


# Eiland Center Activities March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>*please sign up with Life Enrichment, call x8225</b></p>	BR—Bethel Room (2nd) CP—Corson Pool (1st) GA—Galway (2nd) HI — The Highlands IV—Inverness (2nd) 3LVD—Lakeview Dining (3rd)	LVP — Lakeview Patio (2nd) MO—Monroe Room (3rd) TR—Terrace (1st floor) TE—Transportation Exit VC—Broaddus Vitality Center <b>**Room Visits</b>	<b>1 Sunnyside Wellness Day</b> 8:30 Outdoor Time of Prayer** 9:30 Stretch & Flow (TV 971) <b>10:30 Meditation (CP Area)</b> 12:45 Reading w/ Nancy (GA) <b>1:00—3:00 “Pet Therapy &amp; Snack Station” (BR)</b> 1:45 Deion’s Dance ** (TE) 2:30 Water Volleyball ** (VC)	<b>2 Alice Mason’s Birthday</b> 10:30 Chapel Worship Service (TV 971) 2:15 Exercises with Wellness Staff (Bethel Room) <b>3:30 Group Game: Giant Crossword (BR)</b> 6:30 Jackie Robinson Documentary—part 1 (TV971)	<b>3 10:00 Page Turners Book Club (3LVD)</b> 11:00 Exercises (TV 971) 1:30 Swim Class* (CP) <b>3:00 Bingo (BR)</b>	<b>4 10:00 Seated Exercise Class (TV 971)</b> <b>10:30 Chaplain Gathering</b> With Chaplain Pat (Galway Room) <b>1:00 Chess Club (BR)</b>
<b>5 9:00 Chapel Worship Service (TV 971)</b> 1:00 <i>Movie: A Few Good Men (TV 971)</i> 6:45 Chapel Worship Service (TV 971)	<b>6 10:00 Exercises (TV 971)</b> 10:15 Manicures (call Cari at x8225 for appt.) <b>1:00 Bingo (BR)</b> <b>2:30 Scenic Ride* (LVP)</b> 7:00 <i>Annual Remembrance Service (TV 971)</i>	<b>7 10:30 Pet Therapy Visits</b> with Virginia & Dora** <b>12:45 The Virginia Mysteries- Reading with Jim (GA)</b> 1:00 Open Swim* (CP) 2:15 Exercises w/ WS (BR) 2:45 Sing Along (BR) 6:30 <i>Movie: Mrs. Doubtfire (TV 971)</i>	<b>8 Richard Hodge’s Birthday</b> 8:30 Outdoor Time of Prayer** 9:30 Stretch & Flow (TV 971) <b>10:00 Scenic Ride* (LVP)</b> <b>12:45 Classic Novel Reading</b> With Nancy (GA) <b>2:00 Bethel Circle —</b> Massanutten Presbyterian Church Gathering (BR)	<b>9 10:30 Chapel Worship Service (TV 971)</b> <b>12:45 Travel Club at the Highlands-England* (TE)</b> 2:15 Exercises w/ WS (BR) <b>3:30 Reading- “ Jamie O’Rourke &amp; the Big Potato“ (BR)</b> 6:30 Jackie Robinson Documentary—part 2(TV971)	<b>10 Stan Gray’s Birthday</b> 11:00 Exercises (TV 971) <b>12:45 Reading with Jim (GA)</b> 1:00 <i>“Sunnyside 101” Info&amp; Updates Program (TV 971)</i> 1:30 Swim Class* (CP) <b>3:00 Bingo (BR)</b>	<b>11 10:00 Seated Exercise Class (TV 971)</b> <b>10:30 Chaplain Gathering</b> With Chaplain Pat (Galway Room) <b>1:00 Chess Club (BR)</b>
<b>12 Daylight Savings</b> 9:00 Chapel Worship Service (TV 971) 10:30 Giant Crossword (BR) <b>1:00 Live Music Performance (BR)</b> 1:00 <i>Big Fish (TV 971)</i> 6:45 Chapel Worship Service (TV 971)	<b>13 8:30 March Themed Activity</b> Packets (common areas) 10:00 Seated Exercise Class (TV 971) <b>1:00 Bingo with Lindsey (Bethel Room)</b> <b>2:00 Scenic Drive* (LVP)</b>	<b>14 12:45 The Virginia Mysteries- Reading with Jim (GA)</b> 1:00 Open Swim* (CP) 2:15 Exercises w/WS (BR) 2:45 Drum Circle (BR) 6:30 <i>Movie: Bury My Heart at Wounded Knee (TV 971)</i>	<b>15 9:30 Stretch &amp; Flow (TV 