



March

- LEGEND:**
- B – Bistro
 - BP – Backyard Patio
 - C – Chapel
 - CL – Café Lorraine
 - FC – Fitness Center
 - FP – Front Porch
 - FT – Forum Theater
 - GL – Grand Lounge
 - GS – Gift Shop
 - L – Library
 - LC – Legends Club
 - LD – Lakeview Dining
 - LL – Lavender Lane
 - ML – Monarch Lane
 - S – Salon/Spa
 - S1 – Studio One
 - S2 – Studio Two
 - S3 – Studio Three
 - P – Pool
 - W1 – Wellness 1
 - W2 – Wellness 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Barbershop Chorus Practice Every Tuesday @7:00 p.m. Forum Theater</p>		<p>Calendar Events Subject To Change</p> <p>All Hy-Vee Orders must be to Spencer by Wednesday Morning</p>		<p>1</p> <p>7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:00 – 10:30 Quick Trips 10:00 Active Chair Class (W1) 11:00 Open Pool 1:00-2:30 Shopping Hy-Vee 2:30 Active Chair Class 6:00 Thursday Night Dinner 7:00 Grand Living 1st Anniversary</p>	<p>2</p> <p>8:00 Water Walking 9:30 Creative Arts (S1) 10:30 Mandatory Resident Meeting (FT) 11:30 Bingo (S1) 1:00 Personal Fitness 2:00 Resident Birthday Bash 4:00 – 5:00 Social Hour (LC)</p>	<p>3</p> <p>11:00 Pedal the World (C) 2:00 Ice Cream Social (B) 3:00 Saturday Matinee Movie 6:00-7:00 Lawrence Welk Show (FT)</p>
<p>4</p> <p>11:30 Church Service 1:00 Exercise Video (FT) 3:00 Sunday Matinee Movie</p>	<p>5</p> <p>8:00 Water Walking (P) 9:00 Water Aerobics (P) 10:00 TED Talk (FT) 10:30 Devotions with Jeff (C) 11:00 Creative Arts (S1) 1:00 Cards – Bridge 2:00 Active Chair Class (W1) 2:00 Piano in the Grand Lounge 3:00 Book Club Meeting (L) 4:00 BRAVO! (C) 4:45 High Plains Woodwinds 7:00 Sioux Empire Brass Rehearsal</p>	<p>6</p> <p>8:00 Water Walking 9:00 Water Aerobics 9:00 – 10:30 Quick Trips 9:30 Blood Pressure Clinic (S1) 10:00 Lake Lorraine Community meeting with Friessen Construction (FT) 10:30 Bible Study (S1) 11:00 Open Pool 11:30 Gospel Hour (C) 1:00 Shopping: Walmart/Lewis etc. 1:30 Whist/Cards (S2) 2:30 Piano in the GL</p>	<p>7</p> <p>8:00 Water Walking 9:00 Water Aerobics 10:00 Crafts with Mary 10:30 Devotions with Jeff (C) 1:00 Shopping: Mall 1:00 Cards: Bridge (109) 2:00 Active Chair Class (W1) 3:00 Piano in the Grand Lounge 4:00 March Madness Kickoff with Jeff (LC)</p>	<p>8</p> <p>7:00 Good Morning Fitness 8:00 Water Walking 9:00 – 10:30 Quick Trips 9:00 Water Aerobics 1:00 Parkinson’s Class 1:00 – 2:30 Shopping HyVee 1:30 Whist/Cards (S2) 2:00 Active Chair Class (W1) 3:30 Piano in the Grand Lounge with Tea 6:00 Thursday Night Dinner Music with Bill Witthoef</p>	<p>9</p> <p>8:00 Water Walking 9:30 TED Talk (FT) 10:30 Devotions with Jeff 11:00 Bingo (S1) 11:00 Fitness Focus Friday 1:00 Wii Games (S3) 2:00 Piano in the Grand Lounge 4:00 Social Hour (LC)</p>	<p>10</p> <p>11:00 Pedal the World 2:00 Ice Cream Social 3:00 Saturday Matinee Movie 6:00 – 7:00 The Lawrence Welk Show (FT)</p>
<p>11</p> <p>11:30 Church Service 1:00 Pedal the World (FT) 2:00 Sioux Falls Tempo Big Band (FT) 3:00 Sunday Matinee Movie</p>	<p>12</p> <p>8:00 Water Walking 9:00 Water Aerobics 10:00 TED Talk (FT) 10:30 Devotions with Jeff (C) 11:00 Creative Arts 1:00 Cards: Bridge 1:00 Personal Fitness Class 2:00 Active Chair Class 3:00 Piano (GL) 4:00 BRAVO 4:45 High Plains Woodwinds 7:00 SD Symphony Youth Orchestra Concert (FT)</p>	<p>13</p> <p>7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:00 Quick Trips 9:30 Blood Pressure Clinic 10:30 Bible Study (S1) 11:00 Open Pool 11:30 Gospel Hour (C) 1:00 Shopping: Mall 1:30 Cards/ Whist (S2) 3:00 Piano in the Grand Lounge and Tea Party</p>	<p>14</p> <p>8:00 Water Walking 9:00 Water Aerobics 10:30 Devotions with Jeff (C) 10:30 Good Morning Smoothie Samples (CL) 11:00 Know Your Gym 1:00 Shopping: Walmart 1:00 Cards: Bridge (Room109) 2:00 Q&A Session with Bob Eng 3:00 NCAA Bracket Challenge 4:00 Piano in the Grand Lounge</p>	<p>15</p> <p>7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:00 – 10:30 Quick Trips 11:00 Open Pool 1:00 Parkinson’s Class 1:00 – 2:30 Shopping: HyVee 1:30 Cards/ (S2) 2:00 Active Chair Class 3:00 Piano in the Grand Lounge 6:00 Thursday Night Dinner Music by: Nikolas James</p>	<p>16</p> <p>8:00 Water Walking 9:30 