

# March 2026

# Aldersly Independent Living Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>2:30 Ping Pong on the Weekend (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Fresh Flower Arrangements Class (SAR)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Rummikub (3FL)</li> <li>2:00 Excercise with Andrew (HH)</li> <li>3:00 Mah Jong (SAR)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Guided Outdoor Walks w/ Andrew</li> <li>11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Library Shuttle</li> <li>1:30 Tuesday Dominoes (3FL)</li> <li>1:30 YMCA Gym Outing</li> <li>3:00 Monthly Activity Meeting (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Tuesday Cinema (HH)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>9:30 "The Choosen" viewing gathering (Cafe)</li> <li>10:00 Bocce (BBL)</li> <li>11:00 Tech Time w/ Andrew</li> <li>12:00 Lunch (MDR)</li> <li>1:30 YMCA Gym Outing</li> <li>2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>3:30 Sing w/ Gerry (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:15 Introduction To Pine Park Health (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Art Class w/ Katya (3FL)</li> <li>3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Thursday Cinema (HH)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>9:30 Catholic Communion Service St. Raphael's Church (HH)</li> <li>10:00 Bocce/ CornHole (3FL)</li> <li>10:00 Friday 5-Mile Shopping</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Friday Afternoon Shopping Run (TARGET)</li> <li>1:30 Lets Navigate w/ Marie</li> <li>2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>3:30 Musical afternoon w/ Mads Tolling (HH)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Bridge (3FL)</li> <li>2:30 Ping Pong on the Weekend (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>
<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>2:30 Ping Pong on the Weekend (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Fresh Flower Arrangements Class (SAR)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Rummikub (3FL)</li> <li>2:00 Excercise with Andrew (HH)</li> <li>3:00 Mah Jong (SAR)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Guided Outdoor Walks w/ Andrew</li> <li>11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>12:30 IL Birthday Celebration (MDR)</li> <li>1:30 Tuesday Dominoes (3FL)</li> <li>1:30 YMCA Gym Outing</li> <li>4:15 Bingo! (HH)</li> <li>5:45 Dinner (MDR)</li> <li>6:00 Fitz, Webber &amp; Hobson Piano Trio Live Music Performance (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>9:30 "The Choosen" viewing gathering (Cafe)</li> <li>10:00 Bocce (BBL)</li> <li>11:00 Tech Time w/ Andrew</li> <li>12:00 Lunch (MDR)</li> <li>1:00 Chef Chat (MDR)</li> <li>1:30 YMCA Gym Outing</li> <li>2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>3:30 Sing w/ Gerry (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Lifeloop Residents Sign Up and Set Up (SAR)</li> <li>12:00 Lunch (MDR)</li> <li>12:00 Mike Sharkey's Captain Tables Lunch (BR)</li> <li>3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>4:00 A Musical Afternoon w/ Ian Scarfe (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Thursday Cinema (HH)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Bocce/ CornHole (3FL)</li> <li>10:00 Friday 5-Mile Shopping</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Friday Afternoon Shopping Run (NORTHGATE MALL)</li> <li>1:30 Lets Navigate w/ Marie</li> <li>2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>2:30 Lisa Bronson School of Irish Dance Performance (HH)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>9:30 Tech Time w/ Kyle</li> <li>11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Bridge (3FL)</li> <li>2:30 Ping Pong on the Weekend (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>
<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>2:00 Marin Shakespeare Company presents Twelfth Night (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Fresh Flower Arrangements Class (SAR)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Rummikub (3FL)</li> <li>2:00 Excercise with Andrew (HH)</li> <li>3:00 Mah Jong (SAR)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Guided Outdoor Walks w/ Andrew</li> <li>11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Library Shuttle</li> <li>1:30 Tuesday Dominoes (3FL)</li> <li>1:30 YMCA Gym Outing</li> <li>2:00 Celtic Silver Irish Music Performance (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Tuesday Cinema (HH)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>9:30 "The Choosen" viewing gathering (Cafe)</li> <li>10:00 Bocce (BBL)</li> <li>11:00 Book Club (3FL)</li> <li>11:00 Tech Time w/ Andrew</li> <li>12:00 Lunch (MDR)</li> <li>1:30 YMCA Gym Outing</li> <li>2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>3:30 Sing w/ Gerry (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Aldersly Resident Council Meeting (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Art Class w/ Katya (3FL)</li> <li>3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Thursday Cinema (HH)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Bocce/ CornHole (3FL)</li> <li>10:00 Friday 5-Mile Shopping</li> <li>12:00 Lunch (MDR)</li> <li>12:00 Lunch Outing Salito's Crab House &amp; Prime Rib</li> <li>1:30 Friday Afternoon Shopping Run (BON AIR PLAZA)</li> <li>1:30 Lets Navigate w/ Marie</li> <li>2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>4:00 Plant Club- Tea Making &amp; Flower Pressing w/ San Domenico School (SAR)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Bridge (3FL)</li> <li>2:30 Ping Pong on the Weekend (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>
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<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>2:30 Our Art Club Hosted by Pati Akai (HH)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:30 Fresh Flower Arrangements Class (SAR)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Rummikub (3FL)</li> <li>2:00 Excercise with Andrew (HH)</li> <li>3:00 Mah Jong (SAR)</li> <li>5:00 Happy Hour (MDR)</li> <li>5:45 Dinner (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MDR)</li> <li>10:00 Guided Outdoor Walks w/ Andrew</li> <li>11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>12:00 Lunch (MDR)</li> <li>1:30 Tuesday Dominoes (3FL)</li> <li>1:30 YMCA Gym Outing</li> <li>2:30 FiestLight HomeCare Dementia Talk (HH)</li> <li>5:45 Dinner (MDR)</li> <li>7:00 Tuesday Cinema (HH)</li> </ul>				

- ### Activity Types
- Arts and Crafts
  - Emotional
  - Entertainment
  - Intellectual
  - Outing
  - Physical
  - Presentation
  - Social
  - Spiritual

- ### Locations
- MDR = Main Dining Room
  - HH = Hendrix Hall
  - 3FL = 3 Floor Lounge
  - Cafe = Cafe
  - BR = Board Room
  - SAR = Skagen Activity Room
  - RT = Roof Top
  - MSS = Mission Street Sidewalk Area
  - ALRA = Assisted Living Rec Area
  - MCRA = Memory Care Rec Area
  - ECA = Extended Care Area
  - BBL = Bocce Ball Lawn
  - AL = Assisted Living
  - MC = Memory Care
  - EC = Extended Care

### Happy Birthday!

## RESIDENT BIRTHDAYS

- CONNIE GILL | AL | 3/08
- ACKIE ARGYRES | AL | 3/11
- CAROL WILSON | AL | 3/14
- MARSTIN TALLANT | AL | 3/17
- MARIUM MUNJEE | IL | 3/17
- MICHEAL HARRINGTON | MC | 3/17
- VICTORIA FORRESTER | IL | 3/18
- KEN DAVIS | MC | 3/26
- PAT RUSSELL | IL | 3/28
- PEGGY WOODRING | AL | 3/29
- DANIELE PEREZ-VENERO | AL | 3/31