

# MARCH 2024

In like a lion and out like a lamb!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>B</b> - Bistro, L <b>C</b> - Club Room, L2 <b>GR</b> - Great Room, L1 <b>JK</b> - Josephine's Kitchen, L1 <b>L</b> - Library, L2 <b>SR</b> - Screening Room, L2 <b>TF</b> - Town Hall Foyer, L1 <b>TH</b> - Town Hall, L1</p>	<p>So many things going on and so little room on this calendar! A complete listing of activities can be viewed on our Share App, channel 104 on residents' televisions with Sr. TV, and on the posted daily schedule.</p>	<p>"One Christmas, my father kept our tree up till March. He hated to see it go. I loved that." — Mo Rocca</p>	<p>"Flowers and colours everywhere, I am so glad that March is here." — Anamika Mishra</p>	<p>"Daffodils, That come before the swallow dares, and take The winds of March with beauty." — William Shakespeare</p>	<p><b>1</b> <b>TH</b> 9:30 Weights &amp; Pilates with Ed <b>TH</b> 10:30 <b>Spiritual Wellness</b> <b>GR</b> 12:00 Diane at the Piano <b>TH</b> 1:30 <b>Stone Age Doc: Medicine's Greatest Controversies</b> <b>TH</b> 3:00 <b>How to Draw It</b> <b>SR</b> 7:00 Movie</p>	<p><b>2</b> <b>TH</b> 9:00 Saturday Stretch w/ Jason 10:00 Errand Shuttle <b>GR</b> 12:00 Diane at the Piano <b>SR</b> 1:30 <b>Our Planet II: World on the Move</b> <b>TH</b> 1:30 BINGO <b>GR</b> 3:00 <b>Stage Door Dancers</b> 3:45 <b>Mass at St. John's the Evangelist</b> <b>SR</b> 7:00 Movie</p>
<p><b>3</b> <b>TH</b> 9:00 Gentle Chair Yoga 9:30 Worship at SB Pres Church <b>GR</b> 10:00 <b>SB Presbyterian Community Service Day</b> <b>TH</b> 10:30 Catholic Mass with Communion <b>SR</b> 1:30 <b>Oscar Movie: Past Lives</b> <b>TH</b> 3:00 Jeopardy with Jose <b>SR</b> 7:00 Movie</p>	<p><b>4</b> <b>TH</b> 9:30 Pilates Ball w/ Jose <b>TH</b> 10:30 Stretching w/ Jason <b>TH</b> 1:30 <b>Music Appreciation - Composed in Ireland</b> <b>TF</b> 2:45 Yarn &amp; Shenanigans <b>SR</b> 7:00 Movie</p>	<p><b>5</b> <b>CINCO de MARCHO</b> <b>C</b> 9:15 <b>BRIDGE</b> <b>TH</b> 10:30 Hand Weights w/ ED <b>C</b> 1:30 MAHJONG <b>TH</b> 1:30 BINGO <b>B</b> 2:30 <b>Chef Chat and Chow</b> 3:30 Activity Chat with Clare <b>TF</b> 4:00 Catholic Communion Service</p>	<p><b>6</b> <b>National Oreo Day</b> <b>TH</b> 9:30 Balance &amp; Mobility with Ed <b>TH</b> 10:30 Cardio w/ Jason 1:00 <b>Encinitas Village Shopping</b> 1:30 Shopping <b>TH</b> 3:00 <b>WDW: OREO &amp; Wine Pairings</b> <b>SR</b> 7:00 Movie</p>	<p><b>7</b> <b>TH</b> 10:30 Balance &amp; Mobility w/ Jason <b>C</b> 1:30 MAHJONG <b>TH</b> 1:30 BINGO <b>B</b> 3:00 <b>Happy Hour with Music Station</b> <b>GR</b> 4:00 Tech Assistance <b>SR</b> 7:00 Movie</p>	<p><b>8</b> <b>TH</b> 9:30 Weights &amp; Pilates with Ed <b>TH</b> 10:30 <b>Spiritual Wellness</b> <b>GR</b> 12:00 Diane at the Piano 1:30 Walk in the Park <b>TH</b> 3:00 <b>Cafe Gratitude/Show &amp; Tell</b> <b>SR</b> 7:00 Movie</p>	<p><b>9</b> <b>TH</b> 9:00 Saturday Stretch w/ Jason 10:00 Errand Shuttle <b>GR</b> 12:00 Diane at the Piano <b>SR</b> 1:30 <b>Our Planet II: Following the Sun</b> <b>TH</b> 1:30 BINGO 2:00 <b>North Coast Symphony Orchestra</b> 3:45 <b>Mass at St. John's the Evangelist</b> <b>SR</b> 7:00 Movie</p>
<p><b>10</b> <b>Ramadan Begins</b> <b>TH</b> 9:00 Gentle Chair Yoga 9:30 Worship at SB Pres Church <b>SR</b> 9:45 Presbyterian Service <b>TH</b> 10:30 Catholic Mass with Communion <b>SR</b> 1:30 <b>Oscar Movie: Oppenheimer</b> <b>GR</b> 2:30 <b>Acoustic Guitar w/ Christian</b> <b>B</b> 4:00 The Oscars Watch <b>SR</b> 7:00 Movie</p>	<p><b>11</b> <b>TH</b> 9:30 Pilates Ball w/ Jose <b>TH</b> 10:30 Stretching w/ Jason <b>TH</b> 1:30 <b>Music Appreciation - The Evolution of Western Music</b> <b>TF</b> 2:45 Yarn &amp; Shenanigans <b>SR</b> 7:00 Movie</p>	<p><b>12</b> <b>C</b> 9:15 <b>BRIDGE</b> <b>TH</b> 10:30 Hand Weights w/ ED <b>C</b> 1:30 MAHJONG <b>TH</b> 1:30 BINGO <b>TH</b> 3:00 <b>Crafternoon Delight!</b> <b>TF</b> 4:00 Catholic Communion Service <b>SR</b> 7:00 Movie</p>	<p><b>13</b> <b>TH</b> 9:30 Balance &amp; Mobility with Ed <b>TH</b> 10:30 Cardio w/ Jason 12:30 <b>Hospice of the NC Thrift/Homegoods</b> 1:30 Shopping <b>TH</b> 3:15 <b>Life and Times of Queen Elizabeth II</b> <b>SR</b> 7:00 Movie</p>	<p><b>14</b> <b>3.14 PIE DAY</b> <b>TH</b> 10:30 Balance &amp; Mobility w/ Jason <b>C</b> 1:30 MAHJONG <b>TH</b> 1:30 BINGO <b>B</b> 2:00 California Connect Demo <b>B</b> 3:00 Happy Hour with Vincent <b>GR</b> 4:00 Tech Assistance <b>SR</b> 7:00 Movie</p>	<p><b>15</b> <b>TH</b> 9:30 Weights &amp; Pilates with Ed <b>TH</b> 10:30 <b>Spiritual Wellness</b> <b>GR</b> 12:00 Diane at the Piano 1:30 Walk in the Park <b>TF</b> 3:00 Penny for your Poem <b>SR</b> 7:00 Movie</p>	<p><b>16</b> <b>TH</b> 9:00 Saturday Stretch w/ Jason 10:00 Errand Shuttle <b>GR</b> 12:00 Diane at the Piano <b>SR</b> 1:30 <b>Our Planet II: The Next Generation</b> <b>TH</b> 1:30 BINGO 3:45 <b>Mass at St. John's the Evangelist</b> <b>SR</b> 7:00 Movie</p>

