

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Men of The Cardinal (BR) 10:00 Catholic Service with Deacon Byron Champagne (GR) 10:00 Sit & Be Fit (WS) ★ 10:30 Movercize with Rich (Pines) 11:00 CardioFit w/ Carly (WS) ★ 11:00 Trader Joe's (Lobby) ★ 1:30 Christ Church Episcopal Service (GR) 1:30 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (BR)	2 9:00 Aquacize Video 11:15 Core Balance 1 (WS) ★ 1:00 The Who Club: Presentation by (GR) ★ 2:00 Culinary Chat (MR) 3:00 Book Club- "Me Before You by Jojo Moyes" (MR) ★	3 10:00 Sit & Be Fit (WS) ★ 11:00 CardioFit w/ Carly (WS) ★ 11:00 Harris Teeter (Lobby) ★ 2:00 Piano Performance w/ Dennis Redoblado (GR)	4 9:00 Aquacize Video 10:00 Yoga w/ Vivien (WS) ★ 11:00 Heyday of Movie Musical Composers w/ Ron Levine (MR) 3:30 Sing Along w/ Don (Pines) 4:00 Shabbat Service (FR) 7:30 Friday Night Flick (1341)	5 10:30 Sit & Be Fit (WS) ★ 3:30 Popcorn and a Movie: "The Greatest Game Ever Played" (MR)
6 11:00 Church Service w/ Pastor Will Joslin (GR) 3:30 Repeat of Saturday Movie (MR)	7 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:30 Mahjongg w/ Missy (BR) 2:00 Presentation w/ Eileen Buch: "Safe Internet Use" (MR) 3:00 Sing-a-Long w/ Don (Pines) 7:30 Monday Night Movie (1341)	8 8:30 Breakfast w/ The Boys- "Future Plans for Cardinal Dining" presented by: Brad Itzkowitz (GR) ★ 10:00 Sit & Be Fit (WS) ★ 10:00 Writing Group (AS) 11:00 CardioFit w/ Carly (WS) ★ 11:00 Target (Lobby) ★ 1:30 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (BR) 2:00 Friendship Committee (FR) 3:00 Low Vision Support Group (MR)	9 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (GR) 11:15 Core Balance 1 (WS) ★ 1:00 Q&A Session w/ Brian Grandbouche (MR) 2:00 ■ Dance and Movement and History of India (WS) 3:30 Q&A Session w/ Brian Grandbouche (MR)	10 9:00 - 12:00 Stand Strong Assessments (BR) ✓ 10:00 Sit & Be Fit (WS) ★ 11:00 CardioFit w/ Carly (WS) ★ 11:00 Harris Teeter (Lobby) ★ 1:00 Building & Grounds Comm. (FR) 3:30 ■ "Indian Languages, Music and Culture" presented by Dr. Nilakshi Phukan (MR)	11 9:00 Aquacize Video 9:15 Core Balance 2 w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:00 Heyday of Movie Musical Composers w/ Ron Levine (MR) 2:00 Chess w/ James Stancil (BR) 3:00 ■ England's Appreciation of India Presented by Hester Kirkham (MR) 3:30 Sing Along w/ Don (Pines) 7:30 Friday Night Flick (1341)	12 10:30 Sit & Be Fit (WS) ★ 1:00 - 3:00pm Fairy Hair w/ Syntheia (LR) ★ 3:30 Popcorn and a Movie: "Secondhand Lions" (MR)
Daylight Saving Begins 13 11:00 Church Service w/ Pastor Will Joslin (GR) 3:30 Repeat of Saturday Movie (MR)	14 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:30 Mahjongg w/ Missy (BR) 3:00 Sing-a-Long w/ Don (Pines) 7:30 Monday Night Movie (1341)	15 9:30 Men of The Cardinal (BR) 10:00 Sit & Be Fit (WS) ★ 10:30 Movercize with Rich (Pines) 11:00 CardioFit w/ Carly (WS) ★ 11:00 Wegmans (Lobby) ★ 1:00 ■ - 4:00 Henna w/ Neena (LR) ★ 1:30 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (BR)	16 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (GR) 11:15 Core Balance 1 (WS) ★ 2:00 Dining Committee (FR) 5:00 ■ - 7:00 Bollywood