971)</b> <b>11:30 Lunch at the Highlands &amp; Celtic Spirituality Program* (TE)</b> <b>12:45 Classic Novel Reading With Nancy (GA)</b> 3:00 Piano with Dotty (Terrace - 1st floor)	<b>16 Mae Guthrie’s Birthday</b> 10:30 Chapel Worship Service (TV 971) 2:15 Exercises w/ WS (BR) <b>3:30 Piano Performance with Ruth (BR)</b> 6:30 <i>Lewis and Clark: Great Journey West (TV 971)</i>	<b>17 St. Patrick’s Day</b> 11:00 Exercises (TV 971) <b>12:45 Reading with Jim (GA)</b> 1:30 Swim Class* (CP) <b>1:15 St. Patrick’s Day Party (BR)</b> 3:00 Bingo (BR)	<b>18 10:00 Seated Exercise Class (TV 971)</b> <b>10:30 Chaplain Gathering</b> With Chaplain Pat (Galway Room) <b>1:00 Chess Club (BR)</b>
<b>19 9:00 Chapel Worship Service (TV 971)</b> 1:00 <i>Movie: The Five People You Meet in Heaven (TV 971)</i> 6:45 Chapel Worship Service (TV 971)	<b>20 First Day of Spring</b> 10:00 Exercises (TV 971) 10:15 Manicures (call Cari at x8225 for appt.) <b>1:00 Bingo (BR)</b> <b>2:00 Shenandoah Park Scenic Drive* (LVP)</b>	<b>21 10:30 Pet Therapy Visits</b> with Virginia & Dora** <b>12:45 The Virginia Mysteries- Reading with Jim (GA)</b> 1:00 Open Swim* (CP) 2:15 Exercises w/ WS (BR) 2:45 Sing Along (BR) 6:30 <i>The Blind Side (TV 971)</i>	<b>22 8:30 Outdoor Time of Prayer**</b> 9:30 Stretch & Flow (TV 971) <b>10:00 Ladies Shopping Trip to Target* (LVP)</b> <b>12:45 Classic Novel Reading With Nancy (GA)</b> 3:30 Giant Crossword (BR)	<b>23 10:30 Chapel Worship Service (TV 971)</b> 2:15 Exercises w/ WS (BR) <b>3:30 Short Story Reading- “Song of the Swallows“ (BR)</b> 6:30 <i>American History Series: Ellis Island (TV 971)</i>	<b>24 10:30 Morning Bingo (BR)</b> 11:00 Exercises (TV 971) <b>12:45 The Virginia Mysteries- Reading with Jim (GA)</b> 1:30 Swim Class* (CP) <b>1:15 Trip to the JMU Planetarium* (TE)</b>	<b>25 10:00 Seated Exercise Class (TV 971)</b> <b>10:30 Chaplain Gathering</b> With Chaplain Pat (Galway Room) <b>1:00 Chess Club (BR)</b>
<b>26 9:00 Chapel Worship Service (TV 971)</b> <b>10:30 Brain Games (BR)</b> 12:30 Terrace Visits (TR) 1:00 <i>Turner &amp; Hooch (TV971)</i> 6:45 Chapel Worship Service (TV 971)	<b>27 10:00 Exercises (TV 971)</b> 10:15 Manicures (call Cari at x8225 for appt.) <b>1:00 Bingo (BR)</b> <b>2:30 Ice Cream Trip to Kline’s* (LVP)</b>	<b>28 10:30 Easter Arts &amp; Crafts</b> (Bethel Room) <b>12:45 Reading with Jim (GA)</b> 1:00 Open Swim* (CP) 2:15 Exercises w/WS (BR) 2:45 Drum Circle (BR) 6:30 <i>Honey, I Shrunk the Kids (TV971)</i>	<b>29 8:30 Outdoor Time of Prayer**</b> 9:30 Stretch & Flow (TV 971) <b>10:00 Scenic Ride* (LVP)</b> <b>12:45 Classic Novel Reading With Nancy (GA)</b> 3:30 Giant Crossword Group Game (BR)	<b>30 10:30 Chapel Worship Service (TV 971)</b> 2:15 Exercises w/ WS (BR) <b>3:30 Piano Performance with Ruth (MO—3rd floor)</b> 6:30 <i>The Story of Queen Elizabeth (TV 971)</i>	<b>31 11:00 Exercises (TV971)</b> <b>12:45 The Virginia Mysteries- Reading with Jim (GA)</b> 1:30 Swim Class* (CP) <b>3:00 Bingo (BR)</b>	For schedule updates, check bulletin boards and TV 970.  All outings are weather permitting. Activities last 30+minutes