





March 2024

Monthly Activities

<div></div> <div><div>● explore - Leadership & Volunteerism</div><div>● explore - Lectures & Learning</div><div>● explore - Recreation & Entertainment</div><div>● explore - Self Expression & the Arts</div><div>● explore - Spiritual Health & Religion</div><div>● explore - Strength & Vitality</div><div>● explore - Travels & Treks</div></div>	<div>March cont'd</div> <div>31</div> <div>Easter</div> <div>Kala</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T]</div> <div>11:30 ● Rise & Shine: Sunday Mimosa Bar! [L]</div> <div>1:00 ● Tabletop Pastimes- SCRABBLE! [Resident Led] [L]</div> <div>1:00 ● Therapeutic Watercolor w/ Kala [A]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:00 ● Sunday Bridge Group [OD]</div>	<div>Resident Birthdays</div> <div>[STAFF] Roger C. 3/3</div> <div>Troy P. 3/6</div> <div>Helen P. 3/12</div> <div>Elsie H. 3/19</div> <div>Carolyn W. 3/25</div> <div>Larry D. 3/28</div> <div>Carol E. 3/29</div> <div>Jo D. 3/30</div>	<div></div> <div>2 - 6pm March 26th</div>	<div></div>	<div>1</div> <div>Kala</div> <div>10:30 ● Exercise w/ Naomi [G]</div> <div>10:30 ● « Library - Post - \$ Store [LO]</div> <div>11:00 ● BIRTHDAY CARD MAKING!! [A]</div> <div>1:00 ● Friday Bridge Club</div> <div>1:00 ● Out on the Town- Lunch at Leaping Lizard (\$) [O]</div> <div>1:30 ● The Wild Cards- Afternoon Poker! [L]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● B I N G O ! [OD]</div> <div>4:30 ● Happy Hour Performances by Ken Keller (z) [B]</div> <div>6:30 ● Evening Cinema- Diana the Musical [T]</div>	<div>2</div> <div>Kala</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● Acclaim's Group Bible Study [T]</div> <div>1:00 ● Modeling 101 w/ Evie Mansfield! [1pm-2:30pm] [G]</div> <div>1:00 ● Tabletop Pastimes- Hand & Foot [OD]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:30 ● Acclaim's Afternoon Documentary- [T]</div> <div>3:00 ● Afternoon Delights- [B]</div> <div>6:30 ● Evening Cinema- L.A. Confidential [T]</div>		
	<div></div>	<div>3</div> <div>Kala</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● Acclaim Gives Back: Sandwich Making for the Homeless [DK]</div> <div>11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T]</div> <div>11:30 ● Rise & Shine: Sunday Mimosa Bar! [L]</div> <div>1:00 ● Tabletop Pastimes- SCRABBLE! [Resident Led] [L]</div> <div>1:00 ● Therapeutic Watercolor w/ Kala [A]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:00 ● Sunday Bridge Group [OD]</div>	<div>4</div> <div>10:30 ● « The Essentials- Groceries at Food Lion (\$) [O]</div> <div>1:00 ● Afternoon Games: Shuffleboard & Pool [L]</div> <div>1:00 ● Tech Help [OD]</div> <div>2:00 ● Planted Roots- Gardening Club [L]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● « The Essentials- Groceries at Food Lion (\$) [LO]</div> <div>2:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>3:00 ● Learn How to Play Sticks! [OD]</div> <div>4:30 ● Pints & Pals: Happy Hour! [L]</div> <div>6:30 ● Evening Cinema- Miss Juneteenth [T]</div>	<div>5</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>1:30 ● Crafters Corner- Birthday Card Making! [A]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:30 ● Acclaim's Food Committee [OD]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● Paint Palette Instruction w/ Kala [A]</div> <div>3:00 ● CHAIR ZUMBA w/ PEGGY! [G]</div> <div>3:30 ● Out of Town Trip Planning: Follow-up Meeting! [T]</div>	<div>6</div> <div>9:15 ● Coffee Chats w / Tyler</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>10:30 ● The Essentials- Trader Joe's / 5 Below / JOANN Fabric</div> <div>10:45 ● Bible Study w/ Ocean View Christian Reform Church [T]</div> <div>1:00 ● Fiber Arts: Knitting Group [OD]</div> <div>2:00 ● The Write Bunch- Writers Group [T]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>4:30 ● Brain Busters: NY Times 'Connections' Word Game [T]</div> <div>4:30 ● Sound Meditation w/ Naomi (z) [G]</div> <div>6:30 ● Evening Cinema- Ma Rainey's Black Bottom [T]</div>	<div>7</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:30 ● ZUMBA w/ Fit Group USA! [NEW Instructor!!] [G]</div> <div>12:30 ● Acclaim Cat Cafe Social [G]</div> <div>1:00 ● Ted Talk Thursday's [T]</div> <div>2:00 ● Pinochle- Play & Learn (4th Floor Library)</div> <div>2:30 ● Delicious Delights w/ Kala! [DK]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● JEOPARDY! [T]</div> <div>4:00 ● Mobile Library Visit [OD]</div> <div>5:00 ● ≈ Health and Wellness- Water Aerobics [p]</div>	<div>8</div> <div>10:30 ● Out on the Town- IKEA! [O]</div> <div>1:00 ● Friday Bridge Club</div> <div>1:30 ● Out on the Town- Lunch at Red Lobster (\$) [O]</div> <div>1:30 ● The Wild Cards- Afternoon Poker! [L]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● B I N G O ! [OD]</div> <div>4:30 ● Happy Hour: Live Performance w/ Pancho (z) [B]</div> <div>6:30 ● Evening Cinema- Roma [T]</div>	<div>9</div> <div>10:30 ● Morning Exercise! [G]</div> <div>11:00 ● Acclaim's Group Bible Study [T]</div> <div>1:00 ● Out on the Town- The Hurrah Players: Matilda (\$25) [O]</div> <div>1:00 ● Tabletop Pastimes- Hand & Foot [OD]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:30 ● Acclaim's Afternoon Documentary- [T]</div> <div>3:00 ● Afternoon Delights- [B]</div> <div>6:30 ● Evening Cinema- The Power of the Dog [T]</div>
		<div>10</div> <div>Daylight Saving Time Begins</div> <div>10:30 ● Morning Exercise! [G]</div> <div>11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T]</div> <div>2:00 ● Sunday Bridge Group [OD]</div> <div>6:30 ● Acclaim Academy Award's Party & Viewing! [T]</div>	<div>11</div> <div>10:30 ● Exercise w/ Kala [G]</div> <div>10:30 ● « The Essentials- Kroger & Aldi's (\$) [O]</div> <div>11:30 ● Alzheimer's Fundraising Craft: Cabochon Keychain's [A]</div> <div>1:00 ● Afternoon Games: Shuffleboard & Pool [L]</div> <div>1:00 ● Catholic Rosary and Communion [T]</div> <div>1:00 ● Tech Help [OD]</div> <div>2:00 ● The Essentials- Lidl - Marshalls- \$ Store (\$) [O]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>3:00 ● Learn How to Play Sticks! [OD]</div> <div>4:30 ● Pints & Pals: Happy Hour! [L]</div> <div>6:30 ● Evening Cinema- Carol [T]</div>	<div>12</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● New Resident Orientation [T]</div> <div>11:00 ● ZUMBA w/ Kala! [G]</div> <div>1:30 ● Crafters Corner- [A]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● Paint Palette Instruction w/ Kala [A]</div> <div>2:30 ● Power-Back Talks: INSURANCE! [T]</div> <div>3:30 ● Out of Town Trip Planning: Follow-up Meeting! [T]</div>	<div>13</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>10:30 ● The Essentials- Wegman's & Walmart [LO]</div> <div>10:45 ● Bible Study w/ Ocean View Christian Reform Church [T]</div> <div>1:00 ● Fiber Arts: Knitting Group [OD]</div> <div>2:00 ● Activity Planning For Next Month! [T]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>4:30 ● Brain Busters: NY Times 'Connections' Word Game [T]</div> <div>4:30 ● Jazz Piano w/ Hunter (z) [T]</div> <div>5:30 ● Specialty Dinner & Entertainment (z)</div> <div>6:30 ● Evening Cinema- Moneyball [T]</div>	<div>14</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:30 ● ZUMBA w/ Fit Group USA! [NEW Instructor!!] [G]</div> <div>1:00 ● Ted Talk Thursday's [T]</div> <div>2:00 ● Pinochle- Play & Learn (4th Floor Library)</div> <div>2:30 ● Delicious Delights w/ Kala! [DK]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● JEOPARDY! [T]</div> <div>5:00 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>7:00 ● Strictly Social, Social Club [L]</div>	<div>15</div> <div>10:30 ● Exercise w/ Naomi [G]</div> <div>10:30 ● « Library - Post - \$ Store [LO]</div> <div>1:00 ● Friday Bridge Club</div> <div>1:00 ● Out on the Town- Lunch at Bouy 44 (\$) (\$) [O]</div> <div>1:30 ● The Wild Cards- Afternoon Poker! [L]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● B I N G O ! [OD]</div> <div>4:30 ● Happy Hour w/ Mark Chase [B]</div> <div>6:30 ● Evening Cinema- The Lost Daughter [T]</div> <div>7:00 ● St Patrick's Dance Performance by Moonlight Dance Studio (\$200) [L]</div>	<div>16</div> <div>Kala</div> <div>9:30 ● St. Patrick's Day Parade!