Creative Arts (S1) 10:30 Devotions with Jeff (C) 11:00 Bingo (S1) 11:00 Fitness Focus Friday 1:00 Personal Fitness Class 2:00 Grand Patriots Speaker Paul Miller 3:00 Piano in the Grand Lounge 4:00 Social Hour: Celtic Steps Irish Dancers (FT)</p>	<p>17</p> <p>11:00 Pedal the World (FT) 2:00 Ice Cream Social (B) 3:00 Saturday Matinee Movie (FT) 6:00 – 7:00 Lawrence Welk Show (FT) Whist</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 11:30 Church Service (FT) 1:00 Exercise Video (FT) 2:00 NCAA Women's Basketball Team Activity 4:00 Sunday Matinee Movie (FT)	19 8:00 Water Walking 9:00 Water Aerobics 10:00 TED Talk (FT) 10:30 Devotions with Jeff (C) 11:00 Creative Arts (S1) 1:00 Personal Fitness Class 1:00 Cards: Bridge 2:00 Active Chair (W1) 3:00 Piano in the Grand Lounge 4:00 BRAVO! (C) 4:00 Protective Stepping (W1) 4:45 High Plains Woodwinds 7:00 Sioux Empire Brass Rehearsal (FT)	20 7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:30 Blood Pressure Clinic 10:30 Bible Study 11:00 Open Pool 11:30 Gospel Hour Sing Along (C) 1:30 Cards: Whist (S2) 2:00 Brett Merkle: Life and Overcoming its Struggles 4:00 Piano in the Grand Lounge	21 8:00 Water Walking 9:00 Water Aerobics 10:00 Devotions with Jeff 10:30 Sanford Series 11:00 Know Your Gym 1:00 Cards: Bridge 1:00 Personal Fitness Class 2:00 Active Chair Class 3:00 Piano in the Grand Lounge 4:00 Protective Stepping	22 7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:00 – 10:30 Quick Trips 11:00 Open Pool 1:00 Parkinson's Class 1:00 – 2:30 Shopping: HyVee 1:30 Card Games: Whist (S2) 2:00 Active Chair Class 3:30 Piano in the Grand Lounge 6:00 Thursday Night Dinner Music by Bill Witthoeft	23 8:00 Water Walking 9:30 Coffee and Gratitude Gathering (L) 10:30 Devotions with Jeff (C) 11:00 Fitness Focus Friday 11:00 Bingo (S1) 1:00 Personal Fitness Class 2:30 Piano in the Grand Lounge 4:00 Social Hour: Music by Bruce Dysthe	24 11:00 Pedal the World (FT) 2:00 Ice Cream Social (B) 3:00 Saturday Matinee Movie (FT) 6:00 – 7:00 Lawrence Welk Show (FT)
25 11:30 Church Service 1:00 Pedal the World (FT) 3:00 Sunday Matinee Movie (FT)	26 8:00 Water Walking 9:00 Water Aerobics 10:00 TED Talk (FT) 10:30 Devotions with Jeff (C) 1:00 Cards: Bridge (109) 1:00 Personal Fitness Class 1:30 Creative Arts (S1) 2:00 Active Chair Class (W1) 2:00 – 4:00 Tea Party 3:00 Piano in the Grand Lounge 4:00 BRAVO! (C) 4:00 Protective Stepping (W1) 4:45 High Plains Woodwinds 7:00 Sioux Empire Brass	27 7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:30 Blood Pressure Clinic 10:30 Bible Study (S1) 11:00 Open Pool 11:30 Gospel Hour (C) 1:00 Shopping 1:00 Parkinson's Class 1:30 Cards/ Whist (S2) 2:00 Active Chair Class 3:00 Piano in the Grand Lounge	28 8:00 Water Walking 9:00 Water Aerobics 10:00 Piano in the Grand Lounge 11:00 Lake Lorraine Shopping 1:00 Cards: Bridge (109) 1:00 Personal Fitness Class 2:00 Active Chair Class (W1) 2:00 – 4:30 Grand Falls Casino Outing 4:00 Protective Stepping	29 7:00 Good Morning Fitness 8:00 Water Walking 9:00 Water Aerobics 9:00 – 10:30 Quick Trips 11:00 Dr. Shaw Podiatrist 11:00 Open Pool 1:00 Parkinson's Class 1:00 – 2:30 Shopping HyVee 1:30 Cards/Whist (S2) 3:30 Piano in the Grand Lounge 6:00 Thursday Night Dinner Music by Nikolas James	30 8:00 Water Walking 9:30 Coffee & Coloring (L) 10:30 Devotions with Jeff (C) 11:00 Fitness Focus Friday 11:00 Bingo (S1) 1:00 Personal Fitness Class 2:30 Piano in the Grand Lounge 4:00 Social Hour	31 11:00 Pedal the World (FT) 2:00 Ice Cream Social (B) 3:00 Saturday Matinee Movie (FT) 6:00 – 7:00 Lawrence Welk Show (FT)

A Brief Description of Events:

BRAVO! Is a program that is designed to embrace an all-inclusive range of musical experiences. Sometimes this programming includes educational presentations, visual presentations of art and many other forms of music and the performing arts.

TED Talks are educational presentations that promote many different topics. Most often topics discussed are on **T**echnology, **E**ducation, or **D**esign, hence the acronym TED. These videos are meant to inspire, teach, and provoke innovative ideas to further enrich people's lives.