




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="color: gold; font-size: 2em; margin: 0;">MARCH 2019</h1> <h2 style="color: green; font-size: 1.5em; margin: 0;">Arleigh Burke Pavilion Assisted Living</h2>					1	2
					10:00 News & Views SB 10:30 Linked Senior SB 10:30 Catholic Service MPR 11:00 Fitness with George PS 11:30 Trivia Challenge PS 1:30 Special Feature: PS <i>Titanic</i>	10:00 Extra, Extra SB 10:30 Health & Fitness: SB Deep in the Heart of TX 11:00 Arts & Crafts: SB Hand Warmers 1:30 Movie Matinee: MPR <i>TBA</i> (soda & popcorn provided) 4:00 March Hit Songs SB 4:00 Catholic Mass VH
3	4	5 <i>MARDI GRAS</i>	6	7	8	9
10:00 Yoga with Kevin PS 10:30 Daily Chronicle PS 11:00 Music with Roberta PS 1:30 Movie Matinee: MPR <i>The Greatest Showman</i> 3:30 B I N G O PS 4:30 Star of the Month: SB Ann Margaret	10:00 Extra, Extra SB 10:30 Economics Quiz SB 11:45 Fitness with George GAL 1:30 Movie Matinee: <i>A</i> MPR <i>Streetcar Named Desire</i> 2:00 Paro Visits 3:00 Board & Card Games GAL 4:00 Family Musical Groups PS	10:00 Daily Chronicle SB 10:30 Fit & Trim SB 11:00 Mardi Gras History & Trivia SB 1:30 Book Club: <i>The Nightingale</i> SB 2:15 Travel Destination: SB New Orleans 3:00 Happy Hour LR 4:00 Traditional Mardi Gras Music SB 	10:00 News & Views SB 10:30 Lent 101 SB 11:45 Fitness with George GAL 1:30 Basketball SB 2:00 Cooking Demo: GAL Swiss Treats 3:00 Spiritual Enrichment with Scott PS 4:00 Concert w/Chris Edwards DR	10:00 Groove with Karen SB 10:30 Daily Gazette SB 11:00 Country of the Month: SB Switzerland 1:30 Movie Matinee: TH <i>Imitation of Life</i> 2:00 Glamour Nails GAL 3:00 B I N G O PS 4:00 Wine & Cheese LR 4:00 Johann Sebastian Bach SB	10:00 News & Views SB 10:30 Linked Senior SB 10:30 Catholic Service MPR 11:00 Fitness with George PS 11:30 Barbie & Ken Fun Facts PS 1:30 Documentary: <i>RBG</i> SB 2:30 Basketball SB 3:00 Book Club: SB <i>The Nightingale</i> 4:00 Concert w/Carol Chandler PS	10:00 Extra, Extra SB 10:30 Health & Fitness: SB Deep in the Heart of TX 11:00 McLean Presbyterian Church SB 1:30 Movie Matinee: MPR <i>Grumpy Old Men</i> (soda & popcorn provided) 4:00 Mitch Miller Sing Along SB 4:00 Catholic Mass VH
10	11	12	13	14	15	16
10:00 Yoga with Kevin SB 10:30 Daily Chronicle SB 11:00 Drama Club: A Friend in Need SB 1:30 Movie Matinee: MPR <i>Finian's Rainbow</i> 3:30 B I N G O PS 4:30 Hymn Sing DR 	10:00 Extra, Extra SB 10:30 Brain Training SB 11:45 Fitness with George GAL 1:30 Movie Matinee: TH <i>TBA</i> 2:00 Paro Visits 3:00 Board & Card Games GAL 4:00 Songs by Neil Sedaka SB	10:00 Daily Chronicle SB 10:30 Fit & Trim SB 11:00 Group Jeopardy SB 1:30 Book Club: <i>The Nightingale</i> SB 2:15 Arts & Crafts: PS Mason Jar Sun Catchers 3:00 Happy Hour LR 4:00 Virtual Concert SB	10:00 News & Views SB 10:30 Be a Good Samaritan SB 11:45 Fitness with George GAL 1:30 Corn Hole SB 2:00 Party at the Alpine Inn PS 3:00 Spiritual Enrichment with Scott PS 3:00 Corn Hole Tournament CB 4:00 Concert w/Jerry Roman PS	10:00 Groove with Karen SB 10:30 Daily Gazette SB 11:00 Juliette Gordon Low SB 1:30 Scenic Drive PS 1:30 Movie Matinee: TH <i>Doctor Zhivago</i> 2:00 Glamour Nails GAL 3:00 B I N G O PS 4:00 Wine & Cheese LR 4:00 Concert w/Kendra Holt DR	10:00 News & Views SB 10:30 Linked Senior SB 10:30 Catholic Service MPR 11:00 Fitness with George PS 11:30 Rosie the Riveter PS 1:30 Documentary: <i>An Inconvenient Truth</i> SB 2:30 Surprise Active Game SB 3:00 Book Club: <i>The Nightingale</i> SB 4:00 Concert w/Brian R. PS	10:00 Extra, Extra SB 10:30 Health & Fitness: SB Deep in the Heart of TX 11:00 Concert with Langley Band DR 1:30 Movie Matinee: MPR <i>Grumpier Old Men</i> (soda & popcorn provided) 4:00 Virtual DJ 4:00 Catholic Mass VH

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
17	ST PATRICK'S DAY	18		19		20	FIRST DAY OF SPRING	21		22		23	
