

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
1 10:30a: Catholic Prayer/Communion (C) 11:00a: Charles Stanley Sermon (FT) 1:00p: Sunday Spelling Bee (S1) 3:00p: *Bridge (S2) 3:00p: \$1 Bingo 4:00p: *Zen Tango Coloring (CV) 7:00p: Movie (FT)	2 10:00a: Chair Yoga (ES) 11:00a: Prize Bingo (FT) 2:00p: Non-denominational Church Service (C) 3:00p: Cardio Drumming (ES) 4:00p: Wii Bowling (S1) 6:30p: *Mah Jong (L) 6:30p: Music with Scott Engledow (FT)	3 10:00a: Balloon Volleyball (ES) 10:30a: Bocce Ball (FT) 10:30a: Yoga Stretch Balance (ES) 1:30p: Pedal the World (FT) 1:30p: Caregiver Support Group (LC) 3:00p: Step Into Balance (ES) 3:00p: *Mah Jong (L) 4:00p: Bravo! (C) 7:00p: Movie (FT)	4 Podiatrist Here 10:00a: Chair Yoga (ES) 10:45a: Chair Pilates (ES) 11:00a: Prize Bingo (FT) 1:30p: Bean Bag Baseball (ES) 2:00p: Open Gym & Training (FC) 3:00p: Active Chair (ES) 4:00p: Social Hour (LC) 6:15p: After Dinner piano music (GL)	5 10:30a: Bocce Ball (FT) 11:00a: Tai Chi (ES) 1:30p: Pedal the World (FT) 2:30p: Bands, Balls & Balance (ES) 2:45p: Fursday Friends (ML) 3:00p: *Mah Jong (L) 3:15p: Paint a Flower Pot (S1) 6:30p: *Bridge Group (S2)	6 10:00a: Chair Yoga (ES) 10:30a: Trip to Marion Library 10:45a: Trip to Bowman Elementary to read to 1st graders 12:30p: Dementia Education Series (FT) 1:30p: Making Tie Blankets (CV) 3:00p: Senior Circuit (ES) 4:00p: Social Hour (LC) 7:00p: Movie (FT)	7 10:00a: *Adult Coloring (CV) 10:00a: *Pinochle (S2) 1:00p: Pedal the World (FT) 1:30p: Trip to Wal-Mart 2:00p: Hand & Foot (S2) 3:00p: Balloon Volleyball (ES) 3:00p: *Mah Jong (L) 6:30p: *Chess (L) 7:00p: Movie (FT)			
8 11:00a: Charles Stanley Sermon (FT) 1:00p: Name Art Project for National 'Celebrate Your Name' Week (S1) 3:00p: *Bridge (S2) 3:00p: \$1 Bingo 4:00p: *Zen Tango Coloring (CV) 7:00p: Movie (FT)	9 10:00a: Chair Yoga (ES) 11:00a: Prize Bingo (FT) 2:00p: Non-denominational Church Service (C) 3:00p: Cardio Drumming (ES) 4:00p: Wii Bowling (S1) 6:30p: *Mah Jong (L)	10 10:00a: Balloon Volleyball (ES) 10:30a: Bocce Ball (FT) 10:30a: Yoga Stretch & Balance (ES) 1:30p: Pedal the World (FT) 2:15p: Trip to Hy-Vee 3:00p: Step Into Balance (ES) 3:00p: *Mah Jong (L) 4:00p: Bravo! (C) 7:00p: Movie (FT)	11 10:00a: Chair Yoga (ES) 10:45a: Chair Pilates (ES) 11:00a: Prize Bingo (FT) 12:10p: Out to Lunch: Biaggi's 1:30p: Bean Bag Baseball (ES) 1:30p: Resident Council Meeting (S3) 2:00p: Open Gym & Training (FC) 3:00p: Active Chair (ES) 4:00p: Social Hour (LC) 6:15p: After Dinner Piano Music (GL)	12 10:30a: Bocce Ball (FT) 11:00a: Tai Chi (ES) 1:30p: Pedal the World (FT) 2:30p: Bands, Balls & Balance (ES) 2:45p: Fursday Friends (ML) 