

230 W. Sunset Road • San Antonio, TX 78209 • (210) 829-5955

### STAFF DIRECTORY

Tiffany Weiser ..... Executive Director  
 Joanna Sosa ..... Business Office Manager  
 Carrie Perry ..... Director of Sales & Marketing  
 Michelle Eller ..... Sales Assistant  
 Lucy Cetina ..... Administrative Assistant  
 Chris Purgason ..... Director of Dining Services  
 Alex Reta, Jr. .... Executive Chef  
 Austin Querbach ..... Director of Maintenance  
 Karla Posada ..... Fitness Coordinator  
 Nicole Garza ..... Director of Life Enrichment



### Happy Birthday

Best wishes to all our neighbors celebrating birthdays this month!

Shirley MacNaughton ..... 4th  
 Patricia Smith ..... 6th  
 Lynn Spatz ..... 8th  
 DR. Vernon James ..... 12th  
 Patsy Roe ..... 14th  
 Jewell Dawson ..... 16th  
 Josephine "Jo" Estrada ..... 20th  
 Mikey Ruddock ..... 21st  
 Richard Burr ..... 21st  
 Gary Wilke ..... 24th  
 Mary Jane Howe ..... 26th  
 Suzie Smith ..... 28th  
 Mary Potter ..... 30th