</div> <div>9:30 ● Out on the Town- O.V St. Patrick's Day Parade! [O]</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● Acclaim's Group Bible Study [T]</div> <div>1:00 ● Out on the Town- Ballet Virginia: Cinderella (\$45+) [O]</div> <div>1:00 ● Out on the Town: Parade Afterparty @ COVA! [O]</div> <div>1:00 ● Tabletop Pastimes- Hand & Foot [OD]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:30 ● Acclaim's Afternoon Documentary- [T]</div> <div>3:00 ● Afternoon Delights- [B]</div> <div>6:30 ● Evening Cinema- Silver Linings Playbook [T]</div>
	<div>Location Keys</div> <div>1st Floor Demo Kitchen</div> <div>Art Studio</div> <div>Bar</div> <div>Gym</div> <div>Lounge/ Game Room</div> <div>Meet in the Front Lobby</div> <div>Outside- Meet in the front lobby</div> <div>Overflow Dining</div> <div>Restaurant</div> <div>Theater</div> <div>pool</div> <div>DK</div> <div>A</div> <div>B</div> <div>G</div> <div>L</div> <div>LO</div> <div>O</div> <div>OD</div> <div>R</div> <div>T</div> <div>p</div>	<div>17</div> <div>Kala</div> <div>St. Patrick's Day!</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T]</div> <div>11:30 ● Rise & Shine: Sunday Mimosa Bar! [L]</div> <div>1:00 ● Tabletop Pastimes- SCRABBLE! [Resident Led] [L]</div> <div>1:00 ● Therapeutic Watercolor w/ Kala [A]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:00 ● Sunday Bridge Group [OD]</div>	<div>18</div> <div>10:30 ● « The Essentials- Groceries at Food Lion (\$) [O]</div> <div>1:00 ● Afternoon Games: Shuffleboard & Pool [L]</div> <div>1:00 ● Tech Help [OD]</div> <div>1:30 ● Art Instruction W/ Emily Basto [A]</div> <div>2:30 ● « The Essentials- Groceries at Food Lion (\$) [LO]</div> <div>3:00 ● Learn How to Play Sticks! [OD]</div> <div>4:30 ● Pints & Pals: Happy Hour! [L]</div> <div>6:30 ● Evening Cinema- Groundhog Day [T]</div>	<div>19</div> <div>Resident Council Meeting</div> <div>Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● ZUMBA w/ Kala! [G]</div> <div>1:30 ● Crafters Corner- [A]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● Paint Palette Instruction w/ Kala [A]</div> <div>2:30 ● Resident Council [R]</div> <div>3:00 ● CHAIR ZUMBA w/ PEGGY! [G]</div> <div>3:00 ● Power-Back Talks: Health Talk [T]</div> <div>3:30 ● Out of Town Trip Planning: Follow-up Meeting! [T]</div>	<div>20</div> <div>High Tea</div> <div>9:15 ● Coffee Chats w / Tyler</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>10:45 ● Bible Study w/ Ocean View Christian Reform Church [T]</div> <div>1:00 ● Fiber Arts: Knitting Group [OD]</div> <div>2:00 ● Afternoon Delight- High Tea w/ Flutist Jessica Julius (z) [OD]</div> <div>2:00 ● The Write Bunch- Writers Group [T]</div> <div>2:30 ● All About Wellness: Juicing 101! [DK]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>4:30 ● Brain Busters: NY Times 'Connections' Word Game [T]</div> <div>4:30 ● Sound Meditation w/ Naomi (z) [G]</div> <div>6:30 ● Evening Cinema- Wonder Woman [T]</div>	<div>21</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:30 ● ZUMBA w/ Fit Group USA! [NEW Instructor!!] [G]</div> <div>1:00 ● Ted Talk Thursday's [T]</div> <div>2:00 ● Pinochle- Play & Learn (4th Floor Library)</div> <div>2:30 ● Delicious Delights w/ Kala! [DK]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● JEOPARDY! [T]</div> <div>5:00 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>5:30 ● Out on the Town- Ladies Night at the Cavalier (z) [O]</div>	<div>22</div> <div>11:00 ● The Essentials- Fresh Market - Old Navy - Khol's [O]</div> <div>1:00 ● Friday Bridge Club</div> <div>1:30 ● Out on the Town- Lunch at Captain Groovy's (\$) [O]</div> <div>1:30 ● The Wild Cards- Afternoon Poker! [L]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● B I N G O ! [OD]</div> <div>4:30 ● Happy Hour: [B]</div> <div>6:30 ● Evening Cinema- Hustle [T]</div>	<div>23</div> <div>Kala</div> <div>10:30 ● Morning Exercise! [G]</div> <div>11:00 ● Acclaim's Group Bible Study [T]</div> <div>1:00 ● Tabletop Pastimes- Hand & Foot [OD]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:30 ● Acclaim's Afternoon Documentary- [T]</div> <div>3:00 ● Afternoon Delights- [B]</div> <div>6:30 ● Evening Cinema- One Flew Over the Cuckoo's Nest [T]</div>
		<div>24</div> <div>10:30 ● Morning Exercise! [G]</div> <div>11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T]</div> <div>1:30 ● Out on the Town: Paint Night @ COVA (\$ 39.50) [O]</div> <div>2:00 ● Sunday Bridge Group [OD]</div>	<div>25</div> <div>10:30 ● Exercise w/ Kala [G]</div> <div>10:30 ● « The Essentials- Kroger & Aldi's (\$) [O]</div> <div>11:30 ● Alzheimer's Fundraising Craft: Cabochon Keychain's [A]</div> <div>1:00 ● Afternoon Games: Shuffleboard & Pool [L]</div> <div>1:00 ● Catholic Rosary and Communion [T]</div> <div>1:00 ● Tech Help [OD]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>2:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>3:00 ● Learn How to Play Sticks! [OD]</div> <div>3:00 ● Out on the Town- [FILL IN!!!!] [O]</div> <div>4:30 ● Pints & Pals: Happy Hour! [L]</div> <div>6:30 ● Evening Cinema- Roald Dahl's Matilda the Musical [T]</div>	<div>26</div> <div>Resident Swap Meet!</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● ZUMBA w/ Kala! [G]</div> <div>1:30 ● Crafters Corner- [A]</div> <div>1:30 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>2:00 ● Spring Cleaning- Resident Swap Meet! [OD]</div> <div>2:30 ● Paint Palette Instruction w/ Kala [A]</div>	<div>27</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>10:45 ● Bible Study w/ Ocean View Christian Reform Church [T]</div> <div>11:00 ● Out on the Town- OLLIES (\$) [O]</div> <div>1:00 ● Fiber Arts: Knitting Group [OD]</div> <div>1:30 ● Mimosas & Makeovers w/ Barbra Redner [T]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>4:30 ● Brain Busters: NY Times 'Connections' Word Game [T]</div> <div>6:30 ● Evening Cinema- Sandstorm [T]</div>	<div>28</div> <div>10:30 ● Medical Shuttle</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● Zumba w/ Kala! [G]</div> <div>12:00 ● Out on the Town: Men's Luncheon @ Dockside !</div> <div>1:00 ● Ted Talk Thursday's [T]</div> <div>2:00 ● Lunch & Learn - Aging [OD]</div> <div>2:00 ● Pinochle- Play & Learn (4th Floor Library)</div> <div>2:30 ● Delicious Delights w/ Kala! [DK]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● Acclaim Choir Practice! [T]</div> <div>3:30 ● JEOPARDY! [T]</div> <div>5:00 ● ≈ Health and Wellness- Water Aerobics [p]</div> <div>6:30 ● Friends & Family Trivia Night @ Acclaim! [T]</div> <div>7:00 ● Strictly Social, Social Club [L]</div>	<div>29</div> <div>10:30 ● Exercise w/ Naomi [G]</div> <div>10:30 ● « Library - Post - \$ Store [LO]</div> <div>1:00 ● Friday Bridge Club</div> <div>1:00 ● Out on the Town- Lunch at Grain Rooftop Restaurant (\$) [O]</div> <div>2:30 ● Exercise w/ Naomi [G]</div> <div>3:30 ● B I N G O ! [OD]</div> <div>4:30 ● Happy Hour: [B]</div> <div>6:30 ● Evening Cinema- School of Rock [T]</div>	<div>30</div> <div>Kala</div> <div>10:30 ● Exercise w/ Kala! [G]</div> <div>11:00 ● Acclaim's Group Bible Study [T]</div> <div>1:00 ● Tabletop Pastimes- Hand & Foot [OD]</div> <div>1:30 ● ≈ Health and Wellness-Water Aerobics [p]</div> <div>2:30 ● Acclaim's Afternoon Documentary- [T]</div> <div>3:00 ● Afternoon Delights- [B]</div> <div>6:30 ● Evening Cinema- Phantom Thread [T]</div>

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