



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<p>10:00 Donuts & Daily Chronicle</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p> 	1
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<p>Women's History Month: Celebrating Women in The Arts 2</p> <p>10:15 Mindful Meditations & Yoga</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Word Games</p> <p>1:30 Culture Club: The Art of Georgia O'Keefe</p> <p>3:00 Backyard Games & Bubbly</p> <p>4:00 Golden Glow Nature Stroll</p> 	2
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<p>Women's History Month: Celebrating Women in The Arts 3</p> <p>10:15 Tai Chi Tuesday</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>2:00 Chair Exercises with Quan</p> <p>2:30 Tea Party & Trivia</p> <p>3:00 Sip & Savor Happy Hour</p> <p>4:00 4 Corners Bingo Club</p>	3
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<p>Women's History Month: Celebrating Women in The Arts 4</p> <p>9:45 Holy Spirit Catholic Church</p> <p>10:15 Pool Noodle Tennis</p> <p>10:45 Read & Refresh</p> <p>11:00 Carlisle Social Scoop & Discussion</p> <p>1:30 History of Women in Music & Theatre</p> <p>2:30 Live Music with Nicole Hulett!</p> <p>3:30 Mocktails & Meditation</p>	4
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<p>Women's History Month: Celebrating Women in The Arts 5</p> <p>10:15 Chair Aerobics </p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & History of Frida Kahlo!</p>	5
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<p>Women's History Month: Celebrating Women in The Arts 6</p> <p>10:00 Friday Morning Dance Workout!</p> <p>10:45 Read & Refresh</p> <p>11:00 Art Therapy</p> <p>1:00 Golden Glow Nature Hour</p> <p>2:00 Drama Club</p> <p>3:00 Sip & Savor Happy Hour</p>	6
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<p>10:00 The Brainy Bunch: Word Games & Trivia</p> <p>11:00 Chair Aerobics</p> <p>1:00 Classic Movie Matinee</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>2:00 Live Music with Max Green!</p> <p>3:00 Mix & Mingle Happy Hour!</p> <p>4:00 Retro Music Concert Series</p>	7
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<p>International Women's Day! 8</p> <p>10:00 Donuts & Daily Chronicle</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	8
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<p>Women's History Month: Celebrating Women in The Sciences 9</p> <p>10:15 Mindful Meditations & Yoga</p> <p>10:45 Read & Refresh</p> <p>11:00 Jane Goodall: History & Fun Facts</p> <p>1:30 Culture Club: Jane Goodall Documentary</p> <p>3:00 Backyard Games & Bubbly</p> <p>4:00 Golden Glow Nature Stroll</p>	9
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<p>Women's History Month: Celebrating Women in The Sciences 10</p> <p>10:15 Tai Chi Tuesday</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>2:00 Chair Exercises with Quan</p> <p>2:30 Tea Party & Trivia</p> <p>3:00 Sip & Savor Happy Hour</p> <p>4:00 4 Corners Bingo Club</p>	10
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<p>Women's History Month: Celebrating Women in The Sciences 11</p> <p>9:45 Holy Spirit Catholic Church</p> <p>10:15 Pool Noodle Tennis</p> <p>10:45 Read & Refresh</p> <p>11:00 Carlisle Social Scoop & Discussion</p> <p>1:30 Culture Club: Women in Medicine</p> <p>2:30 Live Music with KNR Entertainment!</p> <p>3:30 Mocktails & Meditation</p>	11
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<p>Women's History Month: Celebrating Women in The Sciences 12</p> <p>10:00 Healing Hounds: Certified Therapy Dogs</p> <p>10:15 Chair Aerobics</p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & Pub Games!</p>	12
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<p>Women's History Month: Celebrating Women in The Sciences 13</p> <p>10:00 Friday Morning Dance Workout!</p> <p>10:45 Read & Refresh</p> <p>11:00 Art Therapy</p> <p>1:00 Golden Glow Nature Hour</p> <p>2:00 Drama Club</p> <p>3:00 Sip & Savor Happy Hour</p> 	13
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<p>10:00 The Brainy Bunch: Word Games & Trivia</p> <p>11:00 Chair Aerobics</p> <p>1:00 Classic Movie Matinee</p> <p>1:30 Karen's Cabaret Live!</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>3:00 Mix & Mingle Happy Hour!</p> <p>4:00 Retro Music Concert Series</p>	14
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<p>10:00 Donuts & Daily Chronicle</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	15
