

MARCH 2024 LIFE ENRICHMENT CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				-Sign-up Deadline for Alamance Chorale	1 Pool Closed for Maintenance 7:00am-6:00pm - Today ONLY 1:00 Hearing Aid Clinic (FSP) 2:00 World Day of Prayer Meeting with Leslie Peavy– Bring Your Prayer Requests—All Welcome! (GP)	2 2:00 The Great Courses : (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR)
3 1:30pm Worship Service with Dave Harper** (GP)	4 Sign-up Deadline for Art Feeds the Soul Quilt Show, Elon– Honoring Lillian Ellison 10:00 Shopping Trip to Trader Joe’s and Lunch at The Loop , Chapel Hill (VS) 2:00 Watercolor Class w/ Debbie : (AS) “Tip-toe Through the Tulips “ 6:30 Game Night (CR)	5 Sign-up Deadline for Men’s Breakfast: The Park., Burlington 9:00 Transportation to Voting at Turrentine Middle School, Burlington (VS) 9:00 Dining Committee (MR) 10:00 Depart for Aldi/ Food Lion (VS) 1:00 Depart for Life @ Elon (VS) 2:00 Transportation to Voting at Turrentine Middle School, Burlington (VS) 2:30 Crafty Villagers (S/C)	6 Sign-up Deadline for Lunch Bunch: Harbor Inn, Burlington 10:00 Philanthropy Program** (GP) 10:00 Depart for Art Feeds the Soul Quilt Show-Elon (VS) 11:00 Wellness Committee (CR) 1:00 Depart for Life @ Elon (VS) 2:00 Cultural Committee (FSP) 3:00 Oreos & Milk Social Sponsored by Angel Advocacy 4 You Services (TVN)	7 Sign-up Deadline for Trip to Tour and Shopping at the Old Mill of Guilford 8:15 Men’s Breakfast : The Park, Burlington (VS) 9:00 Finance Committee (MR) 10:00 Property Committee (MR) 11:00 Library Committee (LIB) 1:30 Depart for HT / Walmart (VL) 3:00 \$.25 Cent Bingo (TVN) 6:30 Game Night (CR)	8 Sign-up Deadline for Women’s Breakfast: Skid’s at Elon, Elon , NC 11:00 Depart for Lunch Bunch: Harbor Inn, Seafood Restaurant, Burlington (VS) 2:00 Movie Matinee w/ Popcorn: ** My Fair Lady (GP) 7:00 Depart for Alamance Chorale Broadway Bash Music Presentation-at Front St. United Methodist Church, Burlington– (VS)	9 10:30 Mindful Meditation (AR) 2:00 The Great Courses: (FSP) 2:00 Canasta (CR)
10 Spring Forward—Daylight Saving Time Sign-up Deadline for Yesterday and Today Interactive Beatles Concert at Mc Cray Theater, Elon University 1:30pm Worship Service with Terry Rikard** (GP)	11 Sign-up Deadline for UNC ‘s Carolina Basketball Museum & Lunch in C. Hill 8:15 Women’s Breakfast : Skid’s at Elon (VS) 10:30 Social Committee (MR) 1:00 Depart for Tour & Shopping at the Old Mill of Guilford (VS) 2:00 Seasonal Crafts (S/C) 6:30 Game Night (CR)	12 10:30 Resident’s Council ** (GP) 10:00 Depart for Aldi/ Food Lion (VS) 1:00 Depart for Life @ Elon (VS) 1:30 Upstairs Singers Rehearsal (GP) 2:00 Upstairs Singers in AL/ Windsor 2:30 Crafty Villagers (S/C)	13 10:30 Depart for UNC’s Carolina Basketball Museum & Lunch in Chapel Hill (VS) 11:00 Catholic Service (MR) 1:00 Depart for Life @ Elon (VS) 6:30 Dessert & Devotion with Leslie Peavy (FSP)	14 Sign-up Deadline for Lunch & Shopping at Wegman’s Chapel Hill 11:00 Episcopal Service (MR) 1:30 Depart for HT / Walmart (VL) 2-4Windsor Open House (VS Lobby) 6:30 Depart for Yesterday & Today Interactive Beatles Concert at McCrary Theater, Elon (VS) 6:30 Game Night (CR)	15 Sign-up Deadline for Dinner Outing to Talulla’s Turkish Restaurant, Chapel Hill 1:00 Depart for Art in Bloom at the North Carolina Museum of Art in Raleigh, NC (Closed Trip) (VS) 3:00-4:00 Social Committee Presents: St. Patrick’s Day Celebration with music from Mebansville Band (GP) 4-5:00 Leprechaun Social Hour (TVN)	16 2:00 The Great Courses : (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR)
17 St. Patrick’s Day 1:30pm Worship Service with Travis Epperley** (GP)	18 Sign-up Deadline for Acrylic Painting w/ Debbie 10:30 Depart for Shopping and Lunch at Wegman’s, Chapel Hill (VS) 2:00 Fireside Chat with April (FSP) 3:00 \$.25 Cent Bingo (TVN) 6:30 Game Night (CR)	19 Sign-up Deadline for Men’s Breakfast: Panera Bread., Burlington 10:00 Depart for Aldi/ Food Lion (VS) 1:00 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (S/C) 4:00 Dinner Trip to Talulla’s Turkish Restaurant, Chapel Hill (VS)	20 11:30 –1:00PM TVAB Baked Potato Bar Luncheon—All Welcome (\$7.00) (GP) 1:00 Depart for Life @ Elon (VS) 2:00 Acrylic Painting w/ Debbie (AS)	21 Fairy Hair by Appt. 10:00 8:15 Men’s Breakfast : Panera Bread, Burlington (VS) 1:30 Depart for HT / Walmart (VL) 2:30 Williams High School Orchestra at TVAB ** (GP) 3:00 Parkinson’s Support Group (FSP) 6:30 Game Night (CR)	22 Sign-up Deadline for Women’s Breakfast: Panera Bread, Burlington 10:00 Caregivers’ Support Group (FSP) 2:00 Friday w/ Friends**: John Fry and his Adventures in Saudi Arabia (GP) 3:00 March Birthday Party (TVN) Sponsored by Always Best Care	23 10:30 Mindful Meditation (AR) 2:00 The Great Courses: (FSP) 2:00 Canasta (CR)
24 1:30 pm Worship Service with Leslie Peavy ** (GP)	25 Sign-up Deadline Trip to Consignment Connection, Burlington 8:15 Women’s Breakfast : Panera Bread, Burlington (VS) 10:00 Eagle Eye (MR) 3:00 Build Your Own Waffle Social (TVN) 6:30 Game Night (CR)	26 10:00 TVAB Speaker Series:** (GP) Pickleball Presentation by Danny Esposito 10:00 Depart for Aldi/ Food Lion (VS) 1:00 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (S/C)	27 11:00 Catholic Service (MR) 1:00 Depart for Life @ Elon (VS) 2:00 Depart for Consignment Connection , Burlington (VS) 6:20 Depart for Tina Turner Musical @ Tanger Ctr. (Closed Trip) (VS) 6:30 Dessert & Devotion with Leslie Peavy (FSP)	28 1:30 Depart for HT / Walmart (VL) 3:00 Wine & Cheese Sponsored by Home Helpers Home Care (TVN) 6:30 Game Night (CR)	29 <i>Good Friday</i> <i>Departmental</i> <i>Closures</i>	30 2:00 The Great Courses : (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR)
31 Easter Sunday 1:30pm Worship Service with TBD** (GP)						