10:00	Yoga with Kevin SB	10:00	Extra, Extra SB	10:00	Daily Chronicle SB	10:00	News & Views SB	10:00	Groove with Karen SB	10:00	News & Views SB	10:00	Extra, Extra SB
10:30	Daily Chronicle SB	10:30	Psychology of Perfumes SB	10:30	Fit & Trim SB	10:30	Purim: A Joyous Jewish Holiday SB	10:30	Daily Gazette SB	10:30	Linked Senior SB	10:30	Health & Fitness: SB
11:00	St. Patrick's Day Traditions SB	11:45	Fitness with George GAL	11:00	Smithsonian Art Speaker MPR	11:45	Fitness with George GAL	11:00	Winemaker Julio Gallo SB	11:00	Catholic Service MPR	11:00	Deep in the Heart of TX SB
1:30	Movie Matinee: TBA MPR	1:30	Movie Matinee: TBA TH	1:30	Book Club: <i>The Nightingale</i> SB	1:30	Balloon Badminton SB	11:30	Lunch Outing: Four Provinces TH	11:30	Fitness with George PS	11:30	McLean Presbyterian Church SB
3:30	BINGO PS	2:00	Paro Visits	2:15	Arts & Crafts: Guest Presenter GAL	2:00	Cooking Demo: Purim Dessert PS	1:30	Movie Matinee: <i>The Graduate</i> TH	11:30	Sports Trivia PS	1:30	Movie Matinee: TBA MPR
4:30	Irish Music PS	3:00	Board & Card Games GAL	3:00	Happy Hour LR	3:00	Spiritual Enrichment with Scott PS	2:00	A & C: Adult Coloring PS	1:30	Documentary: TBA SB	1:30	(soda & popcorn provided)
		4:00	Virtual DJ SB	4:00	Staff Choice SB	4:00	Concert w/Bob Rosenbaum DR	3:00	BINGO PS	2:30	Shuffleboard PS	4:00	Kim's Choice SB
								4:00	Concert w/Bill Bickham PS	3:00	Book Club: <i>The Nightingale</i> SB	4:00	Catholic Mass VH
24		25		26		27		28		29		30	
10:00	Yoga with Kevin PS	10:00	Extra, Extra SB	10:00	Daily Chronicle SB	10:00	News & Views SB	10:00	Groove with Karen SB	10:00	News & Views SB	10:00	Extra, Extra SB
10:30	Daily Chronicle PS	10:30	A Day in the Life of a Future City SB	10:30	Fit & Trim SB	10:30	Cherry Blossoms SB	10:30	Daily Gazette SB	10:30	Linked Senior SB	10:30	Health & Fitness: SB
11:00	Unveiled Voices by Anna Aslin Cohen MPR	11:45	Fitness with George GAL	11:00	Concert with Doug Pollack PS	11:45	Fitness with George GAL	11:00	Resident Meeting LR	11:00	Catholic Service MPR	11:00	Deep in the Heart of TX SB
1:30	Movie Matinee: TBA MPR	1:30	Movie Matinee: TBA TH	1:30	Book Club: <i>The Nightingale</i> SB	1:30	Random Trivia SB	1:30	Movie Matinee: <i>East of Eden</i> TH	11:30	Fitness with George PS	11:00	Concert with the Langley Band DR
3:30	BINGO PS	2:00	Paro Visits	2:15	Cooking Demo: Waffle Treats SB	1:30	Globe Toss SB	1:30	Movie Matinee: <i>East of Eden</i> TH	1:30	History of Walmart PS	1:30	Movie Matinee: TBA MPR
4:30	Virtual DJ SB	3:00	Board & Card Games GAL	3:00	Happy Hour LR	2:00	Monthly Birthday Party PS	2:00	Glamour Nails GAL	1:30	Documentary: TBA SB	1:30	(soda & popcorn provided)
		4:00	Concert w/Jeff Levin DR	4:00	James Taylor Tunes SB	3:00	Spiritual Enrichment with Scott PS	3:00	BINGO PS	2:30	Skeetball PS	4:00	Resident Choice SB
						4:00	New Dominion Chorale DR	4:00	Wine & Cheese LR	3:00	Book Club: <i>The Nightingale</i> SB	4:00	Catholic Mass VH
								4:00	Concert w/Greg Lupton DR	4:00	Virtual Concert PS		
31		      <p>COUNTRY OF THE MONTH: SWITZERLAND</p> <p>Any additions or deletions to the activity calendar will be posted on the daily flyer.</p>										31	
10:00	Yoga with Kevin PS											31	
10:30	Daily Chronicle PS											31	
11:00	TED TALK: Benefits of Sleep MPR											31	
1:30	Movie Matinee: TBA MPR											31	
3:30	BINGO PS											31	
4:30	Hymn Sing SB											31	
												<p>LEGEND</p> <p>CB Community Building (3rd Floor)</p> <p>VH Vinson Hall (Penthouse Level)</p> <p>DR Dining Room (1st Floor)</p> <p>GAL Galley (1st Floor)</p> <p>LR Living Room (1st Floor)</p> <p>MPR Multi-Purpose Room (2nd Floor)</p> <p>PAT Patio (Off Galley on 1st Floor)</p> <p>PS Portside (2nd Floor 400 Unit)</p> <p>SB Starboard (2nd Floor 300 Unit)</p> <p>TH Theater (1st Floor)</p> <p>BIS Bistro (2nd Floor of CB)</p> 	

