

SUN	MON	TUE	WED	THUR	FRI	SAT							
11:00 AM Sunday Brunch (WS) 2:00 PM SUNDAY AFTERNOON MOVIE AT WOODSIDE	1	10:00 AM Stress Management And How it Affects Memory (WS) 1:00 PM Playreaders (WS) 1:00 PM Swing Dancing (WS) 7:00 PM MONDAY BLUES - TALL GRANITE BIG BAND (WS)	2	10:00 AM Cracker Barrel Coffee (WS) 10:30 AM Library Bus 1:00 PM Group Painting Hour (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:00 PM PRAYER SHAWL GROUP (WS) 1:00 PM Shopping Bus to Belknap Mall 1:30 PM Communion Service-St. Andre Besette (LV) 2:00 PM Blood Pressure Clinic (WS) 2:00 PM DOWNTON ABBEY SERIES (WS)	3	7:45 AM LADIES' BREAKFAST (WS) 7:45 AM Men's Breakfast (WS) 10:00 AM Cribbage Games (WS) 10:00 AM Memoirs Group (WS) 1:00 PM Heart Healthy Diets with Elizabeth White, RD (WS) 2:00 PM Care Management Nurse Office Hours (WS)	4	9:00 AM Shopping Bus: Hannaford's/Walmart 10:00 AM LPL BOOK DISCUSSION (WS) 1:00 PM Bridge Games (WS) 2:00 PM Chorus Rehearsal (TH)	5	Red Cross Blood Drive 11am-6pm 8:00 AM MAINE MINERAL MUSEUM TRIP 10:00 AM Bingo (TH) 10:00 AM Le Cercle Francais De Laconia (WS) 10:45 AM Meditation with Russ Jones (WS) 1:00 PM Mat Yoga with Russ Jones (WS) 4:30 PM Oasis Pub Night (WS) 7:00 PM FRIDAY MOVIE AT WOODSIDE - TITANIC (WS)	6	2:30 PM Music & Entertainment (LV) 7:00 PM Saturday Night Movie (WS)	7
Daylight Saving Time starts 11:00 AM Sunday Brunch (WS) 1:00 PM Church Services - United Baptist Church of Lakeport (LV) 2:00 PM SUNDAY AFTERNOON MOVIE AT WOODSIDE 3:00 PM 2020 Music Series: Jason Anick Trio (WS)	8	9:45 AM TRA Exec. Comm. (WS) 11:00 AM Resident Town Hall (WS) 1:00 PM Swing Dancing (WS) 6:30 PM MONDAY BLUES - KEN CLARK TRIO (WS)	9	10:00 AM Cracker Barrel Coffee (WS) 1:00 PM How to Strengthen Your Hands and Wrists (WS) 1:00 PM Group Painting Hour (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:00 PM Shopping Bus to Belknap Mall 2:00 PM Blood Pressure Clinic (WS) 2:00 PM DOWNTON ABBEY SERIES (WS) 6:30 PM DR. LAI PRESENTATION ON AGING (WS)	10	10:00 AM Cribbage Games (WS) 10:00 AM Memoirs Group (WS) 10:15 AM Bowling and Golf at Funspot! (Meet in the fitness room) 2:00 PM Care Management Nurse Office Hours (WS) 6:30 PM CBD AMERICAN SHAMAN (WS) 7:00 PM MUSICAL AT BB - BILLY ELLIOT (BB)	11	9:00 AM Shopping Bus: Hannaford's/Walmart 1:00 PM Bridge Games (WS) 3:00 PM WOODSIDE MOVIE - THE BLUES BROTHERS (WS)	12	10:00 AM Bingo (TH) 10:00 AM Le Cercle Francais De Laconia (WS) 10:45 AM Meditation with Russ Jones (WS) 1:00 PM Mat Yoga with Russ Jones (WS) 7:00 PM FRIDAY NIGHT MOVIE AT WOODSIDE - FINDING NEMO (WS)	13	2:00 PM Murray Academy of Irish Dance performance (WS) 2:30 PM Music & Entertainment (LV) 7:00 PM Saturday Night Movie (WS)	14
