

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2018

## Treyton Oak Towers – Activity Calendar

<p>Transportation to Local Churches 1:15- Depart for Louisville Ballet's "The Beyond" 2:30-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>4</b></p>	<p>9:30-Resident Board Mtg.(JR) 9:30-Coffee &amp; Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-BUNCO!!! (KR) 7:30-Berlin Philharmonic (JR)</p> <p style="text-align: right;"><b>5</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:45-Tai Chi Class (OR) 10:00-Coffee with Terry (CC) 11:00-Relax &amp; Renew (JR) 1:30-Sit and Fit Class (OR) 1:45-Book Ladies (KR) 2:30-Book Club (KR) 3:30-Video Lecture Series (JR) "Exploring America: A Smithsonian Tour Through American History"</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with 7858Rev. Mark Williams (OR) 11:00-AAUW Program "The Mysterious Death of Meriweather Lewis" (JR) 1-Blood Pressure Clinic (WC) 3:00-TOT Bible Study (KR) 6:30-Funny Bridge (KR)</p> <p style="text-align: right;"><b>7</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:00-Aquatics Class 11:00-Shopping at Walgreens 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 8:00-U of L Men's Basketball vs Virginia (JR)</p> <p style="text-align: right;"><b>1</b></p>	<p>Main Source Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping at Goss Avenue Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 2:00-U of L School of Music Guitar Student Recital (OR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00-Exercise Class (OR) 2:00-Movie (JR) 6:00-U of L Men's Basketball vs NC State(JR)</p> <p style="text-align: right;"><b>3</b></p>
<p>Transportation to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>11</b></p> <p><small>Daylight Saving Time Begins</small></p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic(OR)</p> <p style="text-align: right;"><b>12</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:45-Tai Chi Class (OR) 10:00-Coffee with Terry (CC) 11:00-Relax &amp; Renew (JR) 1:30-Sit and Fit Class (OR) 3:30-Video Lecture Series (JR) "Exploring America: A Smithsonian Tour Through American History"</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Deacon Bill Klump (OR) 12:00-March Birthday Lunch 1-Blood Pressure Clinic (WC) 3:00-TOT Bible Study (KR) 7:00-Great Drama Series: "Six Characters In Search Of An Author" (JR)</p> <p style="text-align: right;"><b>14</b></p>	<p>Main Source Bank- 9 to 11 *NO Exercise Class Today* 9:00-Aquatics Class 1:00-Depart for Art Show at Women's Club 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>15</b></p>	<p>Main Source Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping at Goss Avenue Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 1:30-Shamrock Shuffle Board Tournament (OR) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>16</b></p>	<p>9:00-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>17</b></p> <p style="text-align: right;"><small>St. Patrick's Day</small></p>
<p>Transportation to Local Churches 2:20-Depart for Chamber Music Society Concert 2:30-Movie (JR) Tikkun Olam Celebration 3:30 to 5:00 – Oak Room 7:00-Movie (JR)</p> <p style="text-align: right;"><b>18</b></p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2-Harry Pickens in Concert 4:30-Depart for Dinner at Red Lobster 7:30-Berlin Philharmonic(OR)</p> <p style="text-align: right;"><b>19</b></p>	<p>Main Source Bank- 9 to 11 *NO Exercise Class Today* 9:45-Tai Chi Class (DR) 10:00-Coffee with Terry (CC) 11:00-Relax &amp; Renew (JR) 1:30-Sit and Fit Class (OR) 3:30-Video Lecture Series (JR) "Exploring America: A Smithsonian Tour Through American History"</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Chaplain Terry Emery (OR) 1:00-Blood Pressure Clinic (WC) 2:00-Catholic Mass (3<sup>rd</sup> Floor) 3:00-TOT Bible Study (KR) 6:30-Funny Bridge (KR)</p> <p style="text-align: right;"><b>21</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:00-Aquatics Class 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>22</b></p>	<p>Main Source Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping at Goss Avenue Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind with Chris Harmer (OR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>24</b></p>
<p>Transportation to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>25</b></p> <p><small>Palm Sunday</small></p>	<p>8:30-Dr. Scott, Podiatrist 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-Passover Program with Cantor Lipp (OR) 7:30-Berlin Philharmonic(OR)</p> <p style="text-align: right;"><b>26</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:45-Tai Chi Class (OR) 10:00-Coffee with Terry (CC) 11:00-Relax &amp; Renew (JR) 1:30-Sit and Fit Class (OR) 3:30-Video Lecture Series (JR) "Exploring America: A Smithsonian Tour Through American History"</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Dr. Jim Cobban (OR) 1:00-Blood Pressure Clinic (WC) 1:30-Louisville Compassionate ElderCounsel Mtg. (OR) 3:00-TOT Bible Study (KR) 7-Ostling's Night at the Opera Benjamin Britten's "Peter Grimes" (JR)</p> <p style="text-align: right;"><b>28</b></p>	<p>Main Source Bank- 9 to 11 9:00-Exercise Class (OR) 9:00-Aquatics Class 11:00-Depart for Lunch &amp; Shopping at Cracker Barrel 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>29</b></p>	<p>Main Source Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping at Goss Avenue Kroger 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 2:00-Conversation on Race (OR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>30</b></p> <p style="text-align: right;"><small>First Day of Passover Good Friday</small></p>	<p>9:00-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p style="text-align: right;"><b>31</b></p>

Room Location Key: JR=Jefferson Room, KR=Kentucky Room, OR=Oak Room, CC=Coffee Room, DR=Dehoney Room, WC=Wellness Center