Service</b>  6:00 Friday Night Fun Flick 9 to 5</p>	<p>10:00 <b>Online Church Service</b>  11:00 Bingo  <b>1:00 Virtual Concert: 2Cellos Live at Exit Festival</b>  <b>2:00 HasFit Healthy Joints</b>  3:00 Italian Nature Documentary: National Geographic: Italian Wildlife  <b>4:00 Lucky Shamrock Necklaces</b>  6:30 Featured Actress: Greta Garbo Ninotchka</p>	<p>10:00 <b>Chair Yoga</b>  11:00 Bingo  <b>1:30 News and Views</b>  <b>2:00 Write Out Loud</b>  3:30 Classic Broadway Sing Along  <b>4:00 Old Time Radio: Mystery in the Air: "The Lodger"</b>  6:00 Opera Night Otello</p>	<p>9:30 Heart and Sole Walking Club  <b>10:00 Kickboxing</b>  11:00 Bingo  <b>1:30 TED Talk: How Great Leaders Can Inspire Action</b>  2:00 Scattergories  <b>2:30 Jeopardy Challenge</b>  <b>3:15 Floral Arranging</b>  4:30 Horticultural Appreciation Walk  6:00 Featured Director LuLu Wang The Farewell</p>	<p>9:30 <b>Morning Stroll and Roll</b>  10:00 Weight Circuit  11:00 Bingo  <b>1:30 Audible Book Club: Michelle Obama's Becoming</b>  2:00 Tech Talk Tuesday: The Internet  <b>3:15 Backstage at an Elvis Concert</b>  4:30 Power Walkers Club  <b>6:00 Women's History Month Series: Calamity Jane</b>   Happy Birthday, Pat!</p>	<p>9:30 <b>Walk for Your Health</b>  <b>10:00 Stretch It Out</b>  11:00 Bingo  <b>1:45 Guided Meditation for Peace of Mind</b>  2:00 You Be the Judge: "Colorado Cookie Caper"  3:00 <b>For Your Health Series: Importance of Good Nutrition</b>  4:00 Happy Hour: Red Wine Tasting  6:00 Netflix Series The Final Table</p>	<p>9:30 <b>Morning Walk and Roll</b>  <b>10:00 Core Workout</b>  11:00 Bingo  1:30 Audible Book Club: Michelle Obama's <i>Becoming</i>  <b>2:00 Craft It! Spring Wreaths</b>  <b>3:30 Group Walk to Trader Joe's</b>  6:00 Hollywood Golden Age Film Mildred Pierce</p>	<p>9:30 Step It Up Walking Club  <b>10:00 Cardio Bootcamp</b>  11:00 Bingo  <b>1:15 History Documentary: How the World Bounced Back from the Spanish Flu</b>  2:00 Happy Nails  <b>3:00 Writing Prompts: Limericks</b>  4:30 Evening Stroll  <b>5:00 Streaming Shabbat Service</b>  6:00 Friday Night Fun Flick Born Yesterday</p>	<p>10:00 <b>Online Church Service</b>  11:00 Bingo  1:30 Virtual Concert: Making Music: Concert 9  <b>2:30 HasFit Healthy Joints</b>  <b>3:15 Italian Nature Documentary: Italy the Eternal Country</b>  <b>4:00 Grab and Go Word Games</b>  6:30 Featured Actress: Katherine Hepburn Stage Door</p>
<p>10:00 <b>Stretch and Flex</b>  11:00 Bingo  1:30 Newsreels  <b>2:00 Journaling on the Patio</b>  <b>3:00 Pi in the Sky Watercolor Art</b>  <b>4:00 Old Time Radio: The Whistler: "The Clock on the Tower"</b>  6:00 Musical Movie Hairspray   Daylight Saving Time Begins</p>	<p>9:30 Morning Walk and Roll  <b>10:00 Chair Cycle</b>  11:00 Bingo  <b>1:15 TED Talk: The Puzzle of Motivation</b>  2:15 Group Crossword Puzzle  <b>3:00 Trivia Showdown</b>  <b>4:00 "Beware the Ides of March": Superstitions Around the World</b>  4:30 Pre Dinner Nature Walk  6:00 Featured Director Ida Lupino The Bigamist</p>	<p>9:30 <b>Poinsettia Stroll</b>  10:00 Upper Body Strengthening  11:00 Bingo  <b>1:30 Audible Book Club: Michelle Obama's Becoming</b>  2:00 Tech Talk Tuesday: Virtual Reality  <b>3:00 Funniest Comedic Actors of All Time</b>  4:30 Pre Dinner Stroll  <b>6:00 Women's History Month Series: Selena Quintanilla</b>   St. Patrick's Day  Happy Birthday, Jean K!</p>	<p>9:30 Restoring Soles Nature Walk  <b>10:00 Power Band Workout</b>  11:00 Bingo  <b>1:45 Guided Meditation for Healing</b>  2:00 <b>Activity Planning/ Film Buff's Meeting</b>  3:00 Truth or Blarney  3:30 St. Patrick's Day Happy Hour: Green Beer and Fondue  6:00 Netflix Series The Final Table   St. Patrick's Day  Happy Birthday, Jean K!