

March 2024
Senior Star at Elmore Place

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
March cont'd													
31										1		2	
8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Easter Shapemaster 8:00ai 🌟 Church Transportation [ML] 1:00 🕒 Card Games 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🏠 Shoot Pool with a Neighbor! 6:00 🕒 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]		Location Keys 2nd Floor Table by Rm 210 2nd Floor Bar/Lounge B/L IL Dining Room ILDR Meet in Lobby ML Multipurpose Room (2nd Floor) MR Pool P 🕒 Brain Power 🏠 Exercise & Movement 🧩 Expression 🕒 Inner Strength 🍏 Nourishment & Health 🏠 Socialization 🌟 Spirituality				Rock Steady Boxing A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) Give Parkinson's Disease a good PUNCH and have fun while doing it!		Keep Your Mind Sharp! The Dakim® Brain Fitness System is available every day in the Computer Lab located on the 2nd Floor. See Kate to register!!		Dakim Brain Fitness 8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:00 🕒 Morning Meditative Coloring with Kate! [B/L] 9:45 🏠 Sit & Be Fit [MR] 11:30 🏠 Lunch Outing: Chili's (RSVP Req'd) [ML] 12:30 🕒 Jigsaw Puzzles 1:00 🌟 Stations of the Cross [MR] 2:00 🏠 Happy Hour with Darlene Brewet! [ML] 6:00 🏠 Movie Night: Far & Away (Prime) [B/L]		8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏠 Resident Led - One Mile Walking Tape [MR] 1:00 🕒 Card Games 1:00 🕒 Dominoes with Friends! 2:00 🏠 Shoot Pool with a Neighbor!	
3		4		5		6		7		8		9	
8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00ai 🌟 Church Transportation [ML] 1:00 🕒 Card Games 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🏠 Shoot Pool with a Neighbor! 2:30 🧩 Irish Dancing Performance 6:00 🕒 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 11:00 🕒 Therapy Dog Visit [B/L] 11:30 🍷 Cooking with Kate: Pistachio Muffins [ILDR] 1:00 🕒 Card Games 2:00 🏠 Beginner Tai Chi [MR] 2:15 🏠 Advanced Tai Chi [MR] 2:30 🧩 Laughter Yoga & Meditation [MR] 5:30 🏠 Walking Group [ML]		9:00 🏠 Drums Alive [MR] 9:30 🕒 Visit from the Library [B/L] 9:45 🏠 Light & Lively [MR] 10:30 🌟 Holy Eucharist & Rosary [MR] 1:00 🕒 Resident Led Tai Chi [MR] 2:00 🏠 Balance Improvement Class [MR] 2:30 🧩 Turn it up Tuesdays Music Social [B/L] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Exercises + Balloon Volleyball [MR] 10:00 🍷 Hy-Vee Outing (RSVP) [ML] 10:45 🌟 Bible Study with Paul [MR] 12:30 🕒 Jeopardy [B/L] 2:00 🏠 Small Group Exercise (RSVP Req'd) 3:00 🍏 Food Forum [ILDR] 5:30 🧩 Shoot Pool with a Neighbor!		9:45 🏠 Small Ball Exercises [MR] 11:00 🌟 Devotionals: Chicken Soup for the Soul [B/L] 1:00 🌟 Catholic Mass (IL) 2:00 🏠 25 Cent Bingo [ILDR] 2-4 🧩 Hand Craft Group [2nd Floor] 3:00 🕒 Wordscapes [B/L] 6:00 🕒 Card Games		8:00 🏠 RL Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 11:30 🏠 Lunch Outing: Buffalo Wild Wings (RSVP Req'd) [ML] 12:30 🕒 Jigsaw Puzzles 1:00 🌟 Stations of the Cross [MR] 2:00 🏠 Happy Hour [ML] 6:00 🏠 Movie Night: Barbie (2023-HBO) [B/L]		8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏠 Resident Led - One Mile Walking Tape [MR] 1:00 🕒 Card Games 1:00 🕒 Dominoes with Friends! 2:00 🏠 Shoot Pool with a Neighbor!	