3:00p: *Mah Jong (L) 3:15p: Plant a flower in a pot for National Plant a Flower Day (S1) 6:30p: *Bridge Group (S2)	13 10:00a: Chair Yoga (ES) 10:30a: Trip to Marion Library 11:00a: Indoor Walking Group 1:30p: Yappy Hour (for our furry 4-legged residents) (FT) 2:30p: Make a green tutu to wear at the St Patrick's Social and the parade (S1) 3:00p: Senior Circuit (ES) 4:00p: Social Hour (LC) 7:00p: Movie (FT)	14 10:00a: *Adult Coloring (CV) 10:00a: *Pinochle (S2) 1:00p: Pedal the World (FT) 1:30p: Trip to Fareway 2:00p: Hand & Foot (S2) 3:00p: Pi and Pogey: Music and Pie with Dave Poggenklass for 3.14 Pi Day (FT) 3:00p: *Mah Jong (L) 6:30p: *Chess (L) 7:00p: Movie (FT)			
15 11:00a: Charles Stanley Sermon (FT) 1:30p: Roll a Leprechaun Dice Game (S1) 3:00p: *Bridge (S2) 3:00p: \$1 Bingo (FT) 4:00p: *Zen Tango Coloring (CV) 7:00p: Movie (FT)	16 10:00a: Chair Yoga (ES) 11:00a: Prize Bingo (FT) 1:30p: Food for Thought Chef Cooking Demo (CL) 2:00p: Non-denominational Church Service & Communion (C) 3:00p: Cardio Drumming (ES) 4:00p: Wii Bowling (S1) 6:30p: *Mah Jong (L) 6:30p: St. Paddy's Eve Social w/ live Irish music by Kellen O'Cullom	17 10:00a: Balloon Volleyball (ES) 10:30a: Bocce Ball (FT) 10:30a: Yoga Stretch & Balance (ES) 12:00p SaPaDaPaSo Parade participants depart 1:00p Pedal the World & SaPaDaPaSo Parade on the Big Screen (FT) 1:30p: Caregiver Support Group (LC) 3:00p: *Mah Jong (L) 4:00p: Bravo! (C) 7:00p: Movie (FT)	18 10:00a: Chair Yoga (ES) 10:45a: Chair Pilates (ES) 11:00a: Prize Bingo (FT) 1:30p: Bean Bag Baseball (ES) 2:00p: Open Gym & Training (FC) 2:00p: Trip to The History Center \$7 admission 3:00p: Active Chair (ES) 4:00p: Social Hour (LC)	19 *Spring Into Grand Living Day* 10:00a: Art History & Sumie Ink Painting w/ Eastern Iowa Art Academy (S1) 10:30a: Bocce Ball (FT) 11:00a: Tai Chi (ES) 1:30p: Pedal the World (FT) 2:00p: Grande Dames Book Club (S3) 2:00p: Presentation: End of Life Care by Hospice Compassus (C) 2:30p: Bands, Balls & Balance (ES) 3:00p: *Mah Jong (L) 3:00p: Music w/ the Dick Watson Duo (FT) 6:30p: *Bridge Group (S2)	20 10:00a: Chair Yoga (ES) 10:30a: Trip to Marion Library 12:00p: New Resident Luncheon 1:30p: Community Tour for Residents: "What's Where at Grand Living?" (GL) 3:00p: Senior Circuit (ES) 4:00p: Social Hour (LC) 7:00p: Movie (FT)	21 10:00a: *Adult Coloring (CV) 10:00a: *Pinochle (S2) 1:00p: Pedal the World (FT) 1:30p: Trip to Target 2:00p: Hand & Foot (S2) 3:00p: *Mah Jong (L) 6:30p: *Chess (L) 7:00p: Movie (FT)			
