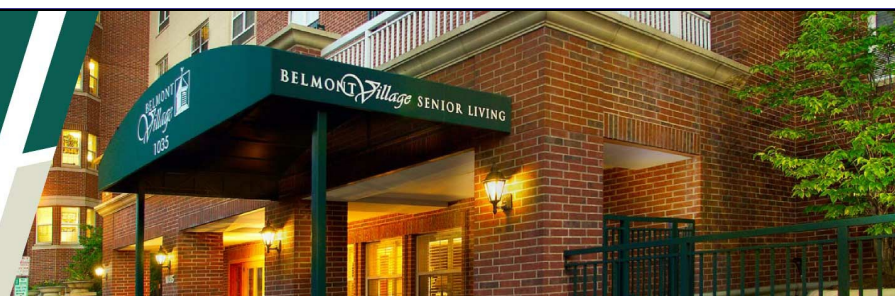


MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women American Artists; Kara Walker, silhouettes and sculptures TH 10:30 When Food Makes History: Cornflakes BI 1:00 Seated Exercise With Bill GR 1:30 Sing Along with Greg TH 2:30 Belmont Village Bible Study: The	2 TH 9:30 Chair Yoga TH 10:00 Current Events: Local and International OT 11:00 St. Patrick's Day Parade BI 2:30 Scrabble BI 3:30 Bingo TH 6:00 Movie: NYAD (Netflix, 2 H, 1 M) - Oscar Nominee
3 TH 9:30 Documentary: Becoming Frederick Douglass (Prime, 55 M) TR 10:00 COMMUNION SERVICE - Ascension Catholic Church TH 1:00 Sunday Matinee: Judgement at Nuremberg, Pt1 (Prime 2 H 59 M) GR 3:00 Bingo with the Concierge!	4 TH 9:30 Wake-up Workout TH 10:00 Virtual Spanish with Cristian! BI 10:30 Photo Release Sign-Up BI 1:00 Slowfire Studios: Painting or Clay Sculpting TR 3:00 Poker TH 6:00 Movie: Rustin (Netflix, 1 H 48 M) - Oscar Nominee	5 TH 9:30 Fit and Flex TH 10:00 Mental Floss: World Wildlife Day TH 10:30 Who Wants to Be A Millionaire? TH 1:00 Strength Training BI 2:00 Monthly Dining Room Social BI 3:30 Bingo - B TH 6:00 Movie: The Trial of the Chicago 7 (Netflix, 2 H 10 M)	6 TH 9:30 Wake-up Workout BI 10:00 Jewelry Class TH 10:00 Mental Floss: Who, What, When and Where? TH 10:30 "Remember the Alamo!" Day TH 1:00 Parkinson's Exercise Class TR 2:00 Chess and Checkers GR 2:15 Wine and Cheese Social BI 3:30 Crossword Puzzles	7 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 TED Talk: Can nanoparticles help fight hunger? OT 1:30 Assisted Living Weekly Outing: Target BI 2:00 Meet and Greet with Carrie new DAMC BI 3:30 Travelogue Series- Welcome to Ireland	8 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women American Artists; The Photographs of Cindy Sherman TH 10:30 International Women's Day BI 1:00 Seated Exercise With Bill GR 1:30 Sing Along with Greg BI 3:30 Bingo TH 6:00 Movie: Society of	9 TH 9:30 Chair Yoga BI 10:00 Happy Birthday, Barbie TH 10:30 Ramadan Begins TH 1:00 Community Service: Doing Things to Benefit Others BI 3:30 Bingo TH 6:00 Performance by Trinity Irish Dance.
10 TH 9:30 Documentary: A Trip to Infinity (Netflix, 1H 19M) TR 10:00 COMMUNION SERVICE - Ascension Catholic Church TH 1:00 Sunday Matinee: Once Upon a Time in the West (Prime 2 H 46 M) GR 3:00 Bingo with the Concierge! TH 6:00 Sunday Matinee:	11 TH 9:30 Wake-up Workout TH 10:00 Virtual Spanish with Cristian! BI 1:00 Slowfire Studios: Painting or Clay Sculpting TR 3:00 Poker TH 6:00 Movie: Mudbound (Netflix 2 H 15 M)	12 TH 9:30 Fit and Flex TH 10:00 Mental Floss: Learn Indigenous History Day TH 10:30 Jeopardy - TH TH 12:50 Strength Training TH 1:30 Resident Council BI 3:45 Proviso East KEY Club TH 6:00 Movie: Hillbilly Elegy (Netflix, 1 H 57 M)	13 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women in the Military Day TH 10:30 Songs and Stories: James Taylor TH 1:00 Parkinson's Exercise Class TR 2:00 Chess and Checkers GR 2:15 Wine and Cheese Social BI 3:30 Crossword Puzzles TH 6:00 Movie: tick,	14 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 TED Talk: What the world can learn from Ukraine's fight for democracy OT 1:00 Assisted Living Weekly Outing: Walmart BI 1:00 Belmont Bazaar OT 1:30 Assisted Living Weekly Outing:	15 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women American Artists; The Paintings of Lee Krasner TR 10:00 Worship With Fair Oaks Presbyterian Church TH 10:30 Beware The Ides of March BI 1:00 Seated Exercise With Bill GR 1:30 St Patrick's Day	16 TH 9:30 Chair Yoga TH 10:00 Current Events TH 1:30 Low Vision Support Group: Share Experiences and Ideas with Other Residents BI 2:30 Scrabble BI 3:30 Bingo TH 6:00 Movie: The Adam Project (Netflix 1Hr 46min)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 St. Patrick's Day	18	19 Spring Begins	20	21	22	23
