MON TUE **THUR** SUN WED FRI March Birthdays: 8:30 Core Fitness (FIT) 9:45 Wake Up Your **LOCATION KEY** 10:15 Balance and Brain (CRD) CRD - Card Room Elaine Dunkle March 11 **2024**, women's Joanna Davies March 15 Stability (FIT) 10:30 Low Impact FIT - Fitness Center March 18 Phil Otero 11:45 Minnesota Twins Vs. history Aerobics (FIT) Del Booher March 28 LOB - Lobby Boston Red Sox (LOB) **Rita Weiss** March 29 11:00 Broadway Palm MLT - Multipurpose Room Sunday March 10 1:00 Duplicate Bridge (CRD) Join us in the PAC at 4:00pm on Thursday (LOB) PAC - Performing Arts Center March 7 to help celebrate this group of 7:00 Evening Movie @ 2:00AM Thursday, March 21 7:00 Evening Movie fine residents! 8:30 Curls and Crunches 8:30 Curls and Crunches (FIT) 10:00 * Presbyterian 9:00 Bocce Practice 9:00 Bocce Practice 8:30 Core Fitness (FIT) 10:30 Low 10:15 Fitness Foundations 10:15 Balance and (Bocce Courts) Church Runs (LOB) (Bocce Courts) **Impact** 9:15 Arts and Crafts (Arts Stability (FIT) 10:30 Brain Teasers (LR) 10:30 St Leo's Church Run 10:15 Fitness Foundations 10:15 Fitness Foundations 11:00 Brain Games: Famous and Craft Room) Aerobics (FIT) 11:00 Water Aerobics (Pool) (LOB) (FIT) Women in History (MLT) 10:15 Balance and Stability (FIT) 1:00 Wii Bowling (FIT) 7:00 Evening Movie 1:00 Duplicate Bridge (CRD) 11:30 Chair Yoga (MLT) 1:45 * Publix and Coconut 11:30 Chair Yoga (MLT) 11:00 Your Brain and More in 1:45 * Publix and Walmart Shopping 3:00 Check Up From The Neck 2024! (CRD) 1:00 Bridge (CRD) 4:00 Happy Hour with 7:15 Estonia Hour (LR) Point Shopping (LOB) Up! (MLT) 3:45 BINGO - (CRD) 4:00 Dr. Adrian Kerr Presents... (PAC) Moon Over Miami (PAC) 4:30 Evening Movie 4:00 Cheer Time (Bistro) 7:00 Evening Movie 8:30 Curls and Crunches (FIT) 10:15 Fitness Foundations 9:00 Bocce Practice 8:30 Core Fitness (FIT) 15 Daylight Savings Time 9:45 Wake Up Your 8:30 Curls and Crunches 9:00 Bocce Practice (Bocce Courts) Begins (Bocce Courts) 10:15 Balance and Brain (CRD) 9:15 Árts and Crafts (Arts 10:00 Alzheimer's Support 10:00 * Presbyterian 10:00 St. Leos Mass 11:00 Water Aerobics (Pool) Stability (FIT) 10:30 Low Impact and Craft Room) Group (MLT) Church Runs (LOB) (MLT) 1:00 Terraces Book Discussion (MLT) 10:15 Fitness Foundations (FIT) 1:00 Duplicate Bridge Aerobics (FIT) 10:15 Balance and Stability (FIT) 10:30 St Leo's Church Run (LOB) 10:15 Fitness Foundations (FIT) 1:00 Wii Bowling (FIT) 11:00 Blood Pressure Clinic (Clinic) 10:30 Your Brain and More in (CRD) 1:00 Candie's Corner: 1:45 * Publix and Coconut Point 11:30 Chair Yoga (MLT) 1:30 Renaissance Tour (REN MLT) 11:30 Chair Yoga (MLT) 2024! (CRD) Shopping (LOB) 1:45 Publix and Coconut Point 7:00 Evening Movie Night Lights (MLT) 4:00 St Patrick's Day Happy Hour 1:00 Bridge (CRD) 