

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Depart: DUMC Worship 9:45 Sunday School 10:30 Depart: DCPC Worship 3:00 Chair Yoga	2 8:30 Total Fitness 9:00 Morning Meditation 9:30 Chair Fitness 10:30 Learning in Retirement 1:30 Depart: Food Lion 1:30 Spring Forest Qi Gong 3:00 Chair Dance	3 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 10:00 DEPART VOTING 10:00 New Resident Orientation Session 1 10:00 Aqua Fit Level 2 10:30 Art Club 1:30 Tai Chi (Intermediate) 2:30 DEPART VOTING	4 8:30 Total Fitness 9:30 Chair Fitness 10:30 Ping Pong 10:30 Aquatics—Fluid Motion 11:00 Bible Study 11:30 Nurses Lunch 1:15 Podiatrist 2:30 Trivia	5 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 9:00 Chronic Pain Workshop 10:00 Resident’s Council 10:00 Aqua Fit Level 2 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 3:30 Easter Zentangles	6 8:45 Aqua Aerobics Level 3 9:00 Senior Yoga 9:30 Depart: Harris Teeter 10:00 Aqua Fit Level 2 10:30 Ping Pong 2:00 Pinetones’ Rehearsal 6:15 Depart: CSO 9:00 Depart: Men’s Basketball	7 10:00 PNO Coffee 10:00 DCPC Lenten Study 11:00 Resident Concerns Listening Station
8 Daylight Savings 9:00 Depart: DUMC Worship 9:45 Sunday School 10:30 Depart: DCPC Worship 3:00 Chair Yoga 4:00 Vespers & Holy Communion	9 8:30 Total Fitness 9:00 Morning Meditation 9:30 Chair Fitness 10:30 Learning in Retirement 1:30 Depart: CVS 1:30 Spring Forest Qi Gong 3:00 Chair Dance 4:00 Podiatry Presentation with Dr. Shapiro	10 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 10:00 Aqua Fit Level 2 10:30 Art Club 10:30 Those Were the Days 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 6:45 Depart: Russian Ballet 7:15 Texas Hold ‘Em Poker	11 8:30 Total Fitness 9:30 Chair Fitness 10:30 Aquatics—Fluid Motion 2:30 Trivia 3:00 Chair Yoga 5:15 Birthday Dinner	12 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 9:00 Chronic Pain Workshop 10:00 Aqua Fit Level 2 11:00 Episcopal Worship 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 4:00 Movement for Health 7:15 Straight Poker	13 8:45 Aqua Aerobics Level 3 9:00 Senior Yoga 9:30 Depart: Harris Teeter 10:00 Aqua Fit Level 2 10:30 Ping Pong 2:00 Pinetones’ Rehearsal	14 10:00 DCPC Lenten Study 10:00 Birding 101 Class 1 of 3 2:00 Afternoon Movie
15 9:00 Depart: DUMC Worship 9:45 Sunday School 10:30 Depart: DCPC Worship 3:00 Chair Yoga	16 8:00 Podiatrist 8:30 Total Fitness 9:00 Morning Meditation 9:30 Chair Fitness 10:30 Learning in Retirement 1:30 Spring Forest Qi Gong 1:30 Depart: Food Lion 3:00 Chair Dance 6:15 Depart: Celtic Concert	17 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 9:00 Audiology & Hearing Aid 10:00 Aqua Fit Level 2 10:00 New Resident Orientation 2 11:00 Art Talk 4:30 Wine & Cheese Social 7:00 Depart: Traditional Music The Cockman Family	18 8:30 Total Fitness 9:30 Chair Fitness 10:30 Ping Pong 10:30 Aquatics-Fluid Motion 1:30 Depart: Chico’s Fashion Show 2:30 Trivia 3:00 Chair Yoga	19 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 9:00 Chronic Pain Workshop 10:00 Aqua Fit Level 2 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 4:00 Movement for Health 7:15 Straight Poker	20 First Day of Spring 8:45 Aqua Aerobics Level 3 9:00 Senior Yoga 9:30 Depart: Harris Teeter 10:00 Aqua Fit Level 2 10:30 Ping Pong 10:30 Depart: Autobarn Classic Cars & Lunch	21 10:00 Birding 101 Class 2 of 3 10:00 DCPC Lenten Study
22 9:00 Depart: DUMC Worship 9:45 Sunday School 10:30 Depart: DCPC Worship 3:00 Chair Yoga	23 8:30 Total Fitness 9:00 Morning Meditation 9:30 Chair Fitness 10:30 Learning in Retirement 3:00 Chair Dance	24 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 10:00 Aqua Fit Level 2 10:30 Art Club 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 3:00 Memory Care Support Group (For caregivers only) 7:15 Texas Hold ‘Em Poker	25 8:30 Total Fitness 9:00 White Elephant 9:30 Chair Fitness 10:30 Ping Pong 10:30 Aquatics-Fluid Motion 2:00 Prayer Shawl Ministry 2:30 Trivia 3:00 Chair Yoga	26 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 10:00 Aqua Fit Level 2 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 4:00 Elizabeth Woods Reading Circle 6:45 Depart: Joy of Singing Concert at DCPC 7:15 Straight Poker	27 8:45 Aqua Aerobics Level 3 9:00 Senior Yoga 9:30 Depart: Harris Teeter 10:00 Aqua Fit Level 2 10:30 Ping Pong 2:00 Pinetones’ Rehearsal 7:30 Depart: Davidson Community Players	28 10:00 Birding 101 Class 3 of 3 10:00 DCPC Lenten Study 2:00 Afternoon Movie
29 9:00 Depart: DUMC Worship 9:45 Sunday School 10:30 Depart: DCPC Worship 3:00 Chair Yoga 3:00 Depart: WDAV Concert	30 8:30 Total Fitness 9:00 Morning Meditation 9:30 Chair Fitness 10:30 Learning in Retirement 1:30 Spring Forest Qi Gong 3:00 Chair Dance	31 8:45 Aqua Aerobics Level 3 9:00 Balanced Bodies 10:00 Aqua Fit Level 2 10:30 Art Club 1:30 Tai Chi (Intermediate) 2:30 Tai Chi (Beginner) 5:30 Depart: Dinner Club 7:15 Texas Hold ‘Em Poker				Independent Living March 2020