

calendar & activities
MAR 2020

MacArthur Hills Monthly Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Connect
- Contribute
- Feel
- Grow
- Move
- Reflect

LOCATION

Arts Area -- 4th Floor
Poker Area -- 3rd Floor
Lounge -- 1st Floor
Media Room -- 1st Floor
Dining Area -- 1st Floor
Gym -- 1st Floor
Pool -- 1st Floor
Room to Room

BIRTHDAYS

Connie Cavaness -- 4th
Bob Gray -- 12th
Bill Brown -- 17th
Dolores Chapman -- 24th
Barbara Morrison -- 26th
Bob Cook -- 30th

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM

Activities are subject to change

WORLD COMPLIMENT DAY
8:00 ● Transportation to Worship Services
11:00 ● Creative Coloring Games with VT Sava Kids | 1st FLR L
12:00 ● Learn How to Play Chess
1:00 ● BINGO! | 1st FLR L
3:00 ● Sunday Sundaes | 1st FLR L
6:00 ● Bible Study with Bob Galbraith

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Daylight Saving Time Begins
8:00 ● Transportation to Worship Services
12:00 ● Learn How to Play Chess
1:00 ● BINGO! | 1st FLR L
3:00 ● Sunday Sundaes | 1st FLR L

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IDES OF MARCH
8:00 ● Transportation to Worship Services
11:00 ● Creative Coloring Games with VT Sava Kids | 1st FLR L
12:00 ● Learn How to Play Chess
1:00 ● BINGO! | 1st FLR L
2:15 ● Reformed Christian Ministries
3:00 ● Sunday Sundaes | 1st FLR L
6:00 ● Bible Study with Bob Galbraith

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8:00 ● Transportation to Worship Services
12:00 ● Learn How to Play Chess
1:00 ● BINGO! | 1st FLR L
3:00 ● Sunday Sundaes | 1st FLR L

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NATIONAL VIETNAM WAR VETERANS DAY
8:00 ● Transportation to Worship Services
12:00 ● Learn How to Play Chess
1:00 ● BINGO! | 1st FLR L
3:00 ● Sunday Sundaes | 1st FLR L
3:30 ● Little Notes Music

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TEXAS INDEPENDENCE DAY
9:00 ● Book Club Outing
9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Balance/Fall Prevention with Desmond
12:45 ● The Great Courses -- The Rise of Baseball as America's Pastime
1:30 ● Wal-Mart Outing
2:00 ● Activities This Month
3:30 ● BINGO! | 1st FLR
6:00 ● Movie Time | 1st FLR MR

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9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Balance/Fall Prevention with Desmond
12:45 ● The Great Courses -- The Rise of Baseball as America's Pastime
1:30 ● Wal-Mart Outing
2:30 ● Trivia with Robbie
3:30 ● BINGO! | 1st FLR
6:00 ● Movie Time | 1st FLR MR

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9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Balance/Fall Prevention with Desmond
11:30 ● Tickle the Ivory with Keith Schmorrr
12:45 ● The Great Courses -- The Rise of Baseball as America's Pastime
1:30 ● Wal-Mart Outing
3:30 ● BINGO! | 1st FLR
6:00 ● Movie Time | 1st FLR MR

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NATIONAL PUPPY DAY
9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Balance/Fall Prevention with Desmond
12:45 ● The Great Courses -- The Rise of Baseball as America's Pastime
1:00 ● Resident's Puppy Parade
1:30 ● Wal-Mart Outing
2:30 ● Trivia with Robbie
3:30 ● BINGO! | 1st FLR
6:00 ● Movie Time | 1st FLR MR

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9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Balance/Fall Prevention with Desmond
12:45 ● The Great Courses -- The Rise of Baseball as America's Pastime
1:30 ● Wal-Mart Outing
3:30 ● BINGO! | 1st FLR
6:00 ● Movie Time | 1st FLR MR

