

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|--|--|---|---|---|
| 10:00 St. Mark's Episcopal Livestream Service<br>2:30 Netflix Docuseries: Glitter & Gold Ice Dancing<br>4:00 Resident Gaming Hour<br>7:15 Evening Movie   | 10:00 Exercise & Balance<br><b>11:00 Philosophical Chat with Claire</b><br>2:00 Pour Paint Coasters<br>3:00 Written Word/Barbara<br>7:30 Evening Movie<br><br><small>Purim Begins</small> | 10:00 Movin to Music<br>11:00 Inn-Notes Singers<br>2:00 Studio Art with John<br>3:30 Blue Mind with Barbara<br>5:00 Rummikub Hour<br>7:30 Evening Movie  | <b>10:00 Yoga with Tamara</b><br>10:45 Scattagories<br>11:30 Resident Meeting<br>2:00 Afternoon Outdoor Stroll<br>3:00 Tea with a Twist<br>4:00 Resident Gaming Hour<br>7:30 Netflix Series: The Crown                     | <b>9:45 Tai Chi with Pat</b><br>10:45 Ted Talks Discussion<br>11:30 Guided Meditation<br>3:00 Jeopardy with Barbara<br>4:00 Sequence Gaming Hour<br>7:30 Evening Movie  | 9:30 Communion<br>10:00 Strength & Stretch<br>11:15 Resident Current Events<br>2:00 Meg's Memory Techniques<br>3:00 From Mao to Mozart DVD & discussion w/ Barbara<br>7:30 Evening Movie                              | 10:00 Chair Aerobics<br>11:00 Man on the Inside (Netflix)<br><b>1:30 Legos with Ethan</b><br>4:45 Mass at St. Aloysius<br>7:30 Evening Movie  |
| 10:00 St. Mark's Episcopal Livestream Service<br>2:30 Netflix Docuseries: Glitter & Gold Ice Dancing<br>4:00 Resident Gaming Hour<br>7:15 Evening Movie<br><br><small>Daylight Saving Time Begins</small> | 10:00 Exercise & Balance<br><b>11:00 Amy Murphy Carroll, Selectman speaks</b><br>2:00 A Game of 65<br><b>3:00 Wellness Talk with Christine Burns, RN</b><br>7:30 Evening Movie            | 10:00 Movin to Music<br>11:00 Inn-Notes Singers<br><b>12:00 Lunch Bunch: Ching's Table</b><br>2:00 Studio Art with John<br><b>3:30 NCHS Student Recital</b><br>7:30 Evening Movie                | <b>10:00 Yoga with Tamara</b><br><b>10:45 Mass with Father Franklin</b><br>11:30 Resident Meeting<br>2:00 Afternoon Outdoor Stroll<br>3:00 Tea with a Twist<br>4:00 Resident Gaming Hour<br>7:30 Netflix Series: The Crown | <b>9:45 Tai Chi with Pat</b><br><b>10:30 Frances the Pup</b><br>11:30 Guided Meditation<br>1:00 <b>Blood Pressure with Christine Burns RN</b><br>3:00 Finish Song Title with Barbara<br>4:00 Sequence Gaming Hour<br>7:30 Evening Movie | 9:30 Communion<br>10:00 Strength & Stretch<br>11:15 Resident Current Events<br><b>2:00-4:00 Library Techs</b><br>3:00 Meg's Memory Techniques<br><b>4:00 The Anam Cara Irish Dancers</b><br>5:00 Happy Hour           | 10:00 Chair Aerobics<br>11:00 Man on the Inside (Netflix)<br><b>1:00 Bingo with SLOBS</b><br><b>3:00 NCHS Students &amp; Board Games</b><br>4:45 Mass at St. Aloysius<br>7:30 Evening Movie |
