

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019

Treyton Oak Towers - Activity Calendar

						<p>First Financial Bank - 9 to Noon 1</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 7:00-Movie (JR)</p>	<p>2</p> <p>9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>
<p>3</p> <p>Van to Local Churches 1:30-U of L Basketball vs Notre Dame (JR) 2:30-Depart for Chamber Music Society of Louisville Concert : Claremont Trio 7:00-Movie (JR)</p>	<p>4</p> <p>9:30-Resident Board Mtg. (JR) 9:30-Coffee & Donuts (OR) 10-Resident Council Mtg. (OR) 11:00-Grocery Shopping #1 2:00-Grocery Shopping #2 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank - 9 to 11 Mardi Gras Breakfast 9 to 11 a.m. - FDR</p> <p>5</p> <p>9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11:00-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 1:45-Book Ladies 2:30-Book Club 2:30-Knitting Group (ML) 2:30/7-Video <small>Mardi Gras</small> Lecture (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR)</p> <p>Ash Wednesday Service 11:00 a.m. - Oak Room</p> <p>11:00-AAUW Program (JR) 1:00-Blood Pressure Clinic (WC) 2:00-BUNCO!! (KR) 7:00-Funny Bridge (KR) <small>Ash Wednesday</small></p> <p>6</p>	<p>First Financial Bank - 9 to 11 7</p> <p>9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness (OR) 11:00-Shopping at Walgreens 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank - 9 to Noon 8</p> <p>9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15-Yoga Stretch (OR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2:00-Grocery Shopping 2:00-BINGO!!! (OR) 7:00-Movie (JR)</p>	<p>9</p> <p>9:30-Flexercise Class (OR) 2:00-Movie (JR) 4-U of L BB vs Virginia (JR) 7:00-Movie (JR)</p> <p>Remember to Spring Forward 1 Hour Tonight!</p>	
<p>10</p> <p>Van to Local Churches ~Sunday Brunch Buffet- 11:30 a.m. to 2:00 p.m. 2:00-Movie (JR) 7:00-Movie (JR)</p> <p><small>Daylight Saving Time Begins</small></p>	<p>11</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio - Apt. 1204) 2:00-Grocery Shopping #2 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank - 9 to 11 12</p> <p>9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11:00-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 1:00-Blood Pressure Clinic (WC) 11:00-Devotion with Dr. Jim Cobban (OR) 12-March Birthday Luncheon 1:00-Blood Pressure Clinic (WC) 7:00-Great Drama Series (JR) Bernard Shaw - <i>Pygmalion</i></p> <p>13</p>	<p>First Financial Bank - 9 to 11 14</p> <p>9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness (OR) <i>*No Sit and Fit Today*</i> Shamrock Shuffleboard Tournament 2:00 - Oak Room 3:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank - 9 to Noon 15</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind (OR) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p>	<p>16</p> <p>9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>	
<p>Van to Local Churches Highland Presbyterian Church Children/Youth Choirs in Concert 2:00 p.m. - Oak Room 2:00-Movie (JR) 7:00-Movie (JR)</p> <p><small>St. Patrick's Day</small></p> <p>17</p>	<p>18</p> <p>8:30-Dr. Scott, Podiatrist 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 10:15-Yoga Stretch (OR) 2:00-Grocery Shopping #2 2:00-TOT Bible Study (KR) 4:30-Depart for Dinner at Red Lobster 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank - 9 to 11 19</p> <p>9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11:00-Rock Steady Boxing (OR) Parkinson's Support Group 1 to 2:30 p.m. - Dehoney Room 1:30-Sit and Fit Class (OR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 1:00-Blood Pressure Clinic (WC) 11-Devotion with Terry Emery (OR) 1:00-Blood Pressure Clinic (WC) 2:00-Sneak Peek of the Louisville Waterfront Botanical Gardens 2:00-Catholic Mass (3rd Floor) 7:00-Funny Bridge (KR)</p> <p><small>Spring Begins</small></p> <p>20</p>	<p>First Financial Bank - 9 to 11 21</p> <p>9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness (OR) 11:00-Shopping at Dollar Tree 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p> <p><small>Purim</small></p>	<p>First Financial Bank - 9 to Noon 22</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 2:00-Conversation on Race (OR) 7:00-Movie (JR)</p>	<p>23</p> <p>9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>Les Six In concert 3:00 p.m. - Oak Room</p>	
<p>Van to Local Churches ~Sunday Brunch Buffet- 11:30 a.m. to 2:00 p.m. 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>24</p>	<p>25</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio - Apt. 1204) 2:00-Grocery Shopping #2 2:00-TOT Bible Study (KR) 3:00-BUNCO!!! 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank - 9 to 11 26</p> <p>9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11:00-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 1:00-Blood Pressure Clinic (WC) 11:00-Devotion with Cody Nygard (OR) 1:00-Blood Pressure Clinic (WC) 2:00-Circle of Compassion (KR) 7:00-Ostling's Night at the Opera Puccini - <i>Madama Butterfly</i> (JR)</p> <p>27</p>	<p>First Financial Bank - 9 to 11 28</p> <p>9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 10:45-Depart for The Café 11-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) Music with Carrie Norris 4:30 to 5:30 in the Lobby 7:00-Movie (JR)</p>	<p>First Financial Bank - 9 to Noon 29</p> <p>9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15-Yoga Stretch (OR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2:00-Grocery Shopping 2:00-BINGO!!! (OR) 7:00-Movie (JR)</p>	<p>30</p> <p>9:30-Flexercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>	
<p>Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>31</p>	<p>Room Location Key: JR=Jefferson Room OR=Oak Room KR=Kentucky Room DR=Dehoney Room WC=Wellness Center FDR=Fleur de Lis Dining Room 3rd Floor=Third Floor Activity Room</p>						