





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Celebrate National Nutrition Month® “Savor the Flavor of Eating Right” Don’t Miss These Opportunities:</p> <p>Tuesdays in March “Healthy Cooking” with Sarah and Kristy 2:00pm (VS2)</p> <p>“Try This Instead of That” (Healthy food substitutions/options) March 9th 1:00pm (IL/CR)</p> <p>Wellness Wednesday “Food Labels” Dena Lowry, Registered Dietician March 9th 11:00 (IL/CR)</p> <p>“Snack Station” Social Sample Healthy Snacks and Smoothies March 31st 4:00pm (IL/CR & Pub)</p>			<p>VS1: Verra Spring 1st Floor Living Room VS2: Verra Spring 2nd Floor Lounge VS3: Verra Spring 3rd Floor Lounge IL/LR: IL Living Room VS/DR: Verra Spring Dining Room IL/CR: IL Craft Room IL/FL: Front Lobby IL 3: IL 3rd Floor Lounge M/WC: Media/Worship Center IL/DR: IL Dining Room IL/PDR: Private Dining Room VS S: Verra Spring Salon VSG: VS Garden Patio VS/WP: 2nd Floor Verra Spring Whirlpool Room</p> <p>FD: Front Desk P: Pool Lib: IL Library FC: Fitness Center IL/CA: IL Card Room CS: Church Shuttle B: MG Bus Outing Conf: Conference Room Pub: Pub IL/Club Room IL S: IL Salon</p> <p>IL: Independent Living VS: Verra Spring Bistro: IL Dining Room</p>		
<p>Special Socials: Take some time out and enjoy yourself!!!</p> <p>“Meet Your New Neighbor” Social Tuesday, March 8th - 4:00pm (IL/CR & Pub)</p> <p>“St. Patrick’s Day” Social Thursday, March 17th - 4:00pm (IL/CR & Pub)</p>			<p><i>Please note that committee meetings in bold print on the calendar are open to all Residents to attend.</i></p> <p>*Denotes that you must be preregistered for the program* Please sign up for all Bus Outings ASAP in the book located at the Front Desk! Medical Appointments are scheduled on Tuesdays, Wednesdays & Thursdays between 8:00 a.m. & 1:45p.m. There will be a fee if you do not turn in your request 48 hours before your appointment. MGTV is your way to know what is going on! Tune in to either Channel 11 on your analog television or Channel 1390 on your Time Warner Cable Digital</p>		
<p>For the Music Lovers... Friday Favorites Concert: Tchaikovsky’s 5th Symphony Friday, 3/4 Departure: 11:00am</p> <p>Choral Group Concert: “Songs on the Sunny Side” Tuesday, 3/15 2:30pm (IL/CR)</p>	<p>1 10- Sitting Fit Yoga (VS2) <u>Will not be held today</u> 10- Kroger & UPS (B) 11-Flex & Balance (FC Hall) 11- Sherron’s Chat: “What’s Up with Wellness” (IL/CR) 1:30-Trivia with Nora (IL/CR) 2- Healthy Cooking (VS2) 2:30- Choral Group (M/WC) 3:45-Calm Coloring (VS2) 4:15-Tuesday Trivia (VS1) *7-Bridge (IL/CR) 7-Skip-Bo (IL/CA)</p>	<p>2 8-9:30- Complimentary Hot Breakfast (IL/DR) 9:15-Aqua Tone (P) 9:15-Floral Arranging (IL/CR) 10-Massage by Appt (VSWP) 10:15- Aqua Tone (P) 10:30-Needlin’ Around (IL/CA) 11:00-Bouquet Beauties (VS1) 11- Wellness Wednesday; “Benefits of Water Exercise” By Sarah Mullis (M/WC) 11:45- VS Lunch at Relish (B) 2- Hand Exercise (FC) 2:30- Fitter Sitters (IL/CR) 4- Meditation & Prayer (M/WC)</p>	<p>3 Name Tag Day 9:30-AquaTone II (P) 10:30-Blood Pressure Check Interim Healthcare (IL/CA) 11-Flex & Balance (FC Hall) 11-Hand Exercise (VS1) 11-Bingo (IL/CR) 1:15- Tai Chi (FC) 2- Voter Information Follow-Up (M/WC) 2:30-Yoga (FC) 3:30-Sing Fit (VS2) 4:30- Headbanz (VS1) 7-Bible Study (IL/CA)</p>	<p>4 *9-Banks (B) 9:15-Aqua Tone (P) 10:15-Aqua Tone (P) 11- Buzzword (VS1) 11-NC Symphony “Friday Favorite” Concert (B) 2-Food Lion (B) 3:30- VS Social (VS1) 4- Scrabble (VS2) 7- Game Night (IL/CA)</p> <p></p>	<p>5 9:30-Aqua Tone II (P) 10-Sit Fit Video (MGTV) 11-Morning Stretch (VS1) 2-Exercise Video (MGTV) 2:30-Bingo (VS/DR) 3:30 Rosary Prayer (M/WC) 4-Eucharist Service (M/WC) 7-Saturday Night Movie (MGTV) 7-Progressive Rummy (IL/CA)</p> <p>6 9:30- Baptist Church (CB) 9:30-Worship Service (M/WC) 2- Spelling Bee (VS2) 4:30- Sunday Stretch (VS1) 7-Sunday Night Movie (MGTV)</p>
<p>Food Drive: “Interfaith Food Shuttle” March 21st - 26th For More Information See the flyers in the community</p>					
<p>7 Button Day 9:15- Aqua Tone (P) 10- Trader Joe’s (B) 10:15- Aqua Tone (P) 10:30- Music with Martine (VS2) 1-3 Drive for \$5 (Car) *2-Daytime Bridge (IL/CA) 2-Hand Exercise (FC) 2-Button Craft (VS2) 2:30-Fitter Sitters (IL/CR) 3:15 - Wellness Program Committee (Conf) 3:30-Mexican Dominoes (VS2) 4-Pet Visits with “Dori” & Betty (LR’s) 4-Resident Social (Pub) 4:15-Movie Trivia (VS1) 7-Game Night (IL/CA) 7-Music Memories (IL/LR)</p>	<p>8 ACC Men’s Basketball Tournament Begins 10-Sitting Fit Yoga (VS2) *10-Kroger & UPS (B) 10-Mass Service (M/WC) 11-Flex & Balance (FC Hall) 2-Dining Services Committee Meeting (IL/PDR) 2-Healthy Cooking (VS2) 2:30- Choral Group (M/WC) 4:00- “Meet Your New Neighbor Social” (IL/CR) 4:15-Tuesday Trivia (VS1) *7-Bridge (IL/CR) 7-Skip-Bo (IL/CA)</p> <p></p>	<p>9 8-9:30- Complimentary Hot Breakfast (IL/DR) 9:15-Aqua Tone (P) 9:15-Floral Arranging (IL/CR) 10:15-Aqua Tone (P) 10:30-Needlin’ Around (IL/CA) 10:45-Raising Arrows (VS1) 11- Wellness Wednesday: w/ Interim Healthcare (M/WC) 11-Bouquet Beauties (VS1) 1- “Try This Instead of That” (IL/CR) 1:00-Dollar Tree/Office Depot/Tuesday Morning (B) 2-Hand Exercise (FC) 2:30- Fitter Sitters (IL/CR) 3- TED Talks (M/WC) 4-Meditation & Prayer (M/WC)</p>	<p>10 Name Tag Day 9:30- AquaTone II (P) 10:30-Blood Pressure Check Interim Healthcare (IL/LR) 11-Flex & Balance (FC Hall) 11-Hand Exercise (VS1) 11- Book Club (IL/CA) 11- Bingo (IL/CR) 1:15-Tai Chi will not be held 2:30-Yoga (FC) 3-Resident Association Board Meeting (Conf) 3:30- Sing Fit (VS2) 4:00-Resident Social (Pub) 4:30-Categories (VS1) 7-Bible Study (IL/CA)</p>	<p>11 *9-Banks (B) 9:15-Aqua Tone (P) *10-Harris Teeter (B) 10:15-Aqua Tone (P) 11-Friday Finishing Lines (VS1) 3:30- VIP Meeting (lib) 3:30-VS Social (VS1) 4-Scrabble (VS2) 7-Game Night (IL/CA)</p> <p>VIP Group Meeting 3:30pm (Library)</p> <p>This is a group for residents with low vision to come together and discuss relative topics and gain support.</p>	<p>12 9:30-Aqua Tone II (P) 10-Sit Fit Video (MGTV) 11-Hangman (VS1) 1-No Sew Blankets (VS1) 2-Exercise Video (MGTV) 2:30-Bingo (VS/DR) 3:30-Rosary Prayer (M/WC) 4-Eucharist Service (M/WC) 4- Music with Alex (VS1) 7-Saturday Movie (MGTV) 7-Progressive Rummy (IL/CA)</p> <p>13 Daylight Savings Time 9:30- Baptist Church (CB) 9:30-Worship Service (M/WC) 2- Mary Kay Cosmetics Sale (IL/LR) 2- Tea Party Social (VS1) 4:30-Sunday Stretch(VS1) 7-Sunday Night Movie (MGTV)</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