MARCH 2024 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Tai Chi Broadcast (1391/130.2) 9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 2:00 Mah– Jongg (CR) 2:00 Water Volleyball (SP)	9:00 Cardio Beats (AR) 10:30 Ladder Toss (AR) 10:30 Total Aquatic Fitness (SP) 2:00 Yoga on Your Mat (AR) 2:00 Pickleball (Pickleball Court) <u>2:30 Aqua Belles (SP) NEW!!</u> 3:00 Rummikub (CR) 3:00 Penny Poker (GR)	9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 1:30 Scrabble (WC) 2:00 Mah-Jongg (CR) 3:00 Chair Volleyball (AR)	9:00 Tai Chi Broadcast (1391/130.2) 10:30 Corn Hole Toss (AR) 10:30 Total Aquatic Fitness (SP) 11:00 Tripoly (CR) 1:30 Bridge (CR) 1:30 Line Dance (AR) 2:00 Pickleball (Pickleball Court)	9:00 Aerobics and Strength (AR) 11:00 Pinochle (CR) 11:00 Chair Yoga (AR) 1:30 Bridge (CR) ***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 chan-
nel 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 resi-
dent is still responsible for that cost. Please
notify Life Enrichment (Debbie Itani ext.
8303) if you need to cancel so they can
attempt to fill your spot from residents
who may be on the Wait List.

**Life Enrichment will confirm your attend-
ance to activities that you have signed up
for via a phone call. ONLY then a resident
is guaranteed a spot. LE will manage all
sign-up sheets and their corresponding
wait lists.**

Any questions regarding personal conflicts
with an event that is out of your control
will be handled on a case by case basis. Let
us know how we can be of help!

Thank you!!

Wellness Activity Descriptions

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

Aqua Belles—Swimming and lap walking in the pool while holding aquatic exercise dumbbells for conditioning and
resistance. Make new friends as you join this active group of women in strengthening both body and spirit.

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

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 coordina-
tion.

Ladder Toss—The object of the game is to wrap 3 bollas 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.

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

Putting on the Green— is to hit a golf ball with a light stroke on the green with a putter.

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.

Tai Chi—Discover improved balance, strength, flexibility and mobility without fear of falling. This relaxed Chinese in-
spired practice helps with arthritis and is easy on your joints.

Water Volleyball—Play a fun game of volleyball in the water with a beach ball and friends.