

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please note: This calendar is a forecast only. Unforeseen changes may occur. Thank you in advance.</p>	<p style="text-align: center;">Location Key: PR: Potpourri Room LS: Le Salon DR: Dining Room P: Patio UP: Upper Patio</p>	<p>FD: Front Desk AC: Activity Center CR: Clinic Room SP: Swimming Pool TL: Terrace Lounge 3rd Floor</p>	<p>1 10:00 Cardio/Strength Class-P 11:00 Tech Talks - AC 01:00 Bingo with Neva-PR 02:15 Dr. Joseph Casciani Small Group Discussion - AC</p>	<p>2 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:30 Craft w/ Liz - AC 01:00 Play Bananagrams- AC 01:00 Chair Yoga - P 02:00 Armchair Travelers - AC 03:30 Happy Hour w/ Emil - LS</p>	<p>3 10:00 Cardio/Strength Class-P 11:00 Spanish Class w/ Liz - AC 01:00 Brain Teasers w/ Neva-AC 01:00 Poker - TL 02:15 OSHER Viewing - AC 06:30 Sabbath Service - LS 07:00 'Marvelous Mrs. Maisel' - AC</p>	<p>4 10:00 Qi Gong w/Al-P 01:00 Bingo w/Neva-PR 07:00 <i>Marie Antoinette</i> Movie Night- AC</p>
<p>5 08:30 Church Rides - FD 10:00 Fall Prevention Class - PR 11:30 Sunday Brunch-DR 01:00 Trip to La Jolla Village Square - FD 2:30 Niko Lovell & Sky Ladd - LS 07:00 Bible Videos w/ Bob - AC</p>	<p>6 10:00 Qi Gong w/Al-P 01:00 Bingo with Neva-PR 02:15 OSHER Viewing - AC 06:30 Canasta "hand and foot"- AC</p>	<p>7 9:30 Mindful Meditation - AC 10:00 Mahjongg - PR 10:00 Balance & Mobility-P 11:00 Tech Talks - AC 07:00 Shows w/ Marlene - AC</p>	<p>8 09:30 Shredding Day- AC 10:00 Cardio/Strength Class-P 11:00 Woman's Day Social-AC 01:00 Bingo with Neva-PR 02:00 Physical Therapy Presentation w/ Mano Feliciano- PR International Woman's Day</p>	<p>9 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:30 Craft w/ Liz - AC 01:00 Play Bananagrams- AC 01:00 Chair Yoga - P 02:00 Armchair Travelers - AC 03:30 Happy Hour w/ Glenn - LS</p>	<p>10 10:00 Cardio/Strength Class-P 11:00 Coffee w/ Kaity - AC 01:00 Brain Teasers w/ Neva-AC 01:00 Poker - TL 02:15 OSHER Viewing - AC 07:00 'Marvelous Mrs. Maisel' - AC</p>	<p>11 09:00 Trader Joe's-FD 10:00 Sprouts - FD 10:00 Qi Gong w/Al-P 01:00 Bingo w/Neva-PR 07:00 <i>American Hustle</i> Movie Night- AC</p>
<p>12 08:30 Church Rides - FD 11:30 Sunday Brunch-DR 01:00 Trip to Walmart - FD 07:00 Bible Videos w/ Bob - AC</p>	<p>13 10:00 Qi Gong w/Al-P 01:00 Bingo with Neva-PR 02:15 OSHER Viewing - AC 06:30 Canasta "hand and foot"- AC</p>	<p>14 9:30 Mindful Meditation - AC 10:00 Mahjongg - PR 10:00 Balance & Mobility-P 11:00 Tech Talks - AC 01:30 Life Stories - AC 02:30 Viewpoint - PR 07:00 Shows w/ Marlene - AC National Potato Chip Day</p>	<p>15 10:00 Cardio/Strength Class-P 11:00 Bible Study - LS 01:00 Bingo with Neva-PR 02:00 Activity Committee Meeting w/ Liz - AC</p>	<p>16 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:30 Craft w/ Liz- AC 01:00 Play Bananagrams- AC 01:00 Chair Yoga - P 02:00 Book club - AC 03:30 Happy Hour w/ Martin - LS</p>	<p>17 10:00 Cardio/Strength Class-P 11:00 St. Patrick's Day Celebration - AC 01:00 Brain Teasers w/ Neva-AC 01:00 Poker - TL 02:15 OSHER Viewing - AC 07:00 'Marvelous Mrs. Maisel' - AC</p>	<p>18 09:00 Trader Joe's-FD 10:00 Sprouts - FD 10:00 Qi Gong w/Al-P 01:00 Bingo w/ Neva-PR 07:00 <i>The Bucket List</i> Movie Night - AC</p>
<p>19 08:30 Church Rides - FD 11:30 Sunday Brunch-DR 01:00 Trip to Clairemont Town Square - FD 02:00 Scam Alert by SD Police - LS 07:00 Bible Videos w/ Bob -</p>	<p>20 10:00 Qi Gong w/Al-P 11:30 Day of Happiness Activity - AC 01:00 Bingo with Neva-PR 02:15 OSHER Viewing - AC 06:30 Canasta "hand and foot" - AC International Day of Happiness</p>	<p>21 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:00 Mahjongg - PR 11:00 Tech Talks - AC 01:00 Flower beds in Carlsbad - FD 07:00 Shows w/ Marlene - AC</p>	<p>22 10:00 Cardio/Strength Class-P 01:00 Bingo with Neva-PR 04:30 St. James - LS</p>	<p>23 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:30 Craft w/ Liz - AC 01:00 Play Bananagrams- AC 01:00 Chair Yoga - P 02:00 Armchair Travelers - AC 3:30 Happy Hour w/ Sezer - LS</p>	<p>24 10:00 Cardio/Strength Class-P 11:00 Spanish Class w/ Liz - AC 01:00 Bingo with Neva-PR 01:00 Brain Teasers w/ Neva - AC 01:00 Poker - TL 02:15 OSHER Viewing - AC 07:00 'Marvelous Mrs. Maisel' - AC</p>	<p>25 09:00 Trader Joe's-FD 10:00 Sprouts - FD 10:00 Qi Gong w/Al-P 01:00 Bingo w/Neva-PR 07:00 <i>All About Eve</i> Movie Night - AC</p>
<p>26 8:30 Church Rides - FD 11:30 Sunday Brunch-DR 01:00 Trip to Target - FD 07:00 Bible Videos w/ Bob - AC</p>	<p>27 10:00 Qi Gong w/Al-P 01:00 Bingo with Neva-PR 02:15 OSHER Viewing - AC 06:30 Canasta "hand and foot" - AC</p>	<p>28 9:30 Mindful Meditation - AC 10:00 Mahjongg - PR 10:00 Balance & Mobility-P 11:00 Tech Talks - AC 07:00 Shows w/ Marlene - AC</p>	<p>29 10:00 Cardio/Strength Class-P 11:00 Tech talks - AC 12:00 Birthday Lunch - DR 01:00 Bingo with Neva-PR 02:15 Library Presentation - PR</p>	<p>30 9:30 Mindful Meditation - AC 10:00 Balance & Mobility-P 10:30 Craft w/ Liz- AC 01:00 Play Bananagrams- AC 01:00 Chair Yoga - P 02:00 Armchair Travelers - AC 3:30 Happy Hour w/ David - LS</p>	<p>31 10:00 Cardio/Strength Class-P 01:00 Bingo with Neva-PR 01:00 Brain Teasers w/ Neva - AC 01:00 Poker - TL 02:15 OSHER Viewing - AC 07:00 'Marvelous Mrs. Maisel' - AC</p>	