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<p>Women's History Month: Celebrating Women in Business & Innovation 16</p> <p>10:15 Mindful Meditations & Yoga</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Word Games</p> <p>1:30 Culture Club: Art History Around The World</p> <p>2:30 Creativity Corner: Women in Technology</p> <p>3:00 Backyard Games & Bubbly</p>	16
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<p>Women's History Month: Celebrating Women in Business & Innovation Happy St. Patrick's Day! 17</p> <p>10:15 Tai Chi Tuesday</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>1:00 St. Patrick's Day Party!</p> <p>2:00 Chair Exercises with Quan</p> <p>3:00 Sip & Savor Happy Hour</p> <p>4:00 4 Corners Bingo Club</p> 	17
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<p>Women's History Month: Celebrating Women in Business & Innovation 18</p> <p>9:45 Holy Spirit Catholic Church</p> <p>10:15 Pool Noodle Tennis</p> <p>10:45 Read & Refresh</p> <p>11:00 Culture Club: Innovative Women</p> <p>1:30 Creative Craft Corner</p> <p>2:30 Live Music with Nicole Hulett!</p> <p>3:30 Mocktails & Meditation</p>	18
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<p>Women's History Month: Celebrating Women in Business & Innovation 19</p> <p>10:15 Chair Aerobics</p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & Pub Games!</p>	19
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<p>Women's History Month: Celebrating Women in Business & Innovation 20</p> <p>10:00 Friday Morning Dance Workout!</p> <p>10:45 Read & Refresh</p> <p>11:00 Art Therapy</p> <p>1:00 Golden Glow Nature Hour</p> <p>2:00 Drama Club</p> <p>3:00 Sip & Savor Happy Hour</p>	20
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<p>10:00 The Brainy Bunch: Word Games & Trivia</p> <p>11:00 Chair Aerobics</p> <p>1:00 Classic Movie Matinee</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>3:00 Mix & Mingle Happy Hour!</p> <p>4:00 Retro Music Concert Series</p>	21
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<p>10:00 Donuts & Daily Chronicle</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	22
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's History 23 Month: Celebrating Women in Fashion 10:15 Mindful Meditations & Yoga 10:45 Read & Refresh 11:00 Brain Boosters: Word Games 1:30 Culture Club: Women in Fashion Through the Decades 3:00 Backyard Games & Bubbly 4:00 Golden Glow Nature Stroll	Women's History 24 Month: Celebrating Women in Fashion 10:15 Tai Chi Tuesday 10:45 Read & Refresh 11:00 Aromatherapy & Hand Massage 2:00 Chair Exercises with Quan 2:30 Tea Party & Trivia on Fashion Trends Through the Decades 3:00 Sip & Savor Happy Hour 4:00 4 Corners Bingo Club	Women's History 25 Month: Celebrating Women in Fashion 9:45 Holy Spirit Catholic Church 10:15 Pool Noodle Tennis 10:45 Read & Refresh 11:00 Carlisle Social Scoop & Discussion 1:30 Creative Craft Corner 2:30 Live Music with KNR Entertainment! 3:30 Mocktails & Meditation	Women's History 26 Month: Celebrating Women in Fashion 10:15 Chair Aerobics 10:45 Read & Refresh 11:00 Nail Salon & Spa 1:00 Peace by Piece Puzzles 2:00 Seated Exercises with Quan 3:00 Happy Hour & Pub Games!	Women's History 27 Month: Celebrating Women in Fashion 10:00 Friday Morning Dance Workout! 10:45 Read & Refresh 11:00 Art Therapy 1:00 Golden Glow Nature Hour 2:00 Drama Club 3:00 Sip & Savor Happy Hour	28 10:00 The Brainy Bunch: Word Games & Trivia 11:00 Chair Aerobics 1:00 Classic Movie Matinee 2:00 Mixology 101: Make Your Own Mocktails 2:00 Live Music with Steve Michaels! 3:00 Mix & Mingle Happy Hour! 4:00 Retro Music Concert Series	29 10:00 Donuts & Daily Chronicle 11:00 Chair Exercise 2:00 Classic Movie Matinee 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!

Women's History 30 Month: Celebrating Women in Politics 10:15 Mindful Meditations & Yoga 10:45 Read & Refresh 11:00 Brain Boosters: Word Games 1:30 Culture Club: Most Influential Women in History/Politics 3:00 Backyard Games & Bubbly 4:00 Golden Glow Nature Stroll

Women's History 31 Month: Celebrating Women in Politics 10:15 Tai Chi Tuesday 10:45 Read & Refresh 11:00 Aromatherapy & Hand Massage 2:00 Chair Exercises with Quan 2:30 Tea Party & Trivia on Women in Politics 3:00 Sip & Savor Happy Hour 4:00 4 Corners Bingo Club
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Location Key

- MC Music Room
- MC 2nd Living Room
- MC Living Room
- MC VFW Hall
- MC Courtyard
- MC Art Studio

Activities are subject to change; please refer to daily schedule for most up to date activities.