### March 2024



### Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

### MLB's Opening Day






For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

### A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

# March 2024

- AC Arts and Crafts
- GR The Great Room
- L Meet in Lobby
- BR Ballroom
- T Theater
- DR Dining Room
- BL Billiards Room
- CR Conference Rm
- BS Bistro
- P Pool
- WC Wellness Center
- HR Hobby Room
- AL AL Chapel
- ♥ Health/Educational
- ✓ Sign-Up Required
- ★ Special Event/Guest
- \$ Money Required
- ♪ Musical Guest
- ☞ Refreshments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>DINING ROOM HOURS:</b> BREAKFAST: 7:00AM-9:00AM LUNCH: 11:30AM-1:30PM DINNER: 4:30PM-6:30PM</p> 	<p><b>DRY CLEANING:</b> Did you know we have delivery service for your dry cleaning? Pickups and deliveries are Tuesdays and Fridays. Visit the concierge for more details.</p> 	<p><b>TRANSPORTATION:</b> MONDAY - FRIDAY 9:00AM to 4:00PM Please schedule 48 hours in advance. Transportation forms are available at the concierge desk. Refer to the resident handbook for more details.</p> 	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND/OR CANCEL ALL MOVIES ARE SUBJECT TO CHANGE DUE TO AVAILABILITY ON STREAMING PLATFORMS</p> 	<p>1 8:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> HEB Trip\$ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Glass Class✓ 10:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Pain Management with Celinda♥ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Mah Jongg 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Billiards 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Left, Center, Right 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> First Friday Movie Special- The Holdovers (2023)</p>	<p>2 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Top Gun: Maverick (2022) 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">GR</span> Music with Jesse Reece ♪ 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Top Gun: Maverick (2022)</p>
<p>3 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema- Fried Green Tomatoes (1992) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Simplified Mahjong 3:00 <span style="background-color: #90ee90; color: white; padding: 2px;">AL</span> Church Service W/ Pastor Johanson 5:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema - Fried Green Tomatoes (1992)</p>	<p>4 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Pray Holy Rosary 11:00 <span style="background-color: #90ee90; color: white; padding: 2px;">HR</span> Your Hobby Room 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Weekly Trivia 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>5 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Homily &amp; Communion★ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 3&amp;4 3:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Bean Bag Baseball 6:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 3&amp;4</p>	<p>6 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bible Study 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Mexican Train Dominoes 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">P</span> Water Fitness✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>7 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">BS</span> Marie's Trunk Show 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bereavement Group w/ Chaplain Jack 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 3:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Line Dance Class with Elaine Poole 4:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Happy Hour with Kai Kamaka</p>	<p>8 8:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> HEB Trip\$ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Glass Class✓ 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Catholic Mass★ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Mah Jongg 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Billiards 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Left, Center, Right</p>	<p>9 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Past Lives (2023) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">GR</span> Music with Jesse Reece ♪ 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Past Lives (2023)</p>
<p><b>RAMADAN (Daylight Saving Time Begins)</b> 10 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema- Forrest Gump (1994) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Simplified Mahjong 3:00 <span style="background-color: #90ee90; color: white; padding: 2px;">AL</span> Church Service W/ Pastor Johanson 5:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema - Forrest Gump (1994)</p>	<p>11 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Pray Holy Rosary 11:00 <span style="background-color: #90ee90; color: white; padding: 2px;">HR</span> Your Hobby Room 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Weekly Trivia 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>12 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tech Tuesday 1:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">CR</span> ACTIVITY MEETING 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 5&amp;6 3:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Bean Bag Baseball 6:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 5&amp;6</p>	<p>13 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bible Study 1:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">CR</span> Food Committee Meeting 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Mexican Train Dominoes 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> Walmart✓ 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">P</span> Water Fitness✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>14 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Meet &amp; Greet With Ageility♥ 1:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">CR</span> Audicles Hearing Services♥ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 3:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Line Dance Class with Elaine Poole 4:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Happy Hour / St. Patrick's Celebration with Valerie Campbell✓</p>	<p>15 8:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> HEB Trip\$ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Glass Class✓ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Mah Jongg 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Billiards 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Left, Center, Right</p>	<p>16 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- The Barbie Movie (2023) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">GR</span> Music with Jesse Reece ♪ 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- The Barbie Movie (2023)</p>
<p><b>St. Patrick's Day! "Wear Green"</b> 17 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema- The Irishman (2019) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Simplified Mahjong 3:00 <span style="background-color: #90ee90; color: white; padding: 2px;">AL</span> Church Service W/ Pastor Johanson 5:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema - The Irishman (2019)</p>	<p>18 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Pray Holy Rosary 11:00 <span style="background-color: #90ee90; color: white; padding: 2px;">HR</span> Your Hobby Room 11:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">CR</span> Dementia Support Group w/ Russell Gainer♥ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Weekly Trivia 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball- Staff vs. Residents</p>	<p><b>First Day of Spring</b> 19 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> New Resident Orientation 11:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> Lunch Bunch✓ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 7&amp;8 3:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Bean Bag Baseball 6:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 7&amp;8</p>	<p>20 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bible Study 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Book Club 1:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> Costco Trip✓ 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Mexican Train Dominoes 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">P</span> Water Fitness✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball 4:30 <span style="background-color: #2e5496; color: white; padding: 2px;">DR</span> Birthday Dinner✓</p>	<p>21 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tom Jackson, Historian- "The Irish Influence On Texas &amp; American History"★ 3:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Line Dance Class with Elaine Poole 4:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Happy Hour with Julian Escobedo</p>	<p>22 8:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> HEB Trip\$ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Glass Class✓ 10:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Mimosa Social with Karla☞ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Mah Jongg 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Billiards 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Left, Center, Right</p>	<p>23 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Indiana Jones and the Dial Of Destiny (2023) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">GR</span> Music with Jesse Reece ♪ 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- Indiana Jones and the Dial Of Destiny (2023)</p>
<p>24 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema- Rocky (1976) 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Simplified Mahjong 3:00 <span style="background-color: #90ee90; color: white; padding: 2px;">AL</span> Church Service W/ Pastor Johanson 5:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema - Rocky (1976)</p>	<p>25 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Pray Holy Rosary 11:00 <span style="background-color: #90ee90; color: white; padding: 2px;">HR</span> Your Hobby Room 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Weekly Trivia 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>26 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 1:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">CR</span> RAC MEETING 2:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 9&amp;10 3:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Bean Bag Baseball 6:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Tuesday Matinée - Outlander S2, E 9&amp;10</p>	<p>27 9:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> Outing: The McNay Art Museum✓ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Health Talks w/ Enhabit Home Health♥ 11:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bible Study 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Mexican Train Dominoes 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">P</span> Water Fitness✓ 3:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Chair Volleyball</p>	<p>28 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Poker 3:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Line Dance Class with Elaine Poole 4:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">BR</span> Happy Hour / Easter Celebration with TJ Dolotina</p>	<p><b>Good Friday</b> 29 8:30 <span style="background-color: #0056b3; color: white; padding: 2px;">L</span> HEB Trip\$ 10:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Morning Exercise 10:30 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Glass Class✓ 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">AC</span> Mah Jongg 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Billiards 2:30 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Left, Center, Right</p>	<p>30 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- The Boys In The Boat (2023) 1:00 <span style="background-color: #90ee90; color: white; padding: 2px;">WC</span> Variety Weekend Games 1pm-5pm 2:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bridge✓ 2:00 <span style="background-color: #4a7c9c; color: white; padding: 2px;">GR</span> Music with Jesse Reece ♪ 7:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Saturday Movie- The Boys In The Boat (2023)</p>
<p><b>Happy Easter!</b> 31 1:00 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Bingo!\$ 1:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema- The Bodyguard (1992) 2:30 <span style="background-color: #800000; color: white; padding: 2px;">BL</span> Simplified Mahjong 3:00 <span style="background-color: #90ee90; color: white; padding: 2px;">AL</span> Church Service W/ Pastor Johanson 5:00 <span style="background-color: #0056b3; color: white; padding: 2px;">T</span> Classic Cinema - The Bodyguard (1992)</p>						

## Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

<b>Decade</b>	<b>Fitness Trends</b>
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"Then & Now"

## "This Month In History" MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.