30

9:00 ● Coffee Social
10:00 ● Exercise with Amanda | G
11:00 ● Plymouth Park Church Service
12:45 ● The Great Courses -- The Aging Brain
1:00 ● Bible Verses Coloring
2:00 ● Bridge
2:00 ● Conversation & Crafts | 4th FLR
6:00 ● Classic Movie

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9:00 ● Coffee Social
10:00 ● Exercise with Amanda | G
11:00 ● Plymouth Park Church Service
12:45 ● The Great Courses -- The Aging Brain
1:00 ● Bible Verses Coloring
1:00 ● Movies and a Snack
2:00 ● Poker with Friends
6:00 ● Classic Movie

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St. Patrick's Day
9:00 ● Coffee Social
10:00 ● Exercise with Amanda | G
11:00 ● Plymouth Park Church Service
12:45 ● The Great Courses -- The Aging Brain
1:00 ● Bible Verses Coloring
2:00 ● Bridge
2:00 ● Conversation & Crafts | 4th FLR
6:00 ● Classic Movie
6:30 ● Canine Companions

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9:00 ● Coffee Social
10:00 ● Exercise with Amanda | G
11:00 ● Plymouth Park Church Service
12:45 ● The Great Courses -- The Aging Brain
1:00 ● Bible Verses Coloring
1:00 ● Movies and a Snack
6:00 ● Classic Movie

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NATIONAL CRAYON DAY
9:00 ● Coffee Social
10:00 ● Exercise with Amanda | G
11:00 ● Plymouth Park Church Service
11:00 ● Town Hall/AL
12:45 ● The Great Courses -- The Aging Brain
1:00 ● Bible Verses Coloring
2:00 ● Birthday/New Residents Celebration with David Callahan
6:00 ● Classic Movie

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9:00 ● Coffee Social
9:00 ● Muffins with Mary | 1st FLR L
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Fall Prevention and Balance Class | G
1:00 ● Service Project -- Making Baby Caps
1:30 ● Target Outing
3:30 ● BINGO! | 1st FLR
6:00 ● Game Night

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9:00 ● Coffee Social
9:00 ● Muffins with Mary | 1st FLR L
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Fall Prevention and Balance Class | G
1:30 ● Dollar Tree Outing
2:00 ● Women's Tea Social
3:30 ● BINGO! | 1st FLR
6:00 ● Game Night

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9:00 ● Coffee Social
9:00 ● Muffins with Mary | 1st FLR L
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:00 ● Lunch at Po Melvin's
11:10 ● Fall Prevention and Balance Class | G
1:30 ● Target Outing
2:00 ● Don & Sharon Perform
3:30 ● BINGO! | 1st FLR
6:00 ● Game Night

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9:00 ● Coffee Social
9:00 ● Muffins with Mary | 1st FLR L
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
11:10 ● Fall Prevention and Balance Class | G
1:30 ● Target Outing
2:00 ● BINGO Store Open
3:30 ● BINGO! | 1st FLR
6:00 ● Game Night

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9:00 ● Coffee Social
9:00 ● Podiatrist Visit
9:00 ● Winstar Casino
10:00 ● Exercise with Desmond | G
11:00 ● Chair Yoga with Desmond
12:45 ● The Great Courses -- Stravinsky -- His Life and Music
2:00 ● Bible Study with Stacy | 1st FLR MR
3:00 ● Spanish for Beginners with Iris | FLR AR
4:00 ● Singing Spanish Songs with Jose
4:30 ● Aromatherapy

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9:00 ● Coffee Social
10:00 ● Exercise with Desmond | G
11:00 ● Chair Yoga with Desmond
12:45 ● The Great Courses -- Stravinsky -- His Life and Music
2:00 ● Calvary Church Gospel Circle
3:00 ● Spanish for Beginners with Iris | FLR AR
4:00 ● Dinner at Red Hot & Blue
4:30 ● Aromatherapy