Night! (MR/GR/BR)	St. Patrick's Day 17 10:00 Sit & Be Fit (WS) ★ 11:00 CardioFit w/ Carly (WS) ★ 11:00 Harris Teeter (Lobby) ★ 2:00 Wellness Committee (FR) 4:30 - 6:00 St. Patrick's Day Celebration w/ the Oak City Polka Band and Daniel's Dance Troupe (FC)	18 9:00 Aquacize Video 9:15 Core Balance 2 w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:00 Heyday of Movie Musical Composers w/ Ron Levine (MR) 1:00 ■ Rangoli Community Art Project (GR) 2:00 Now Hear This: Hearing Aids and Audiology (MR) 3:30 Sing Along w/ Don (Pines) 7:30 Friday Night Flick (1341)	19 10:30 Sit & Be Fit (WS) ★ 3:30 Popcorn and a Movie: "Something's Gotta Give" (MR)
20 1:30 Contemporary Political Debates w/ Professor Steven Greene (GR) 2:00 Christian Worship Service w/ Edenton Street Methodist Church (Pines) 3:30 Repeat of Saturday Movie (MR)	21 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:30 Mahjongg w/ Missy (BR) 1:30 Res. Board Meeting (GR) 2:00 Presentation w/ Eileen Buch: "Using the Health App" (MR) 3:00 Sing-a-Long w/ Don (Pines) 4:00 The History of Pandemics: "AIDs and Religion" presented by Dr. Amy O'Keefe (MR) 7:30 Monday Night Movie (1341)	22 9:30 Men of The Cardinal (BR) 10:00 Sit & Be Fit (WS) ★ 10:00 Writing Group (AS) 11:00 CardioFit w/ Carly (WS) ★ 11:00 Walmart (Lobby) ★ 1:30 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (BR) 3:00 ■ Documentary: "The Story of India" Pt. 1 (MR)	23 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (GR) 11:15 Core Balance 1 (WS) ★ 3:00 ■ Documentary: "The Story of India" Pt. 2 (MR)	24 10:00 Sit & Be Fit (WS) ★ 11:00 CardioFit w/ Carly (WS) ★ 11:00 Harris Teeter (Lobby) ★ 12:00 Resident Birthday Luncheon (Bleu) ✓ 3:00 ■ Documentary: "The Story of India" Pt. 3 (MR) 5:00 ■ A Taste of India (Bleu)	25 9:00 Aquacize Video 9:15 Core Balance 2 w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:00 Heyday of Movie Musical Composers w/ Ron Levine (MR) 2:00 Chess w/ James Stancil (BR) 3:30 Sing Along w/ Don (Pines) 7:30 Friday Night Flick (1341)	26 10:30 Sit & Be Fit (WS) ★ 2:00 Pottery w/ Suzanne (AS) 3:30 Popcorn and a Movie: "Into the White" (MR)
27 2:00 Christian Worship Service w/ Edenton Street Methodist Church (Pines) 3:30 Repeat of Saturday Movie (MR)	28 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:30 Mahjongg w/ Missy (BR) 3:00 Tom's Fireside Chat (MR) 4:00 Sing-a-Long w/ Don (Pines) 4:00 The History of Pandemics: "SARS & COVID-19" Presented by Dr. Amy O'Keefe (MR) 7:30 Monday Night Movie (1341)	29 9:30 Men of The Cardinal (BR) 10:00 Sit & Be Fit (WS) ★ 11:00 - 2:00 Cabi Spring Collection Shop and Sip (GR) 11:00 CardioFit w/ Carly (WS) ★ 1:00 Newsletter Club (FR) 1:30 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (BR) 3:00 ■ Documentary: "The Story of India" Pt. 4 (MR)	30 9:00 Aquacize Video 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (GR) 11:15 Core Balance 1 (WS) ★ 2:00 Never Too Old to Dance! (WS) 3:00 ■ Documentary: "The Story of India" Pt. 5 (MR)	31 10:00 Sit & Be Fit (WS) ★ 11:00 CardioFit w/ Carly (WS) ★ 11:00 Harris Teeter (Lobby) ★ 1:00 Newsletter Club (FR) 3:00 ■ Documentary: "The Story of India" Pt. 6 (MR)		