Viewed: 02/15/24 09:55 AM **ASTON GARDENS**° At Pelican Marsh By Discovery Senior Living

## March 2024

DR Dining Room MP Multipurpose Room PG Putting Green MT Movie Room MC Media Center CA Celebration Activities DEPART P Pool Tavern

Saturday

(Video on channel 9005)

8 Don't Forget to Spring Ahead

Before Bed

23

30





8:00 At Home: Mindfulness Meditation (Channel 9005)

9:45 MP Balance & Stability w/ Marianne

10:00 Painting Class with Monique

(Sign-up Only)

2:00 Monday Musical Matinee

2:30 Stitch, Gift, and Gab!

Land in a Modern World

9:00 MP Full Body Fitness

10:15 T Bridge

4:00 MP BINGO!

Monday



Tuesday



Wednesday



9:00 MP Full Body Fitness 9:30 @ the Inn Resident-Led Catholic Rosary & Communion 9:45 MP Balance & Stability w/ Marianne 10:00 Naples Quilters Guild: Quilt Show 11:00 Walker Wash-In Front of Clubhouse	9:15 MP Stretch & Strength Video Fitness 10:00 At Home - Beginner Balance Exercises (Video on channel 9005)
1:00 Mahjong	2:15 St. John Catholic Church
1:45 T Poker 2:00 T Hand and Foot	2:30 At Home - Chair Yoga Stretch

Friday

5:00 Happy Hour with Moon Over Miami

9:00 MP Full Body Fitness

9:00 Morning Stretch (Video on Channel 9005) 9:30 At Home - Seated Morning Stretch (Video on channel 9005) 9:30 Presbyterian Church (Vanderbilt) 10:00 MP Nondenominational Church Service (Also on 9005)

10:30 BRUNCH! 11:00 Music in the Lobby w/ Carl Evans 12:00 MC Bridge

12:30 MC Pinochle 1:00 Depart: Sugden Theater (Ticket Holders Only) 1:30 At Home - Chair Pilates (Video on channel 9005)

6:00 It's BUNCO Time! 9:00 Morning Stretch (Video on Channel 9005) 8:00 At Home: Mindfulness Meditation (Channel 9005) 9:00 MP Full Body Fitness 9:30 At Home - Seated Morning Stretch (Video on 9:45 MP Balance & Stability w/ Marianne channel 9005) 10:00 CA Painting Class with Monique

on 9005)

1:30 At Home - Chair Pilates (Video on channel 9005)

9:00 PG Putting 9:30 MP Tai Chi 10:15 P Aquacise 10:30 MC Cribbage 12:30 DR Behind the Scenes: AG Kitchen Tour-Blda. 4 11:00 Ladies' 'Green' Tea Time 11:00 Tech Time with Steven 2:00 MP FGCU Academy Presentation: Jordan: A Biblical 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 MP Corn Hole: All Residents Welcome 2:00 Hand and Foot 6:00 MT Afternoon Matinee and Popcorn

9:00 MC Let's Get Together w/ Frank: Chit Chat

9:45 MP Balance and Stability w/ Marianne 10:00 MC Rummikub 11:00 Depart for Barnes and Noble 2:00 Dominoes (Mexican Train) 2:00 MT Midday Matinee - Documentary Series 2:30 MP Bible Study and Happy Half Hour with Pastor Dan 3:00 CA Freestyle Paint & Sip Hour 6:00 MP BINGO!

9:00 MP Full Body Fitness 9:00 PG Putting 9:30 MP Tai Chi 10:15 P Aquacise 10:30 MC Jewelry Making 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 Hand and Foot 2:00 MT Midday Matinee and Popcorn 2:30 CA Scrabble 3:00 Bar Trivia (3-7pm) - must complete in bar 3:30 MP Wii Bowling 4:00 Karaoke w/ JR 13

20

9:00 PG Putting

9:30 @ the Inn Resident-Led Catholic Rosary 9:15 MP Stretch & Strength Video & Communion Fitness 9:45 MP Balance & Stability w/ Marianne 10:00 At Home - Beginner Balance 11:00 Depart to Brambles Tea Room Exercises (Video on channel 9005) 1:00 Mahjong 1:45 T Poker 10:00 Orange Blossom Library 2:00 Hand and Foot 2:15 St. John Catholic Church 2:00 MP Transitional Healthcare As We Age: 2:30 At Home - Chair Yoga Stretch (Video What Is Palliative Care? on channel 9005) 5:00 Happy Hour with Vic Tommarchi 15 Get Your Green on: St. Patty's Day 16

