

# MARCH 2018

## Sharon Towers Activities Calendar

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|---|--|---|
| 7:00 Vespers.....HH  | 9:00 Water Walking....P<br>9:00 Tai Chi.....HH<br>9:45 Stronger Bodies 1....HH<br>10:00 Inspired Living...CS<br>10:00 Jump Around....P<br>10:30 Stronger Bodies 2...HH<br>11:15 Stronger Bodies 3...HH<br>2:00 Water Walking....P<br>2:30 Bank Bus Departs...WL<br>3:00 Brain Games.....SR | 9-11 SouthPark Area Shuttle..WL<br>9:00 Floor Yoga.....HH<br>9:30 Men Play Pool.....WL<br>9:45 Meditation.....DC<br>10:00 Aquatic Circuit...P<br>10:30-1 Treasure Chest...LL<br>11:15 Board Games....HH<br>1:00 Tech Support.....SR<br>1:00 Chair Zumba.....HH<br>1:35 Stretch and Breathe...HH<br>2:00 Aquatic Core & Balance...P | 9:00 Water Walking....P<br>9:00 Tai Chi.....HH<br>9:45 Stronger Bodies 1....HH<br>10:00 Jump Around....P<br>10:15 Wii Bowling....CS<br>10:30 Stronger Bodies 2...HH<br>11:00 Midweek Reflection...DC<br>11:15 Stronger Bodies 3...HH<br>2:00 Ladies Play Pool....WL<br>2:00 Water Walking....Pool<br>3:30 Memories to Memoirs..HH<br>5-6 Teatotalers.....CVC | 9:00 Floor Yoga.....HH<br>9:30 Men Play Pool.....WL<br>10:00 Aquatic Circuit...P<br>10:30-3 Treasure Chest...LL<br>10:30 Line Dancing.....HH<br>1:00 Chair Zumba.....HH<br>1:35 Stretch and Breathe...HH<br>2:00 Aquatic Core & Balance...P<br>2:15 Meditation.....DC<br>3:00 Enrichment Seminar..HH<br>5:00 Thirsty Thursday...Lounge<br>6:00 Tech Support....YR | 9 Water Walking.....P<br>9:00 Tai Chi.....HH<br>9:45 Stronger Bodies 1...HH<br>10:00 Jump Around....P<br>10:30 Stronger Bodies 2...HH<br>11:15 Stronger Bodies 3...HH<br>2:00 Water Walking....P<br>2:30 Bingo.....CVC | 9:30 Men Play Pool.....WL<br>2:00 Ladies Play Pool.....WL<br>7:00 Evening Movie...HH  |
| <p><i>* Room Key *</i><br/>AS = Art Studio<br/>CR = Conference Room<br/>CS = Craft Studio<br/>CVC = City View Clubroom<br/>DC = Daniel Chapel<br/>EP = East Parlor<br/>HCC = Health Care Center<br/>HH = Hunter Hall</p> |  |  |  |   |  | <p><i>* Room Key *</i><br/>HT = Harkey Terrace<br/>HTC = Harris Towne Center<br/>LL = Lower Level<br/>P = Pool<br/>SR = Sharon Room<br/>WC = Wellness Clinic<br/>WL = West Lobby<br/>YR = Yandle Room</p> |
| <p>↑ ↑ ↑<br/>Things above this line<br/>happen every week.</p>   | <p><u>Remember</u><br/>Wear Nametags on Mondays</p>  | <p>↑ ↑ ↑<br/>Things above this line<br/>happen every week.</p>   |  | <p>3:00 Transparency Workshop<br/>Part 1 with CMPD.....HH<br/>6 Navigating Parkinson's..CVC<br/>7:00 Men's Poker.....SR</p>   | <p>12:30 Coffee and a Hand....SR<br/>1 Fall Trip Presentation....HH<br/>Let's go to New Orleans!<br/>7:00 Games Night.....HTC</p> <p>Pennies for Purple</p>  | <p>10:00 Errand Express<br/>7:00 "Murder on the Orient<br/>Express".....HH</p>  |
| 4  | 5  | 6  | 7  | 8   | 9  | 10  |