TH 9:30 Documentary: Dancing with the Birds (Netflix, 51 M) TR 10:00 COMMUNION SERVICE - Ascension Catholic Church TH 1:00 Sunday Matinee: The Good Shepard, Pt1 (Netflix 2 H 47 M) GR 3:00 Bingo with the Concierge! BI 5:00 2024 NCAA	TH 9:30 Wake-up Workout TH 10:00 Virtual Spanish with Cristian! BI 1:00 Slowfire Studios: Painting or Clay Sculpting TR 3:00 Poker TH 6:00 Movie: My All American (Netflix, 1 H 58 M)	TH 9:30 Fit and Flex BI 10:00 Mental Floss: Why The Spring Equinox Matters TH 10:00 Voters Assistance BI 10:30 Trivia TH 1:00 Strength Training BI 1:30 New Residents Q&A Meeting BI 3:00 Bingo - B TR 3:30 Poker TH 6:00 Movie: Kindergarten Cop (Netflix, 1 H 51 M)	TH 9:30 Wake-up Workout BI 10:00 Jewelry Class TH 10:00 Mental Floss: Star of the Month – Rex Harrison TH 10:30 Sing Along With Nat "King" Cole TH 1:00 Parkinson's Exercise Class TR 2:00 Chess and Checkers GR 2:15 Wine and Cheese Social BI 3:30 Crossword Puzzles	TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 TED Talk: How to solve the education crisis for boys and men OT 1:00 Assisted Living Weekly Outing: Amazon Fresh OT 1:30 Assisted Living Weekly Outing: Target	TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women American Artists; The Art of Ana Mendieta TH 10:30 Return of the Swallows BI 1:00 Seated Exercise With Bill GR 1:30 Sing Along with Greg BI 3:30 Bingo TH 6:00 Movie: It's Complicated	BI 9:30 Chair Yoga BI 10:00 The Selma Civil Rights March BI 10:30 Patrick Henry: Give Me Liberty... TR 11:00 Creative Crafters TH 1:00 Saturday Matinee: Jesus Christ Superstar (PRIME, 1 H 48 M) BI 3:30 Bingo 4:00 NCAA Basketball - 2nd Round Games - TBD
24	25 Holi	26	27	28	29 Good Friday	30
TH 9:30 Documentary: Brave Blue World: Racing to Solve our Water Crisis (Netflix, 50 M) TR 10:00 COMMUNION SERVICE - Ascension Catholic Church TH 1:00 Sunday Matinee: The Fiddler on the Roof, Pt1 (Prime 3 H) GR 3:00 Bingo with the	TH 9:30 Wake-up Workout TH 10:00 Virtual Spanish with Cristian! BI 1:00 Slowfire Studios: Painting or Clay Sculpting TR 3:00 Poker TH 6:00 Movie: The Electrical Life of Louis Wain (PRIME, 1 H 51 M)	TH 9:30 Fit and Flex TH 9:30 Creative Corner (Until Noon) BI 10:00 Mental Floss: Cornstarch Day, It's Many Uses BI 10:30 Jeopardy TH 1:00 Strength Training BI 3:45 Proviso East KEY Club TH 6:00 Movie: 12 Angry Men (Prime, 1 H 32 M)	TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Celebrate Holi TH 10:30 Women’s Empowerment Day TH 1:00 Parkinson's Exercise Class TR 2:00 Chess and Checkers GR 2:15 Wine and Cheese Social BI 3:30 Crossword Puzzles TH 6:00 Movie: The Man Who Shot Liberty	TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia OT 10:30 Assisted Living Weekly Outing: Chicago History Museum - TBD TH 10:30 TED Talk: What if a simple blood test could detect cancer? OT 1:30 Assisted Living Weekly Outing:	TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Women American Artists; The Sculpture of Louise Bourgeois TH 10:30 The Poetry of Robert Frost BI 1:00 Seated Exercise With Bill GR 1:30 Sing Along with Greg TH 2:30 Bible Study: Good Friday	TH 9:30 Chair Yoga - TH TH 10:00 Current Events: Local and International TH 1:30 Quirky Country Song Titles Day TH 2:00 Celebrate Weed Appreciation Day With Edible Weeds BI 3:30 Bingo BI 5:00 Elite 8 NCAA Basketball Games - TBD TH 6:00 Movie: The Sting
31 Easter						
TH 9:30 Documentary: Tom Hanks: The Nomad (Prime, 48 M) TR 10:00 COMMUNION SERVICE - Ascension Catholic Church JK 11:00 Easter Brunch GR 3:00 Bingo with the Concierge! TH 6:00 Sunday Matinee: The Great Gatsby - Robert Redford (Netflix 2 H 23 M)						