11:00 AM Sunday Brunch (WS) 11:15 AM Church Services - Laconia Congregational Church (LV) 2:00 PM SUNDAY AFTERNOON MOVIE AT WOODSIDE	15	1:00 PM Playreaders (WS)	16	St. Patrick's Day 10:00 AM Cracker Barrel Coffee (WS) 10:30 AM Library Bus 1:00 PM Group Painting Hour (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:00 PM PRAYER SHAWL GROUP (WS) 1:00 PM Shopping Bus to Belknap Mall 2:00 PM Blood Pressure Clinic (WS) 2:00 PM DOWNTON ABBEY SERIES (WS) 2:00 PM Pool Committee Meeting (WS) 6:30 PM MARCH BALLET - RHAPSODY AND THE TWO PIGEONS (WS)	17	10:00 AM Cribbage Games (WS) 10:00 AM Memoirs Group (WS) 2:00 PM Care Management Nurse Office Hours (WS) 2:00 PM MARCH FOREIGN FILM - BLUE MOON (WS) 5:00 PM ST PATRICK'S DAY DINNER & PROGRAM (WS)	18	Spring Equinox 2020 Census Assistance 10am-2pm, WS 9:00 AM Shopping Bus: Hannaford's/Walmart 1:00 PM Bridge Games (WS) 6:30 PM MARCH OPERA LA FILLE DE REGIMENTE (WS)	19	10:00 AM Bingo (TH) 10:00 AM Le Cercle Francais De Laconia (WS) 10:45 AM Meditation with Russ Jones (WS) 1:00 PM Mat Yoga with Russ Jones (WS) 7:00 PM FRIDAY MOVIE AT WOODSIDE - MOONSTRUCK (WS)	20	10:00 AM Environmental Stewardship Committee (WS) 2:30 PM Music & Entertainment (LV) 7:00 PM Saturday Night Movie (WS)	21
11:00 AM Sunday Brunch (WS) 2:00 PM SUNDAY AFTERNOON MOVIE AT WOODSIDE 3:00 PM 2020 Music Series: Paul Dykstra & Roric Cunningham (WS)	22	8:00 AM Resident Walking Challenge (Register in the Wellness Center) 6:30 PM THE EVERY DAY LIFE OF THE CIVIL WAR SOLDIER (WS)	23	8:30 AM Return to Hiking Conditioning (WS) 10:00 AM Cracker Barrel Coffee (WS) 1:00 PM Group Painting Hour (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:00 PM Shopping Bus to Belknap Mall 2:00 PM Blood Pressure Clinic (WS) 2:00 PM DOWNTON ABBEY SERIES (WS)	24	10:00 AM Cribbage Games (WS) 10:00 AM Memoirs Group (WS) 11:30 AM LUNCH WITH FRIENDS AT KARMA CAFE 2:00 PM Care Management Nurse Office Hours (WS) 2:00 PM DOCUMENTARY JAZZ WITH KEN BURNS (WS) 7:00 PM WEDS MOVIE AT BB - MEMPHIS (BB)	25	9:00 AM Shopping Bus: Hannaford's/Walmart 10:00 AM Back Bay Resident Town Hall (Back Bay Community House) 1:00 PM Bridge Games (WS) 1:00 PM MARCH MUSICAL - AN AMERICAN IN PARIS (WS) 2:00 PM Chorus Rehearsal (TH)	26	10:00 AM Bingo (TH) 10:00 AM Le Cercle Francais De Laconia (WS) 10:00 AM TRIP TO NH ORCHID SOCIETY 10:45 AM Meditation with Russ Jones (WS) 1:00 PM Mat Yoga with Russ Jones (WS) 7:00 PM FRIDAY MOVIE AT WOODSIDE - TERMS OF ENDEARMENT (WS)	27	2:30 PM Music & Entertainment (LV) 5:00 PM Community Social & Buffet (WS) 6:15 PM TRIP TO LRSO - NATURE'S SPLENDOR 7:00 PM Saturday Night Movie (WS)	28
National Vietnam War Veterans Day 11:00 AM Sunday Brunch (WS) 2:00 PM SUNDAY AFTERNOON MOVIE AT WOODSIDE 2:30 PM Worship Service (LV) 4:30 PM TRA Sunday Social & March Birthday Celebration (WS)	29	6:30 PM REDISCOVERING MT. WASHINGTON'S HIDDEN CULTURE (WS)	30	10:00 AM Cracker Barrel Coffee (WS) 10:30 AM Library Bus 1:00 PM Group Painting Hour (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:00 PM Shopping Bus to Belknap Mall 1:00 PM TED Talk: New Thinking on the Climate Crisis (WS) 2:00 PM Blood Pressure Clinic (WS) 2:00 PM DOWNTON ABBEY SERIES (WS) 6:30 PM WIVES' TALES & SCIENCE WITH MICHAEL CROSS (WS)	31	ROOM KEY LV - Ledgerview TH - Taylor Home WS - Woodside							

March 2020

Independent Living