|  | 3:00 Brain Games.....SR<br>3:00 Chat with Jessica....HH<br>5:00 Wine and Cheese....HH<br>7:00 Discussion Group....CR   | 9:00 Floor Yoga.....HH<br>9-12 Saint John's Bible...SR<br>10-3 Gift and Book Sale...HH<br>11:15 Board Games....CS*<br>2:30 Shop SouthPark...WL<br>4:45 Dinner Out- Mama Ricotta's  | 9:45 Morrison Library Tour...WL<br>1:00 Shop Walmart....WL   | 3:00 Transparency Workshop<br>Part 2 with CMPD.....HH   | 1:30 Bead Bracelet Craft...CS<br>7:00 Bridge Night....HTC/SR   | 10-1 Saturday Stitches....CS<br>2 Community School of the Arts<br>Charlotte Children's Choir..HH<br>6:30 Depart for Symphony..WL<br>7:00 "Breathe".....HH   |
| 11   | 12   | 13   | 14   | 15  | 16   | 17  |
| Daylight Savings Time Begins   | 2:00 Barber.....3HC<br>4:00 Sing Along.....HH<br>7:00 Corn Hole Tournament...HH  | 10-2 Carte Boutique....CS<br>1:00 Tech Support.....YR*<br>4:00 Chair Zumba.....HH<br>2:30 Shop Trader Joe's...WL<br>6:30 Art Class with Kalin...CS   | 9-12 Foot Care Clinic....LL<br>1:00 Dollar Tree / Target...WL<br>7:00 Ladies Poker....Lounge   | 9-12 Medicare Help....YR<br>10:00 Knitters United.....CS<br>3:00 Transparency Workshop<br>Part 3 with CMPD.....HH<br>5:00 Thistledown Tinkers...HH<br>7:00 Men's Poker.....SR   | 12:30 Coffee and a Hand....SR<br>7:00 Games Night.....HTC  | 7:00 "The Man Who Invented<br>Christmas"....HH  |
| 18   | 19   | 20   | 21   | 22  | 23   | 24  |
|  | 10-11 Audibel Hearing...SR<br>2:30 Bank Bus Departs...WL<br>3:00 Brain Games.....SR<br>3:00 Writers Corner.....1205N<br>7:00 Discussion Group....CR  | 10:00 Residents Council...HH<br>3:00 Heritage Seminar...HH<br>4:00 Intro to Social Media...HH<br>"Facebook, Instagram, Twitter"<br>Spring Begins   | 9-12 Dermatology Clinic....LL<br>1:00 Shop Walmart....WL<br>3:30 Memories 2 Memoirs..SR<br>4:00 Chat with Anne....HH   | 3:00 "Swing! The Fabulous Music<br>of the Big Bands & 30's & 40's"<br>with Rosanne Losee  | 8:30 Men's Breakfast Departs<br>for Carolina Prime.....WL<br>1:30 Book Club.....HH<br>7:00 Bridge Night....HTC/SR  | 6:30 Depart for Symphony..WL<br>7:00 "Earth- One Amazing Day"<br>.....HH  |
| 25   | 26   | 27   | 28   | 29  | 30   | 31  |
|  | 11:15 Lunch and Shopping Trip<br>2:00 Barber.....3HC<br>4:00 Sing Along.....HH<br>7:00 Dominoes.....CVC  | 1:30 Carolina Place Mall...WL<br>4:00 Intro to Social Media...HH<br>"Facebook, Instagram, Twitter"<br>6:30 Art Class with Kalin...CS   | 1:00 Shop Aldi.....WL<br>5-6 Teatotalers.....HTC*<br>7:00 Ladies Poker....Lounge   | 9:30 Museum of the New South<br>3 "Prevention and Reversal of<br>Cognitive Decline"...HH<br>Maundy Thursday   | 9:00 Tai Chi.....HH<br>All Stronger Bodies...WL*<br>1-5 Resident Art Show....HH<br>Good Friday   | 10-12 Easter Celebration in the<br>Front Circle<br>(Weather Permitting)<br>7:00 "The Greatest Showman"-HH   |