

MARCH 2023 LIFE ENRICHMENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Sign Up Deadline for Elon's Spring Dance Concert 11:00 Wellness Committee (CR) 1:45 Depart for Alamance Crossing Cinema : Making Him Famous, Movie Matinee (VS) 2:00 Cultural Committee (FSP) 6:30 Game Night (CR)	2 Sign Up Deadline for Lowe's Foods in Burlington 9:00 Finance Committee (MR) 10:00 Property Committee (MR) 11:00 Library Committee (MR) 1:30 Depart for HT/WM (VL) 2:00 Betsy Bullen's Ballet (FSP)	3 12:00 Pool Closes for Maintenance 1:00 Hearing Aid Clinic (FSP) 7:00 Depart for Elon Performing Arts Spring Dance Concert (VS)	4 Sign-up Deadline for "This is The 60's " at Well-Spring Theater Pool CLOSED for Maintenance 2:00 The Great Courses (FSP) Series: "The Italian Renaissance" 2:00 Canasta (CR)
5 12:00 Pool REOPENS 1:30 Worship ** (GP) Sermon by: Leslie Peavy 3:30 Voice Recital with Baritone Jim Egede-Nissen, Soprano Sandra McClain and Mezzo Soprano Ellen Barney Williams (GP)	6 Sign Up Deadline for Men's Breakfast at Skid's, Elon 10 :00 Depart for Shopping at Lowe's Foods, Burlington (VS) 2:30 Crafts (SC) 3:30 Village Shoppe Committee (FSP) 6:30 Game Night (CR)	7 8:15 Men's Breakfast at Skid's, Elon (VS) 10:00 Dining Committee (MR) 10:00 Depart for Aldi/ Food Lion (VL) 1:10 Depart for Life @ Elon (VS)	8 Sign Up Deadline for Quilt Show at Elon Community Church 11:00 Catholic Service (MR) 1:10 Depart for Life @ Elon (VS) 2:00 Elon's Technology Visit at TVAB: Instruction on Your Tech Devices (GP) 6:30 Dessert & Devotion with Leslie Peavy (FSP) 6:30 Game Night (CR)	9 8:30 -10:00 TVAB Employee Council Pancake Breakfast (GP) 11:00 Episcopal Service (MR) 1:30 Depart for HT/WM (VL) 3:00 25 Cent Bingo (TVN)	10 Sign Up Deadline for Chico's Fashion Show 10:00 Depart for Quilt Show 2023 at Elon Community Church (VS) 2:00 Movie Matinee: The Bucket List (GP)	11 10-12 Pool CLOSED 2:00 The Great Courses (FSP) Series: "The Italian Renaissance" 2:00 Bingo (GP) 3:15 Canasta (CR)
12 Daylight Saving Time Begins 1:30 Worship ** Sermon by: Stephan Margeson	13 Sign Up Deadline for "Clue " Performance at Elon 10:30 Social Committee (MR) 2:00 Scam & Financial Fraud Prevention Talk with Brad Hufstедler, Director of the BBB Education Foundation of NW North Carolina (GP) 2:30 Crafts (SC) 6:30 Game Night (CR)	14 Sign Up Deadline for Women's Breakfast at The Cracker Barrel 10:00 Depart for Aldi/ Food Lion (VL) 10:30 Resident Council Meeting (GP) 1:10 Depart for Life @ Elon (VS) 2:00 Age in Motion: Evaluating Nutritional Supplements ** (GP)	15 10:00 New Resident Orientation (FSP) 1:10 Depart for Life @ Elon (VS) 1:30 TVAB 's Social Committee Presents: Chico's/ SOMA Fashion Show (GP) 6:30 Game Night (CR)	16 Sign Up Deadline for Watercolor Painting w/ Debbie 8:15 Women's Breakfast at The Cracker Barrel, Burlington (VS) 1:30 Depart for HT/WM (VL) 2:00 Care & Concern Committee (MR) 2:00 Betsy Bullen's Ballet (FSP) 6:00 Depart for The Temptations Broadway Musical at The Tanger Center in Greensboro (VS)	17 St. Patrick's Day 1:00 Depart for Art in Bloom at The NC Museum of Art in Raleigh (VS) 2:00 St. Patrick's Day Trivia (TVN)	18 10-12 Pool CLOSED 2:00 The Great Courses (FSP) Series: "The Italian Renaissance" 2:00 Canasta (CR)
