

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019



<p>8:30 WALKING TO WELLNESS 3 9:00 CHISHOLM HEIGHTS CHURCH SERVICE 10:00 LIGHT & LIVELY 10:30 CHRONICLES / NOSTALGIA 11:00 LOBBY SOCIAL 2:00 DOMINOS CLUB 4:00 COMMUNION</p>	<p>8:30 WALKING TO WELLNESS 4 9:00 DAILY BREAD DEVOTION 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:30 SENIOR CENTER 2:00 BINGO 3:00 DELANNA DOES NAILS 4:15 INSPIRATIONAL STORIES 7:00 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 5 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 WALMART / DOLLERTREE 10:30 MARY & FRIENDS 2:00 JEOPARDY TRIVIA 4:30 INSPIRATIONAL STORIES 6:30 EVENING EXERCISE <small>Mardi Gras</small></p>	<p>8:30 WALKING TO WELLNESS 6 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DOMINOS CLUB 2:00 BINGO 4:30 GATHAN GRAHAM'S MUSIC 6:00 LUTHERAN CHURCH 6:30 EVENING EXERCISE <small>Ash Wednesday</small></p>	<p>8:30 WALKING TO WELLNESS 7 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 PARLOR GAMES 2:00 FRESH FRUITS 4:30 STORIES OF INSPIRATION 6:00 CHISHOLM HEIGHTS 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 1 9:00 CORD & MARK DEVOTION 9:30 LIGHT & LIVELY 10:00 CHRONICLES / NOSTALGIA 2:00 BINGO 3:30 DOMINOS CLUB 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 2 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 2:00 HAPPY HOUR 3:00 PARLOR GAMES 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>
<p>8:30 WALKING TO WELLNESS 10 9:00 CHISHOLM HEIGHTS CHURCH SERVICE 10:00 LIGHT & LIVELY 10:30 CHRONICLES / NOSTALGIA 11:00 LOBBY SOCIAL 2:00 DOMINOS CLUB 4:00 COMMUNION</p> <p><small>Daylight Saving Time Begins</small></p>	<p>8:30 WALKING TO WELLNESS 11 9:00 DAILY BREAD DEVOTION 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:30 SENIOR CENTER 2:00 BINGO 4:15 INSPIRATIONAL STORIES 7:00 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 12 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 WALMART / DOLLERTREE 10:30 LOU TEMPLETON 2:00 JEOPARDY TRIVIA 4:30 INSPIRATIONAL STORIES 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 13 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DOMINOS CLUB 2:00 BINGO 3:30 ICE CREAM 4:00 STORIES OF INSPIRATION 6:00 LUTHERAN CHURCH 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 14 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DAVE CANTWELL 1:45 DAVE ROSCO 4:30 STORIES OF INSPIRATION 6:00 CHISHOLM HEIGHTS 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 15 9:00 CORD & MARK DEVOTION 9:30 LIGHT & LIVELY 10:00 CHRONICLES / NOSTALGIA 2:00 BINGO 3:15 ST. PATRICK DAY PARTY 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 16 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 2:00 HAPPY HOUR 3:00 PARLOR GAMES 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>
<p>9:00 CHISHOLM HEIGHTS CHURCH SERVICE 10:00 LIGHT & LIVELY 10:30 CHRONICLES / NOSTALGIA 11:00 LOBBY SOCIAL 1:00 WEST METRO CHURCH OF 2:00 DOMINOS CLUB 4:00 COMMUNION 4:30 GATHAN GRAHAM <small>St. Patrick's Day</small></p>	<p>8:30 WALKING TO WELLNESS 18 9:00 DAILY BREAD DEVOTION 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:30 SENIOR CENTER 2:00 BINGO 3:00 DELANNA DOES NAILS 4:15 INSPIRATIONAL STORIES 7:00 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 19 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 WALMART / DOLLERTREE 2:00 JEOPARDY TRIVIA 4:30 INSPIRATIONAL STORIES 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 20 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 CHAPLAIN KELLY MARTIN 2:00 BINGO 3:30 ICE CREAM 4:00 STORIES OF INSPIRATION 6:00 LUTHERAN CHURCH 6:30 EVENING EXERCISE <small>Spring Begins</small></p>	<p>8:30 WALKING TO WELLNESS 21 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 PARLOR GAMES 2:00 FRESH FRUITS 3:00 RESIDENT COUNCIL 4:30 STORIES OF INSPIRATION 6:00 CHISHOLM HEIGHTS 6:30 EVENING EXERCISE <small>Purim</small></p>	<p>8:30 WALKING TO WELLNESS 22 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DOMINOS CLUB 11:00 DANNY MILLER 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 23 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 2:00 HAPPY HOUR 3:00 PARLOR GAMES 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>
<p>8:30 WALKING TO WELLNESS 24 9:00 CHISHOLM HEIGHTS CHURCH SERVICE 10:00 LIGHT & LIVELY 10:30 CHRONICLES / NOSTALGIA 11:00 LOBBY SOCIAL 2:00 DOMINOS CLUB 4:00 COMMUNION</p>	<p>8:30 WALKING TO WELLNESS 25 9:00 DAILY BREAD DEVOTION 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:30 SENIOR CENTER 2:00 BINGO 4:15 INSPIRATIONAL STORIES 7:00 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 26 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 WALMART / DOLLERTREE 2:00 JEOPARDY TRIVIA 4:30 INSPIRATIONAL STORIES 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 27 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DOMINOS CLUB 1:30 CATHERINE FULLER 2:00 BINGO 4:00 STORIES OF INSPIRATION 6:00 LUTHERAN CHURCH 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 28 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 PARLOR GAMES 2:00 FRESH FRUITS 4:30 STORIES OF INSPIRATION 6:00 CHISHOLM HEIGHTS 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 29 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 10:00 DOMINOS CLUB 11:00 DANNY MILLER 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>	<p>8:30 WALKING TO WELLNESS 30 9:00 DAILY BREAD 9:15 CHRONICLES / NOSTALGIA 9:30 LIGHT & LIVELY 2:00 HAPPY HOUR 3:00 PARLOR GAMES 4:30 STORIES OF INSPIRATION 6:30 EVENING EXERCISE</p>
<p>8:30 WALKING TO WELLNESS 31 9:00 CHISHOLM HEIGHTS CHURCH SERVICE 10:00 LIGHT & LIVELY 10:30 CHRONICLES / NOSTALGIA 11:00 LOBBY SOCIAL 2:00 DOMINOS CLUB 4:00 COMMUNION</p>	<p style="text-align: center;">ARBOR HOUSE ASSISTED LIVING & MEMORY CARE</p>					