14 9:15-Aqua Tone (P) *10- Walmart (B) 10:15- Aqua Tone (P) 10:30-Music with Martine (VS2) 10:30 Scholar Series "European History: World War II (IL/CR) *2-Daytime Bridge (IL/CA) 2-Movie and Chip & Dip Treat (VS2) 2- Hand Exercise (FC) 2:30- Fitter Sitters (IL/CR) 3:30-Mexican Dominoes (VS2) 4- Resident Social (Pub) 4:15-Guesstimation (VS1) 6:30- Pet visits with Van & "Coco" (LRs) 7-Game Night (IL/CA) 7-Music Memories (IL/LR)	15 Primary Elections *8- Voting Shuttle (Car) 10-Sitting Fit Yoga (VS2) *10-Kroger & UPS (B) 11- Catchphrase (VS1) 11-Flex & Balance (FC Hall) 11:30- Harmony Foods Talks "Organic & Natural Foods" (M/WC) *1-Voting Shuttle (B) 1:30-Trivia with Nora (IL/CR) 2-Healthy Cooking (VS2) 2:30-Choral Group Concert "Songs on the Sunny Side" (M/WC) 3:45-Calm Coloring (IL/CA) 4:15-Tuesday Trivia (VS1) *7-Bridge (IL/CR) 7-Skip-Bo (IL/CA) 	16 8-9:30- Complimentary Hot Breakfast (IL/DR) 9:15-Aqua Tone (P) 9:15-Floral Arranging (IL/CR) 10-Massage by Appt. (VSWP) 10:15 Aqua Tone (P) 10:30- Needlin' Around (IL/CA) 11- Wellness Wednesday: "Food Labels" (M/WC) 11- Bouquet Beauties (VS1) 1:30-Jewelry Making (VS2) 2- Kitchen Tour (IL/DR) 2-Hand Exercise (FC) 3- Everybody Has A Story (Conf) 3-Move 2 Music with Lisa (VS2) 4-Meditation & Prayer (M/WC)	17 Name Tag Day  *9-12- Podiatry Visit 9:30- Aqua Tone II (P) 10:30- Garden Club (Conf) 10:30- Blood Pressure Check Interim Healthcare (IL/CA) 11-Limericks (VS1) 11-Bingo (IL/CR) 11-Flex & Balance (FC Hall) 1:15-Tai Chi (FC) 2:00- St. Patrick's Day Puzzles (VS1) 2:15- <u>Yoga Will Not Be Held</u> 3- Resident Board Meeting (Conf.) 4- "Luck of The Irish" Social (Pub) 7-Bible Study (IL/CA)	18 *9-Banks (B) 9:15-Aqua Tone (P) 10-Food Lion (B) 10:15 Aqua Tone (P) 11-Word Puzzles (VS1) 2- Smarty Pants with Tom (VS1) 3:30- VS Social (VS1) 4-Shabbat Service (M/WC) 4-Scrabble (VS2) 7-Game Night (IL/CA) 	19 9:30-Aqua Tone II (P) 10-Sit Fit Video (MGTV) 11-Saturday Sing Along (VS1) 12:30 -Movie Outing (B) 2-Exercise Video (MGTV) 2:30-Bingo (VSDR) 3:30 Rosary Prayer (M/WC) 4-Eucharist Service (M/WC) 7- Saturday Movie (MGTV) 7-Progressive Rummy (IL/CA) 20 Palm Sunday 9:30- Baptist Church (CB) 9:30-Worship Service (M/WC) 2-Spring Social (VS1) 4:30-Sunday Spelling Bee (VS1) 7-Sunday Night Movie (MGTV) 
21 9:15-Aqua Tone (P) 10-Target (B) 10:15 Aqua Tone (P) 10:30-Music with Martine (VS2) 11:45-Ladies Lunch Out Iris Restaurant (B) 2- Hand Exercise (FC) *2-Daytime Bridge (IL/CA) 2:30-Fitter Sitters (IL/CR) 3:30-Tom's Chat (IL/CR) 3:30-Mexican Dominoes (VS2) 4-Pet visit with "Dori" & Betty (LRs) 4- Resident Social (Pub) 4:15-Movie Trivia (VS1) 7-Game Night (IL/CA) 7-Music Memories (IL/LR)	22 10-Sitting Fit Yoga (VS2) *10-Kroger & UPS (B) 10:30-Sing Along with Lisa (VS1) 11-Flex & Balance (FC Hall) 1:30- Trivia with Nora (IL/CR) 2-Healthy Cooking (VS2) 2:30- Choral Group (M/WC) 4:15-Tuesday Trivia (VS1) *7-Bridge (IL/CR) 7-Skip-Bo (IL/CA)	23 *8-9- Men's Breakfast (IL/DR) 8-9:30- Complimentary Hot Breakfast (IL/DR) 9:15-Aqua Tone (P) 9:15-Floral Arranging (IL/CR) 10:15 Aqua Tone (P) 10:30- Needlin' Around (IL/CA) 11- Wellness Wednesday: "Understanding Memory Loss" (M/WC) 11:00-Bouquet Beauties (VS1) 2:00-Art Appreciation (VS1) 2-Hand Exercise (FC) 2:30-Fitter Sitters (IL/CR) 3- TED Talks (M/WC) 4- Meditation and Prayer <u>Will Not Be Held Today</u>	24 Name Tag Day 9:30- Aqua Tone II (P) 10:30- Blood Pressure Check Interim Healthcare (IL/CA) 11-Hand Exercise (VS1) 11-Bingo (IL/CR) 11:00-Romeo's Lunch Tilted Kilt Restaurant (B) 11-Flex & Balance (FC Hall) 1:15-Tai Chi 2:30-Yoga (FC) 3:30-Sing Fit (VS2) 4-Resident Social (Pub) 4:30-Word Games (VS1) 7-Bible Study (IL/CA)	25 Good Friday *9- Banks (B) 9:15- Aqua Tone (P) 10- Rick's Chat (IL/DR) 10-Harris Teeter (B) 10:15-Aqua Tone (P) 11- Tom's Chat (VS1) 2:30-Bowling (IL/CR) 3:30- Art Social (IL/CR) 3:30- VS Social (VS1) 4- Scrabble (VS2) 7- Game Night (IL/CA) 	26 9:30-Aqua Tone II (P) 10-Sit Fit Video (MGTV) 11-Easter Puzzles (VS1) 2:30-Bingo (VS/DR) 2-Exercise Video (MGTV) 3:30 Rosary Prayer (M/WC) 4-Eucharist Service (M/WC) 4- Music with Alex (VS1) 7- Saturday Movie (MGTV) 7-Progressive Rummy (IL/CA) 27 Easter 9:30- Baptist Church (CB) 9:30-Worship Service (M/WC) 2- Baking w/ Sarah (VS2) 3:15- Sunday Social (VS1) 4:30-Sunday Stretch(VS1) 7-Sunday Night Movie (MGTV)
Food Drive Week!!! March 21st - March 26th - Interfaith Food Shuttle					
28 9:15-Aqua Tone (P) 10-Walmart (B) 10:15-Aqua Tone (P) 10:30-Music with Martine (VS2) 10:30 Scholar Series (IL/CR) 1-3-Drive for \$5 (Car) 2- Hand Exercise (FC) *2-Daytime Bridge (IL/CA) 2:00-Spring Card Making (VS2) 2:30-Fitter Sitters (IL/CR) 3:30-Mexican Dominoes (VS2) 4- Resident Social (Pub) 4-Pet visits with "Dori" and Betty (LR's) 4:15- Movie Trivia (VS1) 6:30- Pet visits with Van & "Coco" (LRs)	29 10-Sitting Fit Yoga (VS2) *10-Kroger & UPS (B) 11-Name That Tune (VS1) 11-Flex & Balance (FC Hall) 1:30- Trivia with Nora (IL/CR) 2-Healthy Cooking (VS2) 2:30- Choral Group (M/WC) 3-4- Stand Strong Fitness Assessments (FC) 4:15-Tuesday Trivia (VS1) *7-Bridge (IL/CR) 7-Skip-Bo (IL/CA) **All Managers Outing**	30 8-9:30- Complimentary Hot Breakfast (IL/DR) 9:15- Aqua Tone (P) 9:15- Floral Arranging (IL/CR) 10:15- Aqua Tone (P) 10:30-Needlin' Around (IL/CA) 11- Wellness Wednesday: Question and Answer with A Doctor of Audiology (M/WC) 11:00-Bouquet Beauties (VS1) 1:00- VS Ride Around (B) 2-Hand Exercise (FC) 2:30-Fitter Sitters (IL/CR) 3:30- Bowling (IL/CR) 4-Meditation and Prayer <u>Will Not Be Held Today</u>	31 Name Tag Day 9:30-Aqua Tone II (P) 10:30-Blood Pressure Check Interim Healthcare (IL/CA) 11- Truth Be Told (VS1) 11-Bingo (IL/CR) 11-Flex & Balance (FC Hall) 1:15-Tai Chi (FC) 2:30-Yoga (FC) 3:30-Sing Fit (VS2) 4- "Healthy Snacks" Social (Pub) 4:30-This Month In History (VS1) 7-Bible Study (IL/CA)	 *Happy Birthday* <div> <div> Malcolm Thomson-March 3 Doris Renn-March 4 Helen Jones-March 5 Elsie Takacs-March 5 Lee Roush-March 7 Dot Hicks-March 8 Doris Smith-March 14 Jo Lewis-March 16 Florence Prince-March 16 </div> <div> Betty Mashburn-March 17 Anne Morgan-March 18 Louise Shore-March 20 Bet Helms-March 21 Al Howard-March 21 Vicki Robinson-March 22 Sander Pomper-March 24 Elsie Rush-March 26 Morti Weingart-March 29 </div> </div>	