

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Front Lobby (FL) Fitness Center (FC) Commons Dining Room (CDR) Sedlacek Hall (SH) Cottage Grill (CG)	2nd Floor Activity Room (2AR) 3rd Floor Card Room (3CR) The Pub (P) Movie Theater Room (MTR) Touchtown In House TV (ITV)	MARCH 2025 ACTIVITY CALENDAR					1 6:45pm Orchestra Iowa Presents: A Lyrical Journey* (FL)
2 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	3 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 3:00 Activity Planning and Social Committee (2AR) 2:30/6:30 Movie Monday & Popcorn: Maria (MTR)	4 Mardi Gras 9:00 Coffee and Conversation (CDR) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:00 Dance Workout (2AR) 3:00 Interdenominational Worship Service (SH) 4:00 Fat Tuesday Feast (CDR) <i>Mardi Gras style dining!</i>	5 Ash Wednesday 10:00 St Matthew's Catholic Communion and Conversation (In-Room Visits) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Red Lobster (FL) 3:00 Reader's Theater (2AR)	6 8:30 Coe Forum (FL)* 9:00 Coffee and Conversation (SH) 10:30 Wellness Walks (FC) 1:00 Resident Council (SH) 1:30 "A Man on the Inside" Watch Party (MTR) 3:00 Trivia Tables (CG)	7 9:00 Fitness Fridays (FC) 9:30 New Resident Orientation (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 March Into Spring Happy Hour (CG)	8 10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR) 3:00 Todd Frank Music (SH)	
9 Daylight Savings Time 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	10 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 2:00 Genealogy Presentation (SH) 2:30/6:30 Movie Monday & Popcorn: To Catch a Killer (MTR)	11 9:00 Coffee and Conversation (SH) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:00 Dance Workout (2AR) 3:00 Floyd Sandford Presents: Hiking Offa's Dyke in Wales (SH)	12 9:00 Ladies Breakfast (CDR) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 1:00 Red Cedar Chamber Music (SH) 3:00 Reader's Theater (2AR) 4:00 Girl Scout Visit and Cookie Sales (FL)	13 8:30 Coe Forum (FL)* 9:00 Coffee and Conversation (SH) 10:30 Wellness Walks (FC) 1:30 "A Man on the Inside" Watch Party (MTR) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	14 Pi Day 9:00 Fitness Fridays (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Pi(e) Day Party (CG)	15 10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)	
16 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	17 St. Patrick's Day Wear Green 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Historical Theater Presents: Annie Oakley (2AR) 3:00 Shamrock Social (CG) 2:30/6:30 Movie Monday & Popcorn: Moving On (MTR)	18 9:00 Coffee and Conversation (SH) 9:00 Water Aerobics (Spa) 10:00 Art, Joy, Connect with Corrine Fosnaugh (SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:00 Dance Workout (2AR) 3:00 Reader's Theater (2AR)	19 Marketing Event 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Irish Democrat (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	20 Spring Equinox 9:00 Coffee and Conversation (SH) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 "A Man on the Inside" Watch Party (MTR) 1:30 Parkinson's Support Group (2AR) 3:00 Trivia Tables (CG)	21 9:00 Fitness Fridays (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Encore Café Marion Library Lunch and Music (FL) 12:30 Pool League (P) 2:00 Irish Pub Happy Hour with Live Music by Mike Maas Trio (SH)	22 10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)	
23 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	24 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: 42 (MTR) National Cocktail Day 4:00 Cocktail Mixer with Emily (SH)	25 9:00 Coffee and Conversation (SH) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 11:00 Lunch and Learn Program with Nutritional Health Coach (SH) 1:00 Bingo (CDR) 2:00 Dance Workout (2AR) 3:00 Reflections Reading Club (2AR)	26 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch and Bowling at Spare Time Entertainment (FL) 3:00 Larry Jensen Piano (SH) 6:00 Movie Night in Sedlacek Hall: Wicked Musical (SH)	27 8:30 Coe Forum (FL)* 9:00 Coffee and Conversation (SH) 10:30 Riverside Casino Outing (FL) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 "A Man on the Inside" Watch Party (MTR) 1:30 Dementia Support Group (Connections) 3:00 Trivia Tables (CG)	28 9:00 Fitness Fridays (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts 5:00 Game Night! (SH) <i>Game cart and tables set up for resident use—bring friends!</i>	29 10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)	
30 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	31 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: La Dolce Villa (MTR)					Items in red require RSVP— contact the front desk. * Ticket Purchase Required All Activities are subject to change.	