10		11		12		13		14		15		16	
8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Daylight Saving Time Begins Daylight Savings Time - Spring FORWARD Shapemaster 8:00ai 🌟 Church Transportation [ML] 1:00 🕒 Card Games 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🏠 Shoot Pool with a Neighbor! 6:00 🕒 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 10:30 🧩 French with Jeannine [B/L] 11:30 🍷 Cooking with Kate: Irish Tea Cake [ILDR] 1:00 🕒 Card Games 2:00 🏠 Beginner Tai Chi [MR] 2:15 🏠 Advanced Tai Chi [MR] 2:30 🏠 Monday Mixers Social Hour: Guinness Beer Social [B/L] 5:30 🏠 Walking Group [ML]		9:00 🏠 Drums Alive [MR] 9:45 🏠 Light & Lively [MR] 10:30 🌟 Holy Eucharist & Rosary [MR] 11:00 🍷 Walgreen's Outing (RSVP) [ML] 12:00 🏠 Nahant Marsh Presentation: Terrariums [ILDR] 1:00 🕒 Resident Led Tai Chi [MR] 2:00 🏠 Balance Improvement Class [MR] 2:30 🧩 Turn it up Tuesdays Music Social [B/L] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Exercises + Balloon Volleyball [MR] 10:00 🍷 Hy-Vee Outing (RSVP) [ML] 11:30 🏠 Book Club Discussion : Code Girls [B/L] 12:30 🕒 Jeopardy [B/L] 2:00 🏠 Small Group Exercise (RSVP Req'd) 2:30 🕒 Travelogue: Ireland - Dublin & Northern Ireland [B/L] 5:30 🧩 Shoot Pool with a Neighbor!		8:45 🍏 Ageless Grace [ILDR] 9:00 🕒 Chinese Checkers with Kate [B/L] 9:45 🏠 Small Ball Exercises [MR] 11:00 🏠 25 Cent Bingo [ILDR] 1:30 🧩 Happy Hour with Ron Lubbers! [ILDR] 2-4 🧩 Hand Craft Group [2nd Floor] 3:00 🕒 Wordscapes [B/L] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:00 🕒 Morning Meditative Coloring with Kate! [B/L] 9:45 🏠 Sit & Be Fit [MR] 11:30 🏠 Lunch Outing: Stouts Irish Pub (RSVP Req'd) [ML] 12:30 🕒 Jigsaw Puzzles 1:00 🌟 Stations of the Cross [MR] 2:00 🏠 Happy Hour with Jordan Danielsen! [ML] 6:00 🏠 Movie Night : The Color Purple (2023-HBO) [B/L]		8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏠 Resident Led - One Mile Walking Tape [MR] 1:00 🕒 Card Games 1:00 🕒 Dominoes with Friends! 2:00 🏠 Shoot Pool with a Neighbor!	
17		18		19		20		21		22		23	
8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster St. Patrick's Day 8:00ai 🌟 Church Transportation [ML] 1:00 🕒 Card Games 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🏠 Shoot Pool with a Neighbor! 4:30 🍷 St. Patrick's Day Meal [ILDR] 6:00 🕒 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 11:30 🍷 Cooking with Kate: Irish Soda Bread [ILDR] 1:00 🕒 Card Games 2:00 🏠 Beginner Tai Chi [MR] 2:15 🏠 Advanced Tai Chi [MR] 2:30 🧩 Laughter Yoga & Meditation [MR] 3:00 🧩 Alzheimer's / Dementia Support Group 5:30 🏠 Walking Group [ML]		9:00 🏠 Drums Alive [MR] 9:45 🏠 Light & Lively [MR] 10:30 🌟 Holy Eucharist & Rosary [MR] 12:00 🧩 Program Planning & Ambassador Meeting [ILDR] 12:45 🧩 Story & Picture Sharing Hour: Traveling [MR] 1:00 🕒 Resident Led Tai Chi [MR] 2:00 🏠 March Birthday Party Social [ILDR] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Exercises + Balloon Volleyball [MR] 10:00 🍷 Hy-Vee Outing (RSVP) [ML] 10:45 🌟 Bible Study with Paul [MR] 12:30 🕒 Jeopardy [B/L] 2:00 🏠 Small Group Exercise (RSVP Req'd) 5:30 🧩 Shoot Pool with a Neighbor!		8:45 🍏 Ageless Grace [ILDR] 9:45 🏠 Small Ball Exercises [MR] 11:00 🌟 Devotionals: Chicken Soup for the Soul [B/L] 1:00 🌟 Catholic Mass (AL) 2:00 🏠 25 Cent Bingo - St. Patrick's Day Themed [ILDR] 2-4 🧩 Hand Craft Group [2nd Floor] 3:00 🕒 Wordscapes [B/L] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 11:30 🏠 Lunch Outing: Red Lobster (RSVP Req'd) [ML] 12:30 🕒 Jigsaw Puzzles 1:00 🌟 Stations of the Cross [MR] 2:00 🏠 Happy Hour with Jacob Hemenway! [ML] 6:00 🏠 Movie Night: Rudy [B/L]		8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏠 Resident Led - One Mile Walking Tape [MR] 1:00 🕒 Card Games 1:00 🕒 Dominoes with Friends! 2:00 🏠 Shoot Pool with a Neighbor!	
