



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">March 2019</h1>						
10:30a: Church Service (FT) 3 11:00a: Board Games (U)** 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 4 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Yahtzee (S1)	9:30a: Morning Coffee Group (B) 5 10:30a: Chair Yoga (ES) 10:45a: Musical Comedy Troupe: Mardi Gras Show (FT) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:30p: Bingo (B)	10:30a: Water Aerobics (P) 6 1:00p: Bridge Club (S1)** 1:30p: Ash Wednesday Service (C) 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Hawkeye Update with Assistant Athletic Director: Andy Piro (FT)	10:30a: Chair Yoga (ES) 7 11:00a: Yahtzee (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at HyVee 3:00p: Step into Balance (ES) 3:30p: Book Club (LC) 6:30p: Crochet & Knitting Circle (GL)	9:30a: Morning Coffee Group (B) 8 10:00a: Women's Bible Study (S1) 1:30p: Tai Chi (ES) 2:00p: Water Walking (P) 2:00p: Music Therapy (FT) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Movie Night (FT)	10:00a: Adult Coloring (S2)** 2 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 10 11:00a: Board Games (U)** 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 11 11:00a: Bank/Post Office Trip 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Board Game (S1)	9:30a: Morning Coffee Group (B) 12 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:30p: Comedy Magic Show (FT)	10:30a: Water Aerobics (P) 13 10:30a: Catholic Service (C) 12:00p: Women's Luncheon (FT) 1:00p: Bridge Club (S1)** 2:00p: Chair Yoga (ES) 2:45p: Water Walking (P) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 14 11:00a: Yahtzee (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Von Maur 3:00p: Step into Balance (ES) 3:30p: Book Club (LC) 6:30p: Crochet & Knitting Circle (GL)	9:30a: Morning Coffee Group (B) 15 10:00a: Women's Bible Study (S1) 1:30p: Tai Chi (ES) 2:30p: Keota Brass Band (FT) 3:00p: Active Chair Class (ES) 4:00p: St. Patrick's Social Hour (LC) 6:30p: Movie Night (FT)	9:30a: Piano by Ethan (GL) 16 10:00a: Adult Coloring (S2)** 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 17 11:00a: Board Games (U)** 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 18 1:30p: Beginner's Sign Language Class (S1) 2:00p: Bridgewater Balloon Volleyball Tournament (ES) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Cribbage (S1)	9:30a: Morning Coffee Group (B) 19 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 2:00p: Bridgewater Balloon Volleyball Tournament (ES) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group Meeting (FT)	10:30a: Water Aerobics (P) 20 1:00p: Bridge Club (S1)** 2:00p: Bridgewater Balloon Volleyball Tournament (ES) 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 21 11:00a: Yahtzee (S1) 2:00p: Bridgewater Balloon Volleyball Tournament (ES) 2:00p: Shopping at Walgreens 3:00p: Step into Balance (ES) 3:30p: Book Club (LC) 6:30p: Crochet & Knitting Circle (GL)	9:30a: Morning Coffee Group (B) 22 10:00a: Women's Bible Study (S1) 2:00p: Bridgewater Balloon Volleyball Tournament (ES) 2:00p: Music Therapy (ML) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Movie Night (FT)	9:30a: Piano by Ethan (GL) 23 10:00a: Adult Coloring (S2)** 1:30p: Pedal the World (FT) 3:00p: Concert Pianist Performance with Jessica Monnier (FT) 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 24 11:00a: Board Games (U)** 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 25 11:00a: Bank/Post Office Trip 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Left, Right, Center (S1)	9:30a: Morning Coffee Group (B) 26 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:30p: Bingo (B)	10:30a: Water Aerobics (P) 27 10:30a: Catholic Service (C) 1:00p: Bridge Club (S1)** 2:00p: Food for Thought (CB) 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 5:30p: Family Support Group Meeting (S1)	10:30a: Chair Yoga (ES) 28 12:00: Fitness Lunch & Learn with Tim: Fall Prevention (FT) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:30p: Resident Meeting (FT) 3:00p: Step into Balance (ES) 3:30p: Book Club (LC) 6:30p: Crochet Circle (GL)	9:30a: Morning Coffee Group (B) 29 10:00a: Women's Bible Study (S1) 1:30p: Tai Chi (ES) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 3:30p: Social Hour & Birthday Party (LC) 6:30p: Piano Performance with Rene Lecuona (FT)	10:00a: Adult Coloring (S2)** 30 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" 7:00p: Movie Night (FT)
10:30a: Church Service (C) 31 12:00p: Bridgewater Art Show (FT) 1:00p: Live Painting (FT) 2:00p: Music by Eddie Piccard (FT) 7:00p: Movie Night (FT)	 Resident Run Activity: **		LEGEND: B - Bistro BP- Backyard Patio C- Chapel CB- Café Bridgewater ES- Exercise Studio FC- Fitness Center FT- Forum Theater GL- Grand Lounge GS- Gift Shop L- Library LC- Legends Club LL- Lavender Lane ML- Monarch Lane S- Salon/Spa S1- Studio 1 S2- Studio 2 P- Pool U- University Commons		Every Thursday at 7:00p: Iowa City Flute Choir Rehearsal (FT)	

..Activities are subject to change..