</p>	<p>9:30 <b>Walk for Your Health</b>  <b>10:00 Fit to the Core</b>  11:00 Bingo  1:30 Audible Book Club: Michelle Obama's <i>Becoming</i>  2:00 <b>Craft It! Milk Carton Bird Feeders</b>  3:00 March Birthday Celebration  4:30 Spring Appreciation Walk  6:00 Hollywood Golden Age Film The Women</p>	<p>9:30 Morning Walk and Roll  <b>10:00 Fitness Bootcamp</b>  11:00 Bingo  <b>1:30 History Documentary: The Mystery of the Lost Persian Empire</b>  <b>2:00 Hand Care</b>  <b>3:00 Writing Club</b>  4:15 Rock Around the Block  <b>5:00 Streaming Shabbat Service</b>  6:00 Friday Night Fun Flick A League of Their Own   Happy Birthday, Mitchell!</p>	<p>10:00 <b>Online Church Service</b>  11:00 Bingo  <b>1:30 Virtual Concert: Vivaldi's Four Seasons</b>  2:30 HasFit Healthy Joints  <b>3:15 The Colosseum Virtual Walking Tour</b>  <b>4:00 Foolproof Houseplants</b>  6:30 Featured Actress: Bette Davis What Ever Happened to Baby Jane?   Spring Begins</p>					
<p>10:00 <b>Sit and Stretch</b>  11:00 Bingo  <b>1:30 News and Views</b>  <b>2:00 Write Out Loud</b>  3:30 Sunday Sing Along  <b>4:00 Old Time Radio: Dimension X: "The Outer Limit"</b>  6:00 Musical Movie South Pacific</p>	<p>9:30 Walk It Out  <b>10:00 Step It Up: Leg Strengthening</b>  11:00 Bingo  <b>1:30 TED Talk: Your Elusive Creative Genius</b>  2:00 Italian Phrase Word Mining  2:45 Jeopardy Challenge  <b>3:30 Advice Column: The Neighborly Thing to Do</b>  4:30 Walk This Weigh  6:00 Featured Director Sofia Coppola Marie Antoinette</p>	<p>9:30 <b>Nature Watchers Walk and Roll</b>  10:00 Upper Body Strengthening  11:00 Bingo  <b>1:30 Audible Book Club: Michelle Obama's Becoming</b>  2:00 <b>Tech Talk Tuesday: Streaming Entertainment</b>  2:45 Tuesday Affirmations  <b>3:15 Italian Phrases Quiz</b>  4:30 Pre Dinner Stroll  <b>6:00 Women's History Month Series: Maud Watts Suffragette</b></p>	<p>9:30 <b>Poinsettia Stroll</b>  <b>10:00 Resistance Band Workout</b>  11:00 Bingo  1:45 Guided Meditation for Happiness  <b>2:00 Food for Thought with Chef Crystal</b>  3:00 Current Events  <b>4:00 Happy Hour: White Wine Tasting</b>  6:00 Netflix Series The Final Table</p>	<p>9:30 <b>Morning Walk and Roll</b>  <b>10:00 Core Workout</b>  11:00 Bingo  1:30 Audible Book Club: Michelle Obama's <i>Becoming</i>  <b>2:00 Women Who Changed History</b>  <b>3:00 Resident Auction</b>  4:30 Pre Dinner Power Walk  6:00 Hollywood Golden Age Film I'm No Angel</p>	<p>9:30 Morning Stroll and Roll  <b>10:00 Head to Toe Fitness</b>  11:00 Bingo  <b>1:15 History Documentary: History of Italy</b>  <b>2:00 Nail Care and Reminiscing</b>  3:00 Writing For Your Life  4:30 Evening Walk About  <b>5:00 Streaming Shabbat Service</b>  6:00 Friday Night Fun Flick Gentlemen Prefer Blondes   Happy Birthday, Mitchell!</p>	<p>10:00 <b>Online Church Service</b>  11:00 Bingo  <b>1:30 Virtual Concert: Celine Dion: Live Las Vegas</b>  2:00 Weight Circuit  <b>3:30 Italian Nature Documentary: Wild Italy: From the Alps to Tuscany</b>  <b>4:00 Grab and Go Word Games</b>  6:30 Featured Actress: Olivia de Havilland Hush...Hush, Sweet Charlotte  Passover Begins</p>					
<p>10:00 <b>Seated Tai Chi</b>  11:00 Bingo  <b>1:30 News and Views</b>  2:15 <b>Write with Nature</b>  3:30 Sing Along with Elder Song  <b>4:00 Old Time Radio: What's My Line?</b>  6:00 Musical Movie Gypsy</p>	<p>9:30 Walk It Out  <b>10:00 Chair Walk and Run</b>  11:00 Bingo  <b>1:30 TED Talk: Why We Laugh</b>  2:00 DIY Wall Art  <b>3:00 The History of Passover</b>  <b>4:30 Dog Therapy Walk</b>  6:00 Featured Director Marielle Heller Can You Ever Forgive Me?</p>	<p>9:30 <b>Nature Watchers Walk and Roll</b>  10:00 Upper Body Strengthening  11:00 Bingo  <b>1:30 Audible Book Club: Michelle Obama's Becoming</b>  2:00 <b>Tech Talk Tuesday: What is Bluetooth?</b>  <b>3:00 Jeopardy!</b>  4:30 Pre Dinner Stroll  <b>6:00 Women's History Month Series: Bessie Smith</b></p>	<p>9:30 <b>Poinsettia Stroll</b>  <b>10:00 Resistance Band Workout</b>  11:00 Bingo  <b>1:45 Guided Meditation for Self Love</b>  2:00 Melted Crayon Art  <b>3:00 Current Events</b>  <b>4:00 Happy Hour: Mango Margaritas</b>  6:00 Netflix Series The Final Table</p>								