

## A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.





## Blue Zones

To introduce special activities that align with the BLUE ZONES initiative we are providing, there are some additions to your healthy lifestyles and longevity. Please visit the Activities Meeting for your thoughts and suggestions.

We will be highlighting the Garden Club to grow vegetables and herbs, new outdoor walking and exercise programs and a connection activity where everyone can join in to see where you are from and have traveled in the world. Also, we will discuss a volunteer opportunity to put together care packages for the homeless in the surrounding area. There will also be some opportunities for residents to volunteer for Lobby Welcome Desk and Dining Room Hostess. We will have sign-up sheets in the activities book.



Please Join the Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Go Rodeo Day Is Thursday, March 7th: Rodeo Presentation in the Theater at 2:00pm and Rodeo Social Hour at 4:00pm</p> <p>Come Out and Meet Doc Who Was Head of the Rodeo Committee for a Presentation in the Theater at 2pm and Wear Your Western Wear for the Social Hour at 4pm. Yee Haw!</p>	<p>9:15 Walking Challenge Meeting (WC)</p> <p>9:30 Chair YOGA (WC)</p> <p>11:00 Count Your Blessings (THTR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Seated Ball Exercise Class (WC)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>11:00 Book Club Meeting (GRT)</p> <p>1:30 Pool &amp; Shuffleboard (GRT)</p> <p>3:00 BINGO (BC)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>8:30 Lighthouse Chapel W/Pastor Bart (BC)</p> <p>10:00 Newspaper &amp; Coffee (BISTRO)</p> <p>1:00 Pool &amp; Shuffleboard (GRT)</p> <p>2:00 Open Duplicate Bridge (GR)</p> <p>2:00 Movie (THTR)</p> <p>3:00 Ice Cream Sunday (BISTRO)</p> <p>6:00 Movie (THTR)</p>	<p>9:30 Seated Ball Strength Class W/Dumbbells (WC)</p> <p>1:00 Bridge (GR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 Game Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:00 Shopping @ Kroger</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Yard Games (CY)</p> <p>1:00 Bible Study (BC)</p> <p>2:00 Activities Meeting (THTR)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p> <p>Craft Class With Julia TBD</p>	<p>9:30 Seated Strength W/ Resistance Band Class (WC)</p> <p>10:00 Town Hall (DR)</p> <p>11:00 Lunch at Crust Pizza (Bus)</p> <p>11:00 Colored Pencil Class (GR)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour Trivia With Steven (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention</p> <p>11:00 Shopping @ Dollar Tree</p> <p>11:30 Men's Strength</p> <p>2:00 Rodeo Presentation With DOC (THTR)</p> <p>3:00 BINGO (BC)</p> <p>4:00 Go Rodeo Social Hour (Bistro/ROTE)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Chair YOGA (WC)</p> <p>11:00 Count Your Blessings (THTR)</p> <p>1:00 Blood Pressure &amp; Wellness Check W/At Your Side (GRT)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener Chi Class W/Nelly (WC)</p> <p>2:00 Bocce Ball (CY)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair Volleyball (WC)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool &amp; Shuffleboard (GRT)</p> <p>3:00 BINGO (BC)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>8:30 Lighthouse Chapel W/Pastor Bart (BC)</p> <p>10:00 Newspaper &amp; Coffee (BISTRO)</p> <p>1:00 Pool &amp; Shuffleboard (GRT)</p> <p>2:00 Open Duplicate Bridge (GR)</p> <p>2:00 Movie (THTR)</p> <p>3:00 Ice Cream Sunday (BISTRO)</p> <p>6:00 Movie (THTR)</p>	<p>9:30 Seated Strength Class W/Dumbbells (WC)</p> <p>1:00 Bridge (GR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:00 Shopping @ Kroger</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Yard Games (CY)</p> <p>1:00 Bible Study (BC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Seated Strength/Band Class (WC)</p> <p>10:00 Food Forum (BC)</p> <p>11:00 Lunch @ Lupe Tortillas (Bus)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Nelly's Closet (ROT)</p> <p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:00 Shopping @ HEB</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Balance W/Legacy (WC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Chair YOGA (WC)</p> <p>11:00 Count Your Blessings (THTR)</p> <p>1:00 St. Patrick's Day Club Crawl</p> <p>2:00 Scavenger Hunt (UL)</p> <p>3:00 Ener Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair Volleyball (WC)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool &amp; Shuffleboard (GRT)</p> <p>3:00 BINGO (BC)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>8:30 Lighthouse Chapel W/Pastor Bart (BC)</p> <p>10:00 Newspaper &amp; Coffee (BISTRO)</p> <p>1:30 St. Patrick's Day Social With Jim O'Conner (Bistro/ROT)</p> <p>2:00 Open Duplicate Bridge (GR)</p> <p>6:00 Movie (THTR)</p>	<p>9:30 Seated Strength Class W/Dumbbells (WC)</p> <p>1:00 Bridge (GR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Seated Ball Exercise Class/Balance (WC)</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Bible Study (BC)</p> <p>3:00 BINGO (BC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Seated Strength Resistance Band Class (WC)</p> <p>11:00 Lunch at Crust Pizza</p> <p>11:00 Colored Pencil Class (GR)</p> <p>2:00 Ambassador Meeting (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Trivia With Steven</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Balance W/Legacy (WC)</p> <p>3:00 BINGO (BC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Chair Yoga (WC)</p> <p>10:30 Meyer Park Walk</p> <p>11:00 Count Your Blessings (THTR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Garden Club Meeting (Patio)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair Volleyball (WC)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool &amp; Shuffleboard (GRT)</p> <p>3:00 BINGO (BC)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>8:30 Lighthouse Chapel W/Pastor Bart (BC)</p> <p>10:00 Newspaper &amp; Coffee (BISTRO)</p> <p>2:00 Open Duplicate Bridge (GR)</p> <p>3:00 Ice Cream Sunday (BISTRO)</p> <p>6:00 Movie (THTR)</p> <p>Happy Easter!!!</p>	<p>9:30 Seated Strength Class W/Dumbbells (WC)</p> <p>1:00 Bridge (GR)</p> <p>1:30 Easter Craft W/Sondy (Bistro)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:00 Shopping @ Kroger</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Yard Games (CY)</p> <p>1:00 Balance W/Legacy (WC)</p> <p>2:00 Activities Meeting (THTR)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 Seated Strength Class W/Dumbbells (WC)</p> <p>11:00 Lunch @ Hasta La Pasta</p> <p>1:00 Bridge (GR)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:30 Art for All (CS)</p> <p>10:45 Stability &amp; Fall Prevention (WC)</p> <p>11:00 Shopping @ Kroger</p> <p>11:30 Men's Strength (WC)</p> <p>1:00 Yard Games (CY)</p> <p>1:00 Balance W/Legacy (WC)</p> <p>2:00 Activities Meeting (THTR)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA (WC)</p> <p>10:30 Meyer Park Walk</p> <p>11:00 Easter Egg Hunt</p> <p>12:00 Sam Houston Horse Track (Bus)</p> <p>1:30 Corn Hole (GRT)</p> <p>3:00 Ener - Chi (WC)</p> <p>4:00 Social Hour (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair Volleyball (WC)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool &amp; Shuffleboard (GRT)</p> <p>3:00 BINGO (BC)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>