

SUN	MON	TUE	WED	THUR	FRI	SAT	
<div>LOCATION KEY</div> <div>AR - Activity Room</div> <div>CC - Casual Cafe</div> <div>DR - Dining Room</div> <div>GR2 - Game Room 2nd floor</div> <div>WC - Wellness Center</div>			<div>9:00 Open Swim from 9:00am-11:00am (WC)</div> <div>10:30 Cottage Sittercise (WC)</div> <div>2:00 <b>Cooking Club (AR)</b></div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 Wii Bowling (WC)</div>	<div>1</div> <div>10:00 <b>Art Class with Scott (AR)</b></div> <div>10:30 <b>Cross Fit (WC)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>3:30 Cottage Brain Fitness (CC)</div> <div>3:30 <b>Happy Hour with Music (DR)</b></div>	<div>2</div> <div>10:00 <b>Coffee Cruise: Mzizi Coffee Outing (Front Lobby)</b></div> <div>10:30 Cottage Sittercise (WC)</div> <div>10:30 Crafts (AR)</div> <div>2:00 Cottage Open Swim (WC)</div>	<div>3</div> <div>10:00 Coffee and Chat (CC)</div> <div>1:30 Bridge Club (GR2)</div>	<div>4</div>
<div>10:00 Catholic Mass (AR/Ch.2)</div> <div>11:00 Documentaries &amp; Biographies (AR)</div>	<div>5</div> <div>10:00 Water Aerobics with Louise Butts (WC)</div> <div>11:30 <b>March Into Spring: Walking Club (WC)</b></div> <div>1:30 Bridge Club (GR2)</div> <div>2:00 History Club (AR)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 <b>Chair Yoga (WC)</b></div>	<div>6</div> <div>10:30 Cottage Sittercise (WC)</div> <div>11:00 <b>Bible Study with Hal (AR)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div>	<div>7</div> <div>9:00 Open Swim from 9:00am-11:00am (WC)</div> <div>10:30 Cottage Sittercise (WC)</div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 Wii Bowling (WC)</div>	<div>8</div> <div>9:00 <b>Podiatry- Come see the Podiatrist (WC)</b></div> <div>10:00 <b>Art Class with Scott (AR)</b></div> <div>10:30 <b>Cross Fit (WC)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>3:30 Cottage Brain Fitness (CC)</div> <div>3:30 <b>Happy Hour with Music (DR)</b></div>	<div>9</div> <div>10:30 Cottage Sittercise (WC)</div> <div>10:30 Crafts (AR)</div> <div>11:00 <b>Movie Theater Outing: "80 for Brady" (Front Lobby)</b></div> <div>2:00 Cottage Open Swim (WC)</div>	<div>10</div> <div>10:00 Coffee and Chat (CC)</div> <div>1:30 Bridge Club (GR2)</div> <div>4:00 Guitar With Leigh (DR)</div>	<div>11</div>
<div>Daylight Savings Time Begins</div> <div>10:00 Catholic Mass (AR/Ch.2)</div> <div>11:00 Documentaries &amp; Biographies (AR)</div>	<div>12</div> <div>9:00 <b>March Madness Brackets Begin</b></div> <div>10:00 Water Aerobics with Louise Butts (WC)</div> <div>10:00 <b>Truist Park Tour (Meet in Front Lobby)</b></div> <div>11:30 <b>March Into Spring: Walking Club (WC)</b></div> <div>1:30 Bridge Club (GR2)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 <b>Chef Chat (AR)</b></div>	<div>13</div> <div>10:30 Cottage Sittercise (WC)</div> <div>11:00 <b>Bible Study with Hal (AR)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div>	<div>14</div> <div>9:00 Open Swim from 9:00am-11:00am (WC)</div> <div>10:30 Cottage Sittercise (WC)</div> <div>2:00 <b>Cooking Club (AR)</b></div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 Wii Bowling (WC)</div>	<div>15</div> <div>10:00 <b>Art Class with Scott (AR)</b></div> <div>10:30 <b>Cross Fit (WC)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>3:30 Cottage Brain Fitness (CC)</div> <div>3:30 <b>Happy Hour with Music (DR)</b></div>	<div>16</div> <div>St. Patrick's Day</div> <div>10:30 Cottage Sittercise (WC)</div> <div>10:30 Crafts (AR)</div> <div>12:00 <b>St. Patrick's Day Lunch (DR)</b></div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 <b>Current Events (AR)</b></div>	<div>17</div> <div>10:00 Coffee and Chat (CC)</div> <div>1:30 Bridge Club (GR2)</div>	<div>18</div>