| 10:00 St. Mark's Episcopal Livestream Service<br>2:30 Netflix Docuseries: Glitter & Gold Ice Dancing<br>4:00 Resident Gaming Hour<br>7:15 Evening Movie   | 10:00 Exercise & Balance<br><b>11:00 Learning about AI with Peter</b><br><b>1:15 Bag Pipes w/ Brenda</b><br>2:00 Crossword Club<br>3:00 Written Word/Barbara<br>7:30 Evening Movie        | 10:00 Movin to Music<br>11:00 Inn-Notes Singers<br>2:00 Studio Art with John<br>3:30 St. Pat/Man or Myth?<br>5:00 St. Pat's Party<br>7:30 Evening Movie<br><br><small>St. Patrick's Day</small>  | <b>10:00 Yoga with Tamara</b><br>10:45 Book Club<br>11:30 Resident Meeting<br>2:00 Afternoon Outdoor Stroll<br><b>3:00 Tea with a Twist/NCL</b><br>4:00 Resident Gaming Hour<br>7:30 Netflix Series: The Crown             | <b>9:45 Tai Chi with Pat</b><br>10:45 Ted Talks Discussion<br>11:30 Guided Meditation<br><b>2:30 Let's Talk w/Flannery: Andrew Carnegie</b><br>4:00 Sequence Gaming Hour<br>5:00 Paint and Sip<br>7:30 Evening Movie                    | 9:30 Communion<br>10:00 Strength & Stretch<br>11:15 Resident Current Events<br>2:30 First Day of Spring Stroll<br><b>4:00 NCHS Robot</b><br>5:00 Happy Hour<br>7:30 Evening Movie<br><br><small>Spring Begins</small> | 10:00 Chair Aerobics<br>11:00 Man on the Inside (Netflix)<br>2:30 Matinee<br>4:45 Mass at St. Aloysius<br>7:30 Evening Movie  |
| 10:00 St. Mark's Episcopal Livestream Service<br>2:30 Netflix Docuseries: Human: The World Within<br>4:00 Resident Gaming Hour<br>7:15 Evening Movie  | 10:00 Exercise & Balance<br><b>11:00 Non-Denominational Prayer/Meditation w/Daniel</b><br>2:00 Chair Yoga Dance<br>3:00 Written Word/Barbara<br>7:30 Evening Movie                        | 10:00 Movin to Music<br>11:00 Inn-Notes Singers<br>2:00 Studio Art with John<br>3:30 Staying Sharp with Barbara<br>4:00 Rummikub Hour<br><b>5:00 Peter Nicoletti/Piano</b><br>7:30 Evening Movie | <b>10:00 Yoga with Tamara</b><br>10:45 Music Biography: George Gershwin<br>11:30 Resident Meeting<br>2:00 Afternoon Outdoor Stroll<br>3:00 Tea with a Twist<br>4:00 Resident Gaming Hour<br>7:30 Netflix Series: The Crown | <b>9:45 Tai Chi with Pat</b><br><b>10:30 Frances the Pup</b><br>11:30 Guided Meditation<br>3:00 Word Detective/Barbara<br><b>4:00 Ghanian Drumming</b><br>7:30 Evening Movie  | 9:30 Communion<br>10:00 Strength & Stretch<br>11:15 Resident Current Events<br>2:30 Bocce Tournament<br><b>4:00 Cello/Viola Concert</b><br>5:00 Happy Hour<br>7:30 Evening Movie                                      | 10:00 Chair Aerobics<br>11:00 Man on the Inside (Netflix)<br>2:30 Matinee<br>4:45 Mass at St. Aloysius<br>7:30 Evening Movie  |
| 10:00 St. Mark's Episcopal Livestream Service<br>2:30 Netflix Docuseries: Human: The World Within<br>4:00 Resident Gaming Hour<br>7:15 Evening Movie<br><br><small>Palm Sunday</small>                    | 10:00 Exercise & Balance<br><b>11:00 Ned Monaghan</b><br>2:00 Journaling with Meg<br>3:00 Written Word/Barbara<br>7:30 Evening Movie  | 10:00 Movin to Music<br>11:00 Inn-Notes Singers<br>2:00 Studio Art with John<br>3:30 Bizet & Barbara<br>4:30 Rummikub Hour<br>7:30 Evening Movie   |  <h1 style="font-size: 4em; margin: 0;">March 2026</h1> <p style="font-size: 0.8em; margin: 0;">The Inn at Waveny</p>                 |   |   |   |