


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March 2023</h1> 			<p>10:30—Cardio Drumming (B) 2:00—Catholic Mass (B) 3:00—Arm Chair Travel: Alaska (GR) 6:30—Pinochle (LIB)</p> <p style="text-align: center;">Alaska Week</p>	<p>10:30—Walmart Shopping Outing (LD) 1:30—Lutheran Service w/ Micah (CA) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 4:30—Alaskan Dinner (DR) 6:00—Arm Chair Travel: The Great Alaskan Cruise (GR)</p> <p style="text-align: center;">Bluffs Shirt Day</p>	<p>10:30—Sittercise w/ Katelyn (No balance today) (ER) 12:00—Birthday Lunch (DR) 1:30—Baking: Alaskan Strawberry Romanoff Bread Pudding (B)</p> <p style="text-align: center;">No Happy Hour Tonight!</p>	<p>10:30—Crafty Ladies (GR) 1:00—Classic Movies w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle 3:00—BASIC Technology Assistance & Tutoring (LIB) 6:30—Arm Chair Travel: Anchorage, Fairbanks, Glaciers, Denali, Etc (GR)</p>
<p>5 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)</p> <p style="text-align: center;">Italy Week</p>	<p>6 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 1:30—Arm Chair Travel: Italy (GR) 3:00—Nintendo Wii Bowling (B) 6:30—Senior Sippers: Italian Wine Tasting (LA) 6:30—Pinochle (LIB)</p>	<p>7 11:30—Lunch Outing: Gino's (LD) 2:30—Baking: Italian Cannoli's (B) 4:00—Exercise w/ Ann (ER) 6:00—How Rome Forged an Epic Empire Documentary (GR)</p>	<p>8 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 1:30—Baking: Homemade Pasta (B) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (B) 6:30—Pinochle (LIB)</p>	<p>9 10:30—Dollar Tree Shopping Outing (LD) 12:30—DB Student Choir Program (DR) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 4:30—Italian Dinner (DR) 6:00—Virtual Tour of Amalfi Coast (GR)</p> <p style="text-align: center;">Bluffs Shirt Day</p>	<p>10 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 2:00—Italy Photo Slideshow by Jerry M. (LIB) 3:00—Bocce Ball Game (LIB) 4:30—Happy Hour w/ Live Music by JD Uponen (B)</p>	<p>11 10:30—Crafty Ladies (GR) 1:00—Classic Movies w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Virtual Tour of Rome & Tuscany (GR)</p>
<p>12 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)</p> <p style="text-align: center;">South Africa Week</p>	<p>13 10:00—Walker & Scooter Maintenance w/ Doug The Scooter Dr. (LA) 10:30—Sittercise w/ Katelyn (ER) 1:30—Arm Chair Travel: South Africa (GR) 3:00—Nintendo Wii Bowling (B) 6:30—Pinochle (LIB)</p>	<p>14 11:30—Lunch Outing: Chicago Beefs 2:30—Baking: Malvapoeding aka Malva Pudding (B) 4:00—Exercise w/ Ann (ER) 6:00-7:30—Games w/ Delta Zeta Sorority (LIB)</p>	<p>15 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—African Drum Craft (LIB) 6:30—Pinochle (LIB)</p>	<p>16 10:30—Walmart Shopping Outing (LD) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 4:30—South African Dinner (DR) 6:00—Arm Chair Travel: Southern African Safari (GR) St Urho's Day—Wear Purple!</p>	<p>17 10:30—Sittercise w/ Katelyn (ER) 2:00—Happy Hands (LIB) 4:30—St. Patrick's Day Hour Happy Hour w/ Live Music by The Supersuits (B)</p> <p style="text-align: center;">St. Patrick's Day—Wear Green!</p>	<p>18 10:30—Crafty Ladies (GR) 1:00—Classic Movies w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) The Ancient Kingdoms of African Documentary (GR)</p>
<p>19 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)</p> <p style="text-align: center;">Iceland Week</p>	<p>20 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 1:30—Arm Chair Travel: Iceland (GR) 3:00—Nintendo Wii Bowling (B) 6:30—Pinochle (LIB)</p>	<p>21 11:30—Lunch Outing: Joeys Seafood (LD) 2:30—Baking Laufabrauð—Icelandic Leaf Bread (B) 4:00—Exercise w/ Ann (ER) 6:00—Stories From Iceland Documentary (GR)</p>	<p>22 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Crepe Paper Icelandic Poppy Flower Craft (LIB) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (B) 6:30—Pinochle (LIB)</p>	<p>23 10:30—Econo Shopping Outing (LD) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 4:30—Icelandic Dinner (DR) 6:00—Wild Islands Iceland Documentary" (GR)</p> <p style="text-align: center;">Bluffs Shirt Day</p>	<p>24 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 1:30—Whale Watching (GR) 4:30—Happy Hour w/ Live Music Bill White (DR)</p>	<p>25 10:30—Crafty Ladies (GR) 1:00—Classic Movies w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Nature Wonders of The Land of Ice Fire Documentary (GR)</p>
<p>26 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)</p> <p style="text-align: center;">Peru Week</p>	<p>27 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 1:30—Arm Chair Travel: Peru (GR) 3:00—Nintendo Wii Bowling (B) 6:30—Pinochle (LIB)</p>	<p>28 10:30—Lunch Outing: Armando's (LD) 2:30—Baking: Alfajores Cookies & Chicha Morado Drink 4:00—Exercise w/ Ann (ER) 6:00—The Inca: Cities In The Clouds Documentary (GR)</p>	<p>29 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Ojos de Dios Weaving Craft (LIB) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (B) 6:30—Pinochle (LIB)</p>	<p>30 10:30—Econo Shopping Outing (LD) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 4:30—Peruvian Dinner (DR) 6:00—Virtual Tour of the Amazon Rainforest (GR)</p> <p style="text-align: center;">Bluffs Shirt Day</p>	<p>31 10:30—Sittercise w/ Katelyn (10 mins of balance to follow) (ER) 1:30—Peruvian Llama Painting (LIB) 4:30—Happy Hour w/ Live Music By Euel Cappo (DR)</p> <p style="text-align: center;">National Stripes Day—Wear Your Stripes!</p>	<p>1 10:30—Crafty Ladies (GR) 1:00—Classic Movies w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Mysteries of Machu Pichu Revealed Documentary (GR)</p>
<h2>Location Key</h2>		<p>ER - Exercise Room GR - Gathering Room B - Ballroom DR - Dining Room LIB - 2nd Floor Library LA - Lobby Area CA - 3rd Floor Couch Area BL - Back Lawn LD - Lobby Departure PDR - Private Dining Room KCC - Kolka's Coffee Corner</p>				<p style="text-align: center;">*Activities are subject to change</p>