22 11:00a: Charles Stanley Sermon (FT) 2:00p: "City of Words and Rebellion: Dublin and the Easter Rising of 1916": Presentation by David McMahon, History Professor at Kirkwood (FT) 3:00p: *Bridge (S2) 4:00p: *Zen Tango Coloring (CV)	23 10:00a: Chair Yoga (ES) 11:00a: Prize Bingo (FT) 1:30p: Discussion: Discovering Grief w/ Cindi McKee, MDiv Care Init. Hospice (FT) 2:00p: Non-denominational Church Service (C) 3:00p: Cardio Drumming (ES) 6:30p: *Mah Jong (L)	24 10:00a: Balloon Volleyball (ES) 10:30a: Bocce Ball (FT) 10:30a: Yoga Stretch & Balance (ES) 1:30p: Pedal the World (FT) 2:15p: Community Meeting 3:15p: Step Into Balance (ES) 3:00p: *Mah Jong (L) 4:00p: Bravo! (C) 7:00p: Movie (FT)	25 10:00a: Chair Yoga (ES) 10:45a: Chair Pilates (ES) 11:00a: Prize Bingo (FT) 1:30p: Performance: LaLa Ladies (FT) 2:00p: Open Gym & Training (FC) 3:00p: Active Chair (ES) 4:00p: Social Hour (LC) 6:15p: After Dinner piano music (GL)	26 10:30a: Bocce Ball (FT) 10:45a: Trip to Bowman Elementary to read to 1st graders 11:00a: Tai Chi (ES) 1:30p: Pedal the World (FT) 2:30p: Bands, Balls & Balance (ES) 2:45p: Fursday Friends (ML) 3:00p: *Mah Jong 3:15p: Birthday Celebration & piano music (GL) 6:30p: *Bridge Group (S2)	27 10:00a: Chair Yoga (ES) 10:30a: Trip to Marion Library 11:00a: Indoor Walking Group 1:30p: Trip to Ballroom Dancing Show (Sign Up by March 13th) 3:00p: Senior Circuit (ES) 4:00p: Social Hour—Families & Friends Welcome! (FT) *RSVPs equired 7:00p: Movie (FT)	28 10:00a: *Adult Coloring (CV) 10:00a: *Pinochle (S2) 1:00p: Pedal the World (FT) 1:30p: Trip to Aldi 2:00p: Hand & Foot (S2) 3:00p: Balloon Volleyball (ES) 3:00p: *Mah Jong (L) 6:30p: *Chess (L) 7:00p: Movie (FT)			
29 11:00a: Charles Stanley Sermon (FT) 1:30p: Name That Book—trivia for book-lovers (FT) 3:00p: *Bridge (S2) 3:00p: \$1 Bingo (FT) 4:00p: *Zen Tango Coloring (CV) 7:00p: Movie (FT)	30 10:00a: Chair Yoga (ES) 11:00a: Prize Bingo (FT) 2:00p: Non-denominational Church Service & Communion (C) 3:00p: Cardio Drumming (ES) 4:00p: Grand Patriots Event 6:30p: *Mah Jong (L)	31 10:00a: Balloon Volleyball (ES) 10:30a: Bocce Ball (FT) 10:30a: Yoga Stretch & Balance (ES) 1:30p: Pedal the World (FT) 3:00p: Step Into Balance (ES) 3:00p: *Mah Jong (L) 4:00p: Bravo! (C) 7:00p: Movie (FT)	<p style="text-align: center;">Tune your television to the Grand Living channel 2501 to see the day's most up-to-date activities and announcements!</p>			LEGEND: B - Bistro BP - Back Patio C - Chapel CL - Café Linn CV - Creekview ES - Exercise Studio	FC - Fitness Center FP - Front Porch FT - Forum Theater GL - Grand Lounge GS - Gift Shop L - Library	LC - Legends Club LL - Lavender Lane ML - Monarch Lane MP - Midwest Athletic Club Pool S - Salon/Spa	WS = Wood Shop S1 - Studio 1 S2 - Studio 2 S3 - Studio 3 S4 - Studio 4 *Resident-led activity