<div>10:00 Catholic Mass (AR/Ch.2)</div> <div>10:00 <b>Holy Family Catholic Communion (AR)</b></div> <div>11:00 Documentaries &amp; Biographies (AR)</div> <div>3:00 <b>Wonderous Winds Symphony- Outing (Front Lobby)</b></div>	<div>19</div> <div>10:00 Water Aerobics with Louise Butts (WC)</div> <div>11:30 <b>March Into Spring: Walking Club (WC)</b></div> <div>1:30 Bridge Club (GR2)</div> <div>2:00 <b>Insight Hour (AR)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 <b>Chair Yoga (WC)</b></div>	<div>20</div> <div>10:30 Cottage Sittercise (WC)</div> <div>11:00 <b>Bible Study with Hal (AR)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div>	<div>21</div> <div>9:00 Open Swim from 9:00am-11:00am (WC)</div> <div>10:30 Cottage Sittercise (WC)</div> <div>1:00 <b>Massage Therapist here from 1:00-5:00 (WC)</b></div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 Wii Bowling (WC)</div> <div>3:30 <b>Book Club (AR)</b></div>	<div>22</div> <div>10:00 <b>Art Class with Scott (AR)</b></div> <div>10:30 <b>Cross Fit (WC)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>3:30 Cottage Brain Fitness (CC)</div> <div>3:30 <b>Happy Hour with Music (DR)</b></div>	<div>23</div> <div>10:00 <b>Shopping Trip: Target (Front Lobby)</b></div> <div>10:30 Cottage Sittercise (WC)</div> <div>10:30 Crafts (AR)</div> <div>2:00 Cottage Open Swim (WC)</div>	<div>24</div> <div>10:00 Coffee and Chat (CC)</div> <div>1:30 Bridge Club (GR2)</div> <div>4:00 Guitar With Leigh (DR)</div>	<div>25</div>
<div>10:00 Catholic Mass (AR/Ch.2)</div> <div>11:00 Documentaries &amp; Biographies (AR)</div>	<div>26</div> <div>10:00 Water Aerobics with Louise Butts (WC)</div> <div>11:30 <b>March Into Spring: Walking Club (WC)</b></div> <div>1:30 Bridge Club (GR2)</div> <div>2:00 Open Gym (WC)</div>	<div>27</div> <div>10:30 Cottage Sittercise (WC)</div> <div>11:00 <b>Bible Study with Hal (AR)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>5:30 <b>Cottage Party (Legacy Room)</b></div>	<div>28</div> <div>9:00 Open Swim from 9:00am-11:00am (WC)</div> <div>10:30 Cottage Sittercise (WC)</div> <div>9:00 <b>Senior Fitness Testing 9:00am-12:00pm (WC)</b></div> <div>10:30 Cottage Sittercise (WC)</div> <div>2:00 Cottage Open Swim (WC)</div> <div>2:00 Open Gym (WC)</div> <div>3:00 Wii Bowling (WC)</div>	<div>29</div> <div>10:00 <b>Art Class with Scott (AR)</b></div> <div>10:30 <b>Cross Fit (WC)</b></div> <div>2:00 Open Gym (WC)</div> <div>3:00 Cottage Open Swim (WC)</div> <div>3:30 Cottage Brain Fitness (CC)</div> <div>3:30 <b>Happy Hour with Music (DR)</b></div>	<div>30</div> <div>10:30 Cottage Sittercise (WC)</div> <div>10:30 Crafts (AR)</div> <div>10:30 <b>Sterling Fashion Show (DR)</b></div> <div>2:00 Cottage Open Swim (WC)</div>	<div>31</div>	



## Happy Birthday

### Residents

Gretchen Patterson 3/02

Judy Pandich 3/03

Bettye Smith 3/08

Gail Less 3/18

### Staff

Isabel Cristina Rueda Tapias 3/01

Frances Therwil 3/10



### Fun Outings

March 3rd at 10:00AM

Marietta Coffee Company

March 10<sup>th</sup> at 11:00AM

Movie Theater Outing

March 13<sup>th</sup> at 10:00AM

Truist Park Tour Outing

March 24<sup>th</sup> at 10:00AM

Target Shopping Trip

## March Cottage Parties

March 28th at 5:30pm — Legacy Room

## Introducing:

Chair Yoga! Monday, March 6th & 20th at  
3:00 PM

&

March Into Spring! Mondays at 11:30AM