19 1:30 Worship ** Sermon by: Terry Rikard 3:00 Parkinson's Support Group	20 Sign Up Deadline for Trip to Hospice Thrift Store & Lunch @ Sutton's in Graham 2:00 Fireside Chats with April (FSP) 2:30 Crafts (SC) 6:30 Game Night (CR)	21 Sign Up Deadline for Trip to Keep Sharp, Build a Better Brain at Any Age with Dr. Sanjay Gupta, Elon 10:00 Depart for Authora Care Collective Hospice Thrift Store & Lunch at Sutton's in Graham (VS) 10:00 Depart for Aldi/ Food Lion (VL) 1:10 Depart for Life @ Elon (VS)	22 Sign Up Deadline for Men's Breakfast at The Park in Burlington 10:00 TVAB Speaker Series: Getting to Know Your Alamance County Services: Meals on Wheels Talk (GP) 11:00 Catholic Service (MR) 1:10 Depart for Life @ Elon (VS) 6:30 Dessert & Devotion with Leslie Peavy (FSP) 6:30 Game Night (CR)	23 Sign-up Deadline for Shopping and Lunch at Wegman's in Chapel Hill 8:15 Men's Breakfast : The Park, Burlington (VS) 1:30 Depart for HT/WM (VL) 3:00 Retirement Reception for Ruth Ann Stubblefield (GP)	24 Sign Up Deadline for Shopping Trip and Lunch at Shiloh Amish General Store, Hamptonville; NC 10:00 Depart for Shopping Trip and Lunch at Wegmans in Chapel Hill (VS) 2:00 Watercolor Painting with Debbie . "And Spring Is Born " Seasonal painting. (SC) 3:00 25 Cent Bingo (TVN)	25 10-12 Pool CLOSED 2:00 The Great Courses (FSP) Series: "The Italian Renaissance" 2:00 Bingo (GP) 3:15 Canasta (CR) 6:15 Depart for This is the 60's at Well-Spring Theater—Greensboro
26 1:30 Worship ** Sermon by: David Harper	27 Sign-up Deadline for Mrs. Hanes Moravian Cookies Tour & Lunch in Clemmons, NC 11:00 Eagle Eye (MR) 2:30 Crafts (SC) 6:30 Game Night (CR)	28 Sign Up Deadline for Women's Breakfast at Carver's in Burlington 10:00 Depart for Aldi/ Food Lion (VL) 1:10 Depart for Life @ Elon (VS) 6:00PM Depart for : "Keep Sharp, Build a Better Brain at Any Age" with Dr. Sanjay Gupta, Koury Athletic Center, Elon University (VS)	29 8:15 Women's Breakfast at Carver's Restaurant in Burlington (VS) 10:00 Depart for Shopping Trip and Lunch at Shiloh's Amish General Store in Hamptonville, NC (VS) 1:10 Depart for Life @ Elon (VS) 6:30 Game Night (CR)	30 Sign-up Deadline for The Happy Together Tour in June @ Tanger Center 9:00 Depart for Tour of Mrs. Hanes Moravian Cookies and Lunch in Clemmons, NC (VS) 1:30 Depart for HT/WM (VL) 2:00 Betsy Bullen's Ballet (FSP) 6:30 Young Students' Piano Recital – Linza Layman Coffee -Piano Teacher(GP)	31 3:00 Come and Celebrate Your March Birthday (TVN) 7:00 Elon Performing Arts Presents "Clue" (VS)	