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9:00 ● Coffee Social
9:30 ● Canine Companions
10:00 ● Exercise with Desmond | G
10:45 ● Children's Crafts with Primrose
11:00 ● Chair Yoga with Desmond
12:45 ● The Great Courses -- Stravinsky -- His Life and Music
1:00 ● Guided Tour of Grapevine Botanical Gardens
2:00 ● Bible Study with Stacy | 1st FLR MR
3:00 ● Spanish for Beginners with Iris | FLR AR
4:30 ● Aromatherapy

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9:00 ● Coffee Social
9:00 ● Men's Breakfast
10:00 ● Exercise with Desmond | G
11:00 ● Chair Yoga with Desmond
12:45 ● The Great Courses -- Stravinsky -- His Life and Music
1:00 ● Food Forum with Alba
2:00 ● Calvary Church Gospel Circle
3:00 ● Spanish for Beginners with Iris | FLR AR
4:30 ● Aromatherapy

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May your troubles be less, and your blessings be more.

9:00 ● Coffee Social
10:00 ● Exercise with Barbara | G
12:45 ● The Great Courses -- Understanding the Science for Tomorrow
1:00 ● Arranging Dining Room Flowers
1:30 ● Kroger Outing
2:00 ● BINGO! | 1st FLR
4:00 ● Happy Hour | 1st FLR L
6:00 ● Movie Time | 1st FLR MR

6

9:00 ● Coffee Social
9:15 ● Water Aerobics with Desmond
10:00 ● Exercise with Barbara | G
11:00 ● Exercise with Desmond
12:45 ● Travels with Jack
The Great Courses -- Understanding the Science for Tomorrow
Arranging Dining Room Flowers
1:30 ● Kroger Outing
2:00 ● BINGO! | 1st FLR
4:30 ● "Irish Blessings" Family Dinner/Early Seating
4:30 ● McTeggart Irish Dancers
5:45 ● "Irish Blessings" Family Dinner/Late Seating

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9:00 ● Coffee Social
10:00 ● Exercise with Barbara | G
12:45 ● The Great Courses -- Understanding the Science for Tomorrow
1:00 ● Arranging Dining Room Flowers
1:30 ● Kroger Outing
2:00 ● BINGO! | 1st FLR
4:00 ● Happy Hour | 1st FLR L
6:00 ● Movie Time | 1st FLR MR

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9:00 ● Coffee Social
10:00 ● Exercise with Barbara | G
12:45 ● The Great Courses -- Understanding the Science for Tomorrow
1:00 ● Arranging Dining Room Flowers
1:30 ● Food Forum with Alba
1:30 ● Kroger Outing
2:00 ● BINGO! | 1st FLR
4:00 ● Happy Hour with Marty Ruiz | 1st FLR L
6:00 ● Movie Time | 1st FLR MR

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9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
1:00 ● Activities on the Move
3:00 ● The Great Courses -- Lives of Great Christians
6:00 ● Movie Time | 1st FLR MR

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1:00 ● Activities on the Move
2:00 ● Tech Savvy Senior One-on-One Technical Assistance
3:00 ● The Great Courses -- Lives of Great Christians
6:00 ● Movie Time | 1st FLR MR

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National Quilting Day -- Resident's Showcase
9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
1:00 ● Activities on the Move
3:00 ● The Great Courses -- Lives of Great Christians
6:00 ● Movie Time | 1st FLR MR

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9:15 ● Water Aerobics with Desmond | 1st FLR P
10:00 ● Exercise with Desmond | G
1:00 ● Activities on the Move
1:00 ● Coppell Lions Club BINGO | 1st FLR L
2:00 ● Tech Savvy Senior One-on-One Technical Assistance
3:00 ● The Great Courses -- Lives of Great Christians
6:00 ● Movie Time | 1st FLR MR
6:30 ● Grand Finale with the Texas Tenors and the Irving Symphony Orchestra

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May the lilt of Irish laughter lighten every load.