

March 2022



Cappella of Grand Junction (AL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pillars of Wellness: - Social Connection - Intellectual Learning - Physical Health - Purposeful Living - Spiritual S.I.P.P.S of Life	All Day Mardi Gras 10:00am Chair Exercise, TCR 11:00am Mardi Gras Lunch Special, TCR 2:30pm BINGO, TCR	All Day Ash Wednesday 10:00am Catholic Ash Wednesday, HPD 10:15am Sermon with Pastor Dave, HCR 1:00pm Lutheran Ash Wednesday, HCR 2:30pm The Art of Chocolate Making, HCR 6:00pm Bridge Club, TCR	9:30am Independent Walking, IND 10:30am Bible Study w/Pastor Strong, HCR 2:30pm BINGO, TCR 6:00pm Movie: Pollyanna, TCR	All Day World Day of Prayer 10:00am Chair Exercise, TCR 10:30am Table Games, TCR 1:30pm Afternoon Prayer, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 1:00pm Bridge Club, TCR 2:00pm Movie Matinee, HPD
6	7	8	9	10	11	12
10:30am Sunday Stretching Exercise, TCR 11:00am Catholic Communion, HCR 2:00pm Piano, TCR 2:00pm Social: National Oreo Cookie Day, TCR	10:00am Chair Exercise, TCR 10:30am Brain Games, TCR 1:00pm Podiatrist, SAL 2:00pm Piano, P-Sun Room 6:00pm Bridge Club, TCR	All Day National Women's Day 10:00am Chair Exercise, TCR 1:30pm Women's Retreat, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 10:15am Sermon with Pastor Dave, HCR 1:00pm Afternoon Manicures, TCR 2:30pm Culinary Corner: Wine Making, HCR 6:00pm Bridge Club, TCR	9:30am Independent Walking, IND 10:30am Bible Study w/Pastor Strong, HCR 2:30pm BINGO, TCR 6:00pm Movie: The Rookie, TCR	10:00am Chair Exercise, TCR 10:30am The History of Johnny Appleseed, TCR 1:30pm Shop Talk: Men's Group, HCR 2:00pm Sunroom Social, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 1:00pm Bridge Club, TCR 2:00pm Movie Matinee, HPD
13	14	15	16	17	18	19
All Day Daylight Savings: Spring Forward 10:30am Sunday Stretching Exercise, TCR 11:00am Catholic Communion, HCR 2:00pm Piano, TCR	10:00am Library Book Exchange, FD 10:00am Chair Exercise, TCR 10:30am Brain Games, TCR 1:30pm Scenic Bus Drive, BT	10:00am Chair Exercise, TCR 10:30am Crafter's Corner, TCR 2:00pm Sunroom Social, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 10:15am Sermon with Pastor Dave, HCR 1:00pm Afternoon Manicures, TCR 2:30pm Culinary Corner: Pasta Making, HCR	9:30am Independent Walking, IND 10:30am Bible Study w/Pastor Strong, HCR 11:00am St. Patrick's Day Lunch Special, WDR 2:00pm Movie: The Sound of Music, TCR	10:00am Chair Exercise, TCR 10:30am Table Games, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 1:00pm Bridge Club, TCR 2:00pm Movie Matinee, HPD
20	21	22	23	24	25	26
10:30am Sunday Stretching Exercise, TCR 11:00am Catholic Communion, HCR 2:00pm Spring Fling, FP	10:00am Chair Exercise, TCR 10:30am Poet's Corner, TCR 1:30pm Scenic Bus Drive, BT 6:00pm Bridge Club, TCR	10:00am Chair Exercise, TCR 10:30am Crafter's Corner, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 10:15am Sermon with Pastor Dave, HCR 2:30pm Culinary Corner: Nutritional Healing, TCR 6:00pm Bridge Club, TCR	9:30am Independent Walking, IND 10:30am Bible Study w/Pastor Strong, HCR 1:30pm Dining Room Floral, HCR 2:30pm Performer: Huey, TCR 6:00pm Movie: His Girl Friday	10:00am Chair Exercise, TCR 10:30am Educational: Meteorology, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 1:00pm Bridge Club, TCR 2:00pm Movie Matinee, HPD
27	28	29	30	31	DIMENSIONS OF WELLNESS	
10:30am Sunday Stretching Exercise, TCR 11:00am Catholic Communion, HCR 2:00pm Piano, TCR	10:00am Library Book Exchange, FD 10:00am Chair Exercise, TCR 10:30am Brain Games, TCR 1:30pm Scenic Bus Drive, BT 6:00pm Bridge Club, TCR	10:00am Chair Exercise, TCR 10:30am Crafter's Corner, TCR 2:00pm Sunroom Social, TCR 2:30pm BINGO, TCR	9:30am Independent Walking, IND 10:15am Sermon with Pastor Dave, HCR 1:00pm Afternoon Manicures, TCR 2:30pm Culinary Corner: Nutritional Healing, TCR 6:00pm Bridge Club, TCR	9:30am Independent Walking, IND 10:30am Bible Study w/Pastor Strong, HCR 1:30pm Resident Council, TCR 2:30pm BINGO, TCR 6:00pm Movie: To Catch a Thief, TCR	<p><i>Community Life Programs are Subject to Change.</i></p> Physical Spiritual Social Intellectual Purposeful	