MARCH 2023 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Tai Chi/DVD (1390/130.2)	10:30 Ladder Toss (AR)	9:00 Aerobics and Strength (AR)	9:00 Tai Chi/DVD (1390/130.2)	9:00 Aerobics and Strength (AR)
9:00 Aerobics and Strength (AR)	10:45 Total Aquatic Fitness (SP)	10:00 Better Balance (AR)	10:30 Corn Hole Toss (AR)	11:00 Pinochle (CR)
10:00 Better Balance (AR)	1:30 Yoga on Your Mat (AR)	2:00 Scrabble (WC)	10:45 Total Aquatic Fitness (SP)	11:00 Chair Yoga (AR)
1:00 Aqua Buddies (SP)	3:00 Rummikub (CR)	2:00 Mah-Jongg (CR)	11:00 Tripoly (CR)	1:00 Aqua Buddies (SP)
2:00 Mah-Jongg (CR)	3:00 Poker (GR)	2:00 Aqua Buddies (SP)	1:30 Bridge (CR)	1:30 Bridge (CR)
2:00 Water Volleyball (SP)			2:00 Line Dance (AR)	
except when pool is closed				
NOTE: All activities are subject to change				

Calendar Key

Plain Blue—
Wellness & Campus
Sports

Plain Purple—Religious/
Spiritual

Plain Black—
Life Enrichment Event
**Bold- Important/New
event**

Orange-off campus trip

Green—Deadline to
signup

Pink—Special Event
Maroon-Grocery Trip

For daily activities,
menus and other an-
nouncements call
x8700 or view on
channel
130.1/1390
**Broadcast on
130.2/1391**

AD—Administration
AR—Aerobics Room
AR1—Activity Room
CR—Club Room
ESC—Edith Street
Café
FSP—Fireside Parlor
GP—Gathering Place
LIB—Library
LSD—Lakeside
Dining
GR—Game Room
MR—Meditation
Room
P—Lakeside Patio
PD—Private Dining
SC—Sewing/Craft
Room
TVN—Tavern/Bistro/
Pub
VS—Village Square
WC—Wellness
Center

REMINDER!!!!

Once the sign up deadline for an event has passed, and a resident cancels, if there is a trip fee associated with the event, the resident is still responsible for that cost. Please notify Life Enrichment (Debbie Itani ext. 8303) if you need to cancel so we can attempt to fill your spot from residents who may be on the

Wait List.

Any questions regarding personal conflicts with an event that are out of your control will be handled on a case by case basis. In this case, you should contact Ashley, Director of Resident Services ext. 8381.

Thank you!!

Wellness Activity Descriptions

Aerobics & Strength—A variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.

Aqua Buddies—Swimming and lap walking with an active group of men while making new friends in the water.

Water Volleyball— Play a fun game of volleyball in the water with friends. This is a great low impact full body work out. Enjoy all the benefits and fun of regular volleyball minimizing injury or stress by using a beach ball.

Total Aquatic Fitness— Fun and challenging movements that include cardiovascular and muscle conditioning and yoga for a total body workout.

Chair Yoga—A great low impact option for everyone! Moves your whole body through a complete series of seated and standing yoga poses. A yoga class for all levels, focused on mindfulness, meditation, & involves gentle stretching.

Corn Hole Toss—Join this activity to enjoy a competitive and fun tossing game, while working on hand/eye coordination.

Ladder Toss—The object of the game is to wrap 3 bolls around the 3 ladder rungs; point values vary for each rung, 1st to 21 wins.

Line Dancing—Join us as we learn a variety of dances. The goal is to keep moving, get your heart rate up and have fun.

Poker— A card game that involves betting with chips and keeping a straight face.

Pool/Billiards—Any of various games played on a rectangular table with a designated number of small balls and a long cue stick.

Yoga on the Mat—In this yoga practice we will explore poses to benefit our strength and flexibility. We will start and stay down on the floor so you'll only have to get back up once at the end of the practice.