# MARCH 2024

## In like a lion and out like a lamb!



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
17	St. Patrick's Day	18		19	Spring Begins	20		21		22		23	
TH	9:00 Gentle Chair Yoga 9:30 Worship at SB Pres Church	TH	9:30 Pilates Ball w/ Jose 10:30 Stretching w/ Jason 1:30 Music	C	9:15 BRIDGE 10:30 Hand Weights w/ ED	TH	9:30 Balance & Mobility with Ed 10:30 Cardio w/ Jason 10:30 Lunch at Claire's on Cedros 1:30 Shopping 3:00 Resident Meeting 7:00 Movie	TH	National Flower Day 10:30 Balance & Mobility w/ Jason 1:30 MAHJONG 1:30 BINGO 3:00 Happy Hour with AI 4:00 Tech Assistance 7:00 Movie	TH	9:30 Weights & Pilates with Ed 10:30 Spiritual Wellness 12:00 Diane at the Piano 1:30 Walk in the Park 3:00 Art of Devotion-SD Museum 7:00 Movie	TH	9:00 Saturday Stretch w/ Jason 10:00 Errand Shuttle 12:00 Diane at the Piano 1:30 Our Planet II: Freedom to Roam 1:30 BINGO 3:45 Mass at St. John's the Evangelist 7:00 Movie
SR	9:45 Presbyterian Service		2:30 Old Testament Easter Prophecies Fulfilled 2:45 Yarn & Shenanigans 7:00 Movie	TH	1:30 MAHJONG 1:30 BINGO 3:00 The Spirited Book Club 4:00 Catholic Communion Service 7:00 Movie								
TH	10:30 Catholic Mass with Communion												
JK	11:00 Traditional Irish Fare												
GR	11:00 Wee Clan Rince Dancers												
SR	1:30 Matinee: The Quiet Man												
TH	3:00 Jeopardy with Jose												
24		25	Holi	26		27		28		29	Good Friday	30	
TH	9:00 Gentle Chair Yoga 9:30 Worship at SB Pres Church	TH	9:30 Pilates Ball w/ Jose 10:30 Stretching w/ Jason 1:30 Music	C	9:15 BRIDGE 10:30 Hand Weights w/ ED	TH	9:30 Balance & Mobility with Ed 10:15 Carlsbad Outlet Mall/Flower Fields 10:30 Cardio w/ Jason 1:30 Shopping 3:00 Chat with Wes 7:00 Movie	TH	BASEBALL OPENING DAY! 10:30 Balance & Mobility w/ Jason 1:10 Padres vs, Giants PARTY! 1:30 MAHJONG 1:30 BINGO 3:00 Happy Hour with Robert Parker 4:00 Tech Assistance 7:00 Movie	TH	9:30 Weights & Pilates with Ed 10:30 Spiritual Wellness 12:00 Diane at the Piano 12:30 Hot Cross Buns History/Demo 1:30 Walk in the Park 3:00 Stations of the Cross 4:00 March BDAY Dinner 7:00 Movie	TH	9:00 Saturday Stretch w/ Jason 10:00 Errand Shuttle 12:00 Diane at the Piano 1:30 Our Planet II: One Planet 1:30 BINGO 3:45 Mass at St. John's the Evangelist 7:00 Movie
SR	9:45 Presbyterian Service		2:45 Yarn & Shenanigans 7:00 Movie	C	1:30 MAHJONG 1:30 North Coast Rep Theatre - Harriet Tubman 1:30 BINGO 3:00 Bubbles, Baubles, and Beads 4:00 Catholic Communion Service 7:00 Movie								
TH	10:30 Catholic Mass with Communion			TH	1:30 BINGO 3:00 Bubbles, Baubles, and Beads 4:00 Catholic Communion Service 7:00 Movie								
SR	1:30 Oscar Movie: The Woman King												
TH	3:00 Jeopardy with Jose												
SR	7:00 Movie												
31	Easter												
TH	9:00 Gentle Chair Yoga 9:30 Worship at SB Pres Church	"In March the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground." — John Steinbeck		"Springtime is the land awakening. The March winds are the morning yawn." — Lewis Grizzard		"I love March as it gives me hope that new beginnings are always beautiful." — Anamika Mishra		"March was an unpredictable month, when it was never clear what might happen. Warm days raised hopes until ice and grey skies shut over the town again." — Tracy Chevalier		"Only those with tenacity can march forward in March." — Ernest Agyemang Yeboah		"March comes in with an adder's head, and goes out with a peacock's tail." — Richard Lawson Gales	
SR	9:45 Presbyterian Service												
TH	10:30 Catholic Mass with Communion												
JK	11:00 Easter Brunch												
GR	11:00 Piano Concert with AI												
SR	1:30 Matinee: Easter Parade												
TH	3:00 Jeopardy with Jose												
SR	7:00 Movie												