Daylight Saving Time Begins 9:30 Presbyterian Church (Vanderbilt) 10:00 MP Nondenominational Church Service (Also 10:30 BRUNCH! 12:00 MC Bridge 12:30 MC Pinochle

10:15 TBridge 2:00 MP COPS/Crime Prevention-Fraud by CCSO CCSO 2:00 MT Monday Musical Matinee 2:30 T Stitch, Gift, and Gab! 4:00 MP BINGO! 6:00 It's BUNCO Time! Happy St. Patrick's Day 8:00 At Home: Mindfulness Meditation (Channel 9005)

24

9:00 MC Let's Get Together w/ Frank: Chit Chat 9:00 PG Putting 9:30 MP Tai Chi 10:15 Aguacise 10:30 MC Cribbage 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 MP Corn Hole: All Residents Welcome

2:00 Hand and Foot 2:00 Midday Matinee and Popcorn 6:00 MT Afternoon Matinee and Popcorn 18 | First Day of Spring 19

9:00 MP Full Body Fitness 9:45 MP Balance and Stability w/ Marianne 10:00 Depart Hobby Lobby 10:00 MC Rummikub 11:00 Art Resin Class: Beachy Theme 2:00 Dominoes (Mexican Train) 2:00 Midday Matinee - Documentary Series 2:30 MP Bible Study and Happy Half Hour with Pastor Dan 3:00 CA Freestyle Paint & Sip Hour 4:30 Ladies of Charity Singing Group in the Lobby 6:00 MP BINGO!

9:00 PG Putting 9:30 MP Tai Chi 10:15 P Aquacise 10:30 Me Jewelry Making 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 Hand and Foot 2:00 Midday Matinee and Popcorn 2:30 CA Scrabble 3:00 Bar Trivia (3-7pm) - must complete in bar 3:30 MP Wii Bowling 6:00 MT Afternoon Matinee and Popcorn 21

Celebration in the Tavern 9:00 MP Full Body Fitness 9:15 Field Trip to the Conservancy 9:15 MP Stretch & Strength Video Fitness 9:30 @ the Inn Resident-Led Catholic Rosary 10:00 At Home - Beginner Balance Exercises & Communion 9:45 MP Balance & Stability w/ Marianne (Video on channel 9005) 1:00 CA Carey w/ Connect Hearing Visit 2:15 St. John Catholic Church 1:00 Mahjong 2:30 At Home - Chair Yoga Stretch (Video 1:45 Poker on channel 9005) 2:00 Hand and Foot 2:00 MP Women Who Changed The World 4:30 Entertainment: Ron Spataro presentation by Professor Kerr Music from the '50s, '60s & '70s 5:00 Happy Hour with Darcy J

9:00 Morning Stretch (Video on Channel 9005) 9:30 At Home - Seated Morning Stretch (Video on channel 9005) 9:30 Presbyterian Church (Vanderbilt) 10:00 MP Nondenominational Church Service (Also on 9005) 10:30 BRUNCH!

12:00 MC Bridge 12:30 MC Pinochle 1:30 At Home - Chair Pilates (Video on channel 9005) Palm Sunday

9:30 Presbyterian Church (Vanderbilt)

12:30 MC Pinochle

9:00 MP Full Body Fitness 9:45 MP Balance & Stability w/ Marianne 10:00 CA Painting Class with Monique 10:15 Bridge 10:30 Tai Chi (moved from 3/19) 10:30 MP Tai Chi (Moved from 3/19) 2:00 MP FGCU Academy Presentation: The Uffizi Gallery

2:00 MIII Monday Musical Matinee 2:30 Stitch, Gift, and Gab! 4:00 MP BINGO! 6:00 It's BUNCO Time!

