


Eiland Center Activities March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Announcements TV 970 *Televised TV 971 **Sign up required call ext. 8225 Activities are 30 minutes or more unless otherwise indicated. Calendar is subject to change. For schedule announcements and updates check bulletin boards and TV Channel 970</p>	<p>AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CR—Art & Craft Room (2nd) GA—Galway (2nd) IV—Inverness (2nd)</p>	<p>JR—Jefferson (3rd) LP—Lyons Pavilion LI—Library (3rd) MA—Madison (3rd) MC—Meredith Chapel MO—Monroe (3rd) SS—Sunnyside Room WA—Washington (3rd) WC—Wellness Center</p>	 <p>Friday, March 1, 2019 Throughout campus <i>Celebrating our commitment to campus-wide wellness culture.</i></p> <p>Honoring Sunnyside's 1st official year of being tobacco-free!</p>	<p>1 WELLNESS DAY See Bulletin Boards and Special Flyer for Schedule of Today's Activities 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 11 am "Staying Strong and Limber" (BT) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night "Neverland" (MA)</p>	<p>2 DR SEUSS' BIRTHDAY 9-11:30 am Swimming (WC) 10 am Seated Exercise *TV971 10 am Greeting the Morning! Contemplative Meditation (BT) 6 pm Movie "A League of Their Own" TV971 6:15 pm Movie Night "Neverland" (MA)</p>	
<p>3 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>4 8:45 am Slow Dance & Jazz (WC) 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**</p>	<p>5 MARDI GRAS 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Miriam (BE) 10:45 am "Respite Services for Caregivers" (BT) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)</p>	<p>6 ASH WEDNESDAY 8:45 am Slow Dance & Jazz (WC) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:30—1:30 Stop in for Prayer and Imposition of the Ashes (MC) 11:30 am Luck of the Irish! Lunch (BT) 2 pm Rummikub (BE) 2 pm Chapel Talk: "Looking to the Earth for Wisdom" (MC) 2 pm Line Dancing (WC)</p>	<p>7 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm "Yes She Can..." Women in Science Presentation (BT) 2 pm Wii Bowling (WA) 3:30 pm Choir Practice (MC)</p>	<p>8 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1 pm Shopping at Target** 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night "Wonder" (MA)</p>	<p>9 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am Greeting the Morning! Contemplative Meditation (BT) 2 pm Stitch & Chat Group (JR) 6 pm Movie "Field of Dreams" TV971 6:15 pm Movie Night "Wonder" (MA)</p>
<p>10 DAYLIGHT SAVING TIME BEGINS 9 am Worship Service (MC)* 10:30 am First Church Video*  3 pm Celebration Singers (MC) 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>11 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee and Giant Crossword (MO) 10:30 am Aqua Aerobics (WC) 1 pm Green! Bingo (BE) 2 pm Cardio Drumming (WC)** 2:30 pm Green! Refreshment Making (AK)</p>	<p>12 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Irish Favorites Sing Along with Miriam (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:30 pm It's Not Easy Being Green!...Social (CR)</p>	<p>13 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:15 am Out to Lunch—Corgans Publick House** 2 pm Rummikub (BE) 2 pm Learn to Play Rummikub (BE) 2 pm Line Dancing (WC) 2 pm Wii Bowling (WA) 2—4 pm Manicures (CR)</p>	<p>14 9 am Dance in Community (BT) 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Circle Meeting (BE) 2:45 pm "How to Protect Yourself from Fraud" Presentation (BT) 3:30 pm Choir Practice (MC)</p>	<p>15 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night "Some Like it Hot" (MA)</p>	<p>16 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am Saturday Morning Presentation "Why Bees are Disappearing" by Andy Sale (BE) 10 am Greeting the Morning! Contemplative Meditation (BT) 6 pm Movie "Pride of the Yankees" TV971 6:15 pm Movie Night "Some Like it Hot" (MA)</p>
<p>17 ST. PATRICKS DAY 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>18 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)** Men's Basketball Brackets (WC)</p>	<p>19 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Dotty & Ruth (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2 pm Wii Bowling (WA)</p>	<p>20 FIRST DAY OF SPRING THE SPRING EQUINOX 9:45 am Total Body Movement (WC) 10 am Book Buddies (LI) 10:30 am Aqua Aerobics (WC) 2 pm Line Dancing (WC) 2 pm Town Meeting (BT)</p> 	<p>21 9 am Dance in Community (BT) 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Alzheimer's Support (JR) 2 pm Spring Fling Social (BE) 3:30 pm Choir Practice (MC)</p>	<p>22 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night "Woman in Gold" (MA)</p>	<p>23 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am Greeting the Morning! Contemplative Meditation (BT) 6:15 pm Movie Night "Woman in Gold" (MA) 7 pm Town Meeting Rebroadcast (TV971)</p>
<p>24/31 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>25 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee, Brain Teasers and Trivia (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**</p>	<p>26 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Episcopal Service (MC) 10 am Sing Along with Helen and Elaine (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:30 pm Supernal Psalteries—Irish Music (BE)</p>	<p>27 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:15 am Lunch at the Highlands** 2 pm Rummikub (BE) 2 pm Learn to Play Rummikub (BE) 2 pm Line Dancing (WC) 2 pm Wii Bowling (WA) 2:45 pm "Fibromyalgia: A Dead End Diagnosis?" Presentation (BT)</p>	<p>28 9 am Dance in Community (BT) 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Piano Performance (MC) 2:30 pm Spring Decorations (CR) 3:30 pm Choir Practice (MC)</p>	<p>29 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:30 pm After Dinner at the Piano with Mary Rouse (MO)</p>	<p>30 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am Greeting the Morning! Contemplative Meditation (BT) 6 pm Movie "Unbroken" TV971 6:15 pm Movie Night "The Notebook" (MA)</p>