

Assisted Living Highlights

MARCH

Daily Exercise at 11 AM

- Sunday - Zumba with Hildi
- Monday - Aerobics
- Tuesday - Yoga with Shelby
- Wednesday - Strength Training
- Thursday - Yoga
- Friday - Seated Tai-Chi
- Saturday - Yoga with Dana

Weekly Bingo

Weekly Painting

Weekly Crafts

Weekly Happy Hour

Weekly Evening Film

Weekly Documentary

Weekly Virtual Tour

March 2, Tuesday - Dr. Seuss' Theme Day

March 3 and 10, Wednesday, 2:00 PM - Virtual Tour: Highlights of American Folk Art at Fenimore Art Museum

March 4 and 11, Thursday, 2:00 PM - Virtual Tour: The Thaw Gallery of American Indian Art

March 8, Monday - International Women's Day Celebration

March 9 and 11, Tuesday and Thursday, 2:00 PM - Cooking Demo with Chef Daniel

March 10, Wednesday, 3:00 PM - Spirituality Learning with Randy Gracey

March 14 and 28, Sunday, 2:00 PM - Marie Antoinette: The Rise and Death of Versailles Live Virtual Tour

March 17, Wednesday - St. Patrick's Day Celebration

March 19 and 20, Saturday and Sunday - New York City Center presents Matthew Bourne's Cinderella

March 23 and 25, Tuesday and Thursday, 2:00 PM - Cooking Demo with Chef Daniel

March 24, Wednesday, 3:00 PM - Spirituality Learning with Randy Gracey

March 25, Thursday, 11:00 AM - Resident Council Meeting

March 27, Saturday - Passover Begins and virtual visit with Rabbi

March 29, Book Club, 10:00 AM - Book Club

