

# MARCH 2022

# The Actors Fund Home | Friedman Pavilion

SUN	MON	TUES	WEDS	THURS	FRI	SAT
		<p><u>Mardi Gras</u> 1</p> <p>11:15 History of Mardi Gras 3:15 Bowling 4:00 Rosary (Ch. 82)</p> 	<p><u>Ash Wednesday</u> 2</p> <p>10:45am Fun with Trivia! 3:00pm Afternoon Dance with Penny + 3:45 Ashes-Father Agung</p>	<p>3</p> <p>9:30 Poetry Readings 10:15 Sweat to the Oldies 2:15 Name 10 Game 3:00 Drama Therapy with Nicole</p>	<p>4</p> <p>9:45 Morning Social and Headlines 10:15 Disco Workout 1:45 Still Life Drawing 2:30 For Your Consideration: <i>Being the Ricardo's</i> 4:00 Shabbat (Ch. 82)</p>	<p>5</p> <p>10:15 Fitness Corner 3:30 Broadway News Highlights with Video: Broadway Highlights 4:00 Rosary (Ch. 82)</p>
<p>6</p> <p>9:00 Spiritual Music (Ch. 82) 10:30 Exercise Corner 11:00 Catholic Mass (Ch. 82) 3:45 You Be the Judge</p>	<p>7</p> <p>10:00 Aroma Therapy 3:00 Art Corner</p> 	<p>International Women's Day 8</p> <p>11:00 News &amp; Views 2:30 Recognizing Iconic Women in History 3:00 Afternoon Stretch 4:00 Rosary (Ch. 82)</p>	<p>9</p> <p>1:45 What Would You Do? 3:00 Afternoon Dance with Penny</p>	<p>Happy Birthday Tracey! 10</p> <p>9:30 Social Visits 2:30 Meditation with Phaedra</p> 	<p>11</p> <p>10:15 Seated Chair Yoga 1:45 Video: Great British Gardens 3:00 Art Studio with Jon 4:00 Shabbat (Ch. 82)</p>	<p>12</p> <p>10:15 Current Events 2:30 Hangman 4:00 Rosary (Ch. 82)</p>
<p><u>Daylight Savings Time Begins</u> 13</p> <p>9:00 Spiritual Music (Ch. 82) 10:00 Sing Along 1:00 Armchair Travel: Ireland 11:00 Catholic Mass (Ch. 82)</p>	<p>14</p> <p>9:30 Good Morning Stretch 10:00 Aroma Therapy 1:45 Men's Group 3:15 Poetry Reading</p>	<p>15</p> <p>11:00 March Trivia 3:30 March Madness Basketball 4:00 Rosary (Ch. 82)</p>	<p><u>Purim Begins at Sundown</u> 16</p> <p>10:45 Irish Blessings &amp; Limericks 3:00 Afternoon Dance w/Penny 3:45 Purim Social</p> 	<p>17</p> <p><u>Happy St. Patrick's Day</u> 10:15 Chair Exercise <u>1:45 St Patrick's Day Social</u></p>	<p>18</p> <p>10:15 Rhythm Circle 11:00 Seated Chair Yoga 2:00 Nail Care &amp; Hand Massages 4:00 Shabbat (Ch. 82)</p>	<p>19</p> <p>10:15 News and Views 3:30 Exercise Corner 4:00 Rosary (Ch. 82)</p>
<p><u>First Day of Spring!</u> 20</p> <p>9:00 Spiritual Music (Ch. 82) 10:00 Art Corner 11:00 Catholic Mass (Ch. 82) <u>2:00pm Spring Tea Party</u></p> 	<p>21</p> <p>9:30 Creative Corner: Tissue Flowers 1:45 Men's Group</p>	<p>22</p> <p>11:15 Balloon Slap 1:45 Pick n' Discuss 4:00 Rosary (Ch. 82)</p>	<p>24</p> <p>9:30 Good Morning Stretch 10:15 News and Views 1:45 Table Games 3:15pm Mediation with Phaedra</p>	<p>25</p> <p>11:00 Drama Therapy 1:45 Art Corner 3:15 Gardening Group</p>	<p>26</p> <p>10:15 Rhythm Circle 11:00 Seated Chair Yoga 1:45 Video: Broadway Musicals Songbook 3:30 News &amp; Views 4:00 Shabbat (Ch. 82)</p>	<p>27</p> <p>9:00 Spiritual Music (Ch. 82) 9:30 Morning Stretch 11:00 Catholic Mass (Ch. 82) 3:00 Word Games 3:45 Music Listening</p>
<p>27</p> <p>9:00 Spiritual Music (Ch. 82) 9:30 Morning Stretch 11:00 Catholic Mass (Ch. 82) 3:00 Word Games 3:45 Music Listening</p>	<p>28</p> <p>11:00 Zumba with Suzanne 1:45 Men's Group 3:00 Walking Club</p>	<p>29</p> <p>11:00 Morning Stretches 1:45 Guess That Famous Face 4:00 Rosary (Ch. 82)</p>	<p>30</p> <p>10:45 Poetry Readings 3:00 Afternoon Dance with Penny 3:45 The Rest of the Story</p>	<p>Baseball Opening Day 31</p> <p>9:30 Chair Exercise Video 11:00 Drama Therapy 2:00 Yogi Berra Biography &amp; Quotes</p>	<p><b>All activities are subject to change.</b> <b>Please refer to digital signs and/or channel 82 for updates!</b> <b>WINE WEDNESDAYS!</b> Join us for lunch in the dining room each Wednesday and have a complimentary glass of red or white wine.</p>	