11:00 TDM Tech Workshop (MLT) 4:30 Evenina Movie (LOB) with DJ Ace (PAC) 7:00 Evening Movie 3:45 BINGO - (CRD) 4:00 Cheer Time (Bistro) 8:30 Core Fitness (FIT) 22 8:30 Curls and Crunches (FIT) 10:15 Fitness Foundations 8:30 Curls and Crunches (FIT) 9:15 Arts and Crafts (Arts and 9:00 Bocce Practice 1 0 9:00 Bocce Practice St. Patrick's Day 10:30 Low Impact **23** 10:00 * Presbyterian (Bocce Courts) (Bocce Courts) 10:15 Balance and Aerobics (FIT) Craft Room) Church Runs (LOB) 10:15 Fitness 10:15 Balance and Stability (FIT) 10:15 Fitness Foundations Stability (FIT) 11:00 Water Aerobics (Pool) 12:00 Prado Theater: 10:30 St Leo's Church Run 10:30 Your Brain and More in 2024! Foundations (FIT) 11:00 Where Am I? (LR) 11:00 Who Am I? (LR) 1:00 Wii Bowling (FIT) 11:30 Chair Yoga (MLT) (LOB) Romeo and Juliette 11:30 Chair Yoga (MLT) 11:00 Phil Leto Presents... (PAC) 1:00 Duplicate Bridge 1:45 * Publix and Walmart Shopping 1:45 * Publix and Coconut 2:00 Nature Talk: Sea Turtles 1:00 Money Matters: How To Stretch 1:00 Bridge (CRD) (CRD) 7:00 Evening Movie Point Shopping (LOB) **Majestic Creatures of the** Your IRA in the Current Tax" (MLT) 3:00 Friday Feud (MLT) 3:45 BINGO - (CRD) 4:00 Cheer Time (Bistro) 7:00 Evening Movie 4:30 Evening Movie Sea! (MLT) 8:30 Curls and Crunches (FIT) 9:15 Arts and Crafts (Arts and 9:00 Bocce Practice 9:00 Bocce Practice 30 Palm Sunday Good Friday 10:00 Ask The 10:30 Low 10:00 * Presbyterian (Bocce Courts) (Bocce Courts) 8:30 Core Fitness (FIT) Director (PAC) Craft Room) 11:00 Blood Pressure Clinic Impact Church Runs (LOB) 10:00 St. Leos Máss (MLT) 10:15 Balance and 1:00 Wii Bowling (FIT) 10:15 Balance and Stability (FIT) 10:30 St Leo's Church Run (LOB) Stability (FIT) 10:15 Fitness Foundations (FIT) (Clinic) Aerobics (FIT) 11:00 Your Brain and More in 2024! 1:45 Publix and Coconut 11:30 Chair Yoga (MLT) 11:00 At the Tropics Craft Session 1:45 * Publix and Coconut Point 11:30 Chair Yoga (MLT) (CRD) 1:00 Bridge (CRD) 2:00 Turco Talks - "Frauds and (ACR) 7:00 Evening Movie Shopping (LOB) Point (LOB) 1:00 National Waffle Day (CRD) Scams" 1:00 Duplicate Bridge (CRD) 2:30 Purim Baking Session (ACR) 3:00 Empath Home Health (MLT) 3:00 Celebration of Purim (MLT) 4:00 Dr. Cimarusti Talks.... 4:00 Trivia Happy Hour with Val 1:30 Easter Traditions (MLT) 4:00 Cheer Time (Bistro) 4:30 Evening Movie 3:45 BINGO - (CRD) (PAC) (Bistro) 7:00 Evening Movie 31 Easter **National** 10:00 * Presbyterian Waffle Day CANDIE'S Please check Dailies in Ask The Director Church Runs (LOB) Elevator for most up to CORNER 10:30 St Leo's Church Run Wednesday, 27 date dates/times. (LOB) SATURDAY 10:00am Thank you! 1:45 * Publix and Coconut MARCH 16 Point Shopping (LOB) Sunday, March 31 Monday, March 25 4:30 Evening Movie

March 2024