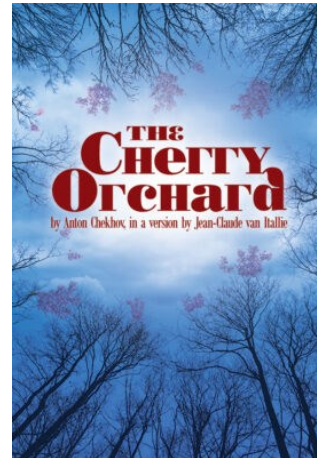
Highlights

On **Saturday, March 4th at 9am**, Liz will be taking a group on the bus to go Whale Watching. Transportation will be provided and walkers and scooters are welcomed on the bus and on the boat! Come enjoy a three hour tour.

Tickets: \$24. RSVP with Liz



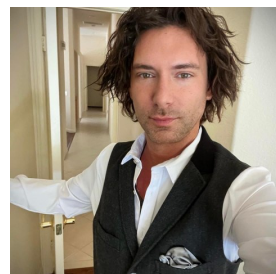
On **March 22nd at 2pm**, there will be a trip to the North Coast Rep for the show *Cherry Orchard*. Ticket cost is \$45. There are seats for those visually impaired as well as those with limited mobility. RSVP with Liz



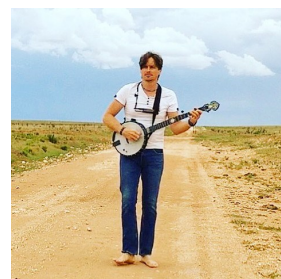
Thursday Happy Hour Entertainers



Emil
Violinist
Thursday, March 2nd
At 3:30 pm



Glenn
Pianist
Thursday, March 9
At 03:30 pm



Martin
Bango Player
Thursday, March 16
At 03:30 pm

Sezer
Kanun Player
Thursday, March 23
At 3:30 pm



David
Guitarist
Thursday, March 30
At 3:30 pm



2023 MONTHLY CALENDAR