24		25		26		27		28		29		30	
8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 8:00ai 🌟 Church Transportation [ML] 1:00 🕒 Card Games 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🏠 Shoot Pool with a Neighbor! 6:00 🕒 Kings in the Corner Card Game (Beginner Cards) 6:00 🌟 The Chosen [MR]		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Sit & Be Fit [MR] 10:30 🧩 French with Jeannine [B/L] 11:30 🍷 Cooking with Kate: Sausage Cheddar Muffins [ILDR] 1:00 🕒 Card Games 2:00 🏠 Beginner Tai Chi [MR] 2:00 🧩 Town Hall Meeting with Annette [ILDR] 2:15 🏠 Advanced Tai Chi [MR] 2:30 🏠 Monday Mixers Social Hour: Baileys [B/L] 5:30 🏠 Walking Group [ML]		9:00 🏠 Drums Alive [MR] 9:45 🏠 Light & Lively [MR] 10:30 🌟 Holy Eucharist & Rosary [MR] 11:00 🍷 Walgreen's Outing (RSVP) [ML] 12:00 🍷 New Resident House Warming Party [ILDR] 1:00 🕒 Resident Led Tai Chi [MR] 2:00 🏠 Balance Improvement Class [MR] 2:30 🧩 Turn it up Tuesdays Music Social [B/L] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:45 🏠 Exercises + Balloon Volleyball [MR] 10:00 🍷 Hy-Vee Outing (RSVP) [ML] 2:00 🏠 Small Group Exercise (RSVP Req'd) 5:30 🧩 Shoot Pool with a Neighbor!		8:45 🍏 Ageless Grace [ILDR] 9:00 🕒 Chinese Checkers with Kate [B/L] 9:45 🏠 Small Ball Exercises [MR] 11:00 🌟 Devotionals: Chicken Soup for the Soul [B/L] 1:00 🏠 25 Cent Bingo [ILDR] 2-4 🧩 Hand Craft Group [2nd Floor] 2:00 🧩 Redeemer School Visit : Easter Songs [ILDR] 3:00 🕒 Wordscapes [MR] 6:00 🕒 Card Games		8:00 🏠 Pool Class [P] 8:30 🏠 RL Pool Class [P] 9:00 🕒 Morning Meditative Coloring with Kate! [B/L] 9:45 🏠 Sit & Be Fit [MR] 11:30 🏠 Lunch Outing: Baja Tacos (RSVP Req'd) [ML] 12:30 🕒 Jigsaw Puzzles 1:00 🌟 Stations of the Cross [MR] 2:00 🏠 Happy Hour with Jim Ryan! [ML] 6:00 🏠 Movie Night: Elsa & Fred (Prime) [B/L]		8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 🏠 Resident Led - One Mile Walking Tape [MR] 1:00 🕒 Card Games 1:00 🕒 Dominoes with Friends! 2:00 🏠 Shoot Pool with a Neighbor!	
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