9:00 Me Let's Get Together w/ Frank: Chit Chat 9:00 MP Full Body Fitness 9:00 PG Putting 9:30 MP NO Tai Chi Moved to 3/18 at 10:30 10:15 Aquacise 10:30 MC Cribbage 11:00 Tech Time with Steven 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 MP Corn Hole: All Residents Welcome 2:00 Hand and Foot

9:45 MP Balance and Stability w/ Marianne 10:00 Depart for Seed To Table 10:00 MC Rummikub 2:00 Dominoes (Mexican Train) 2:00 MT Midday Matinee - Documentary Series 2:30 MP Bible Study and Happy Half Hour with Pastor Dan 3:00 CA Freestyle Paint & Sip Hour 6:00 MP BINGO! 27

9:30 MP Tai Chi 10:15 P Aquacise 10:30 Me Jewelry Making 11:00 Coffee w/ the Vets - Avow Volunteer 11:15 MP Strength Class w/ Marianne 1:00 MP Chair Yoga w/ Gerrie 2:00 Hand and Foot 2:00 Midday Matinee and Popcorn 3:00 Bar Trivia (3-7pm) - must complete in bar 3:30 MP Wii Bowling 6:00 MT Afternoon Matinee and Popcorn

22 9:00 MP Full Body Fitness 9:15 MP Stretch & Strength Video 9:30 @ the Inn Resident-Led Catholic Rosary & Communion Fitness 9:45 MP Balance & Stability w/ Marianne 10:00 Depart for Best of Everything 10:00 At Home - Beginner Balance 12:30 DR Behind the Scenes: AG Kitchen Tour-Bldg. 7 Exercises (Video on channel 9005) (Sign-up Only) 1:00 Mahjong 10:00 Orange Blossom Library 1:45 Poker 2:15 St. John Catholic Church 2:00 Hand and Foot 2:00 MP Presentation by AG Resident: Author, Friedhelm 2:30 At Home - Chair Yoga Stretch Radandt "The Radio Signal" (Video on channel 9005) 5:00 Happy Hour w/ Mended Hearts 29

10:00 MP Nondenominational Church Service (Also on 9005) 10:30 BRUNCH! 12:00 MC Bridge 12:30 MC Pinochle Happy Easter 9:30 Presbyterian Church (Vanderbilt) 10:00 MP Nondenominational Church Service (Also on 9005) 10:30 BRUNCH! 12:00 MC Bridge

8:00 At Home: Mindfulness Meditation (Channel 9005) 9:00 MP Full Body Fitness 9:45 MP Balance & Stability w/ Marianne 10:00 CA Painting Class with Monigue 10:15 T Bridge 2:00 MT Monday Musical Matinee 2:30 T Stitch, Gift, and Gab! 4:00 MP BINGO!

6:00 T It's BUNCO Time!

25 26 9:00 PG Putting 9:30 MP Tai Chi 10:15 Aquacise 10:30 MC Cribbage 11:15 MP Strength Class w/ Marianne 1:00 Learn How to Protect Your Assets- Safe Harbor 1:00 MP NO Chair Yoga w/ Gerrie 2:00 MC Corn Hole: All Residents Welcome 2:00 Hand and Foot 2:00 Midday Matinee and Popcorn 3:00 MP Town Hall 6:00 MT Afternoon Matinee and Popcorn

2:00 Midday Matinee and Popcorn

6:00 MT Afternoon Matinee and Popcorn

9:00 MP Full Body Fitness 9:45 MP Balance and Stability w/ Marianne 10:00 Depart Naples Olive Oil & CVS 10:00 Rummikub 2:00 T Dominoes (Mexican Train) 2:00 MT Midday Matinee - Documentary Series 2:30 MP Bible Study and Happy Half Hour with Pastor Dan 3:00 CA Sip & Paint: Cactus Rock Garden (Sign-Up Only) 6:00 MP BINGO!

28 9:00 PG Residents vs. Staff: Semi-Annual Putting 9:00 MP Full Body Fitness Tournament 9:30 @ the Inn Resident-Led Catholic Rosary 9:30 MP Tai Chi & Communion 10:15 Aguacise 9:45 MP Balance & Stability w/ Marianne 10:30 Book Club 11:15 MP Strength Class w/ Marianne 10:00 Depart Tin City 1:00 MP Chair Yoga w/ Gerrie 11:00 CA Activities Open Forum 2:00 DR Chef Demo: Dining Room 1:00 T Mahjong 2:00 Midday Matinee and Popcorn 1:45 T Poker 2:30 CA Scrabble 2:00 Hand and Foot 3:30 MP Wii Bowling 6:00 MT Afternoon Matinee and Popcorn 5:00 Happy Hour w/ Lou Casanova

9:15 MP Stretch & Strength Video Fitness 10:00 At Home - Beginner Balance Exercises (Video on channel 9005) 2:15 St. John Catholic Church 2:30 At Home - Chair Yoga Stretch

(Video on channel 9005)