IY-072 - Discovery Village at Southlake aka Landing at Watermere - Southlake - Issue: 03/01/24 Viewed: 02/13/24 VILLAGE March 2024

AT SOUTHLAKE By Discovery Senior Living

## March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Department of Aging & Disability Services. 1-800-458-9958. All Activities are subject to change without prior notice.					1 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Yo-Chi Class 11:00 2F National Peanut Butter Lover's Day! Literature will be pass out to you. 2:00 2F Test your March IQ 3:00 MR The Story of Ireland Documentary Movie	2 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 H Walk the Halls 2:00 2F Bingo 3:00 2F Fancy Nails
3 9:00 2F Catholic Service 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 2F FBC Church Service 1:30 2F Table Talk at the Bistro	4 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 BI Core & Conditioning 11:00 2F Fun Facts about Names Day! Literature will be pass out to you 2:00 3L Story Time with Tom from the Southlake Library 3:00 2F Card Games 3:30 3L Resident's Choir Meeting	5 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Bible Trivia 11:00 2F Mind Fit Class 1:30 2F Meet in the activity room. Let's plant some flowers in courtyard . 2:30 3L Get into the Zone with the nutrition chef Speaker 3:30 3L Bingo	6 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Exercise with Luke 1:30 MR FBC Worship and Study 2:00 2F Resident's Choir Rehearsal 3:15 2F Bingo	7 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 11:00 2F Movin' and Groovin' 1:30 2F Games With Luke 2:00 2F National Name Tag Day! Literature will be pass out to you. 3:00 3L HAPPY HOUR with Live Entertainment Steve J Rose & Tony will Perform	8 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Yo-Chi Class 1:30 2P Let's start a Flower & Vegetable garden on the 2nd floor patio 2:30 2F The Art Studio painting class with the Artist Charice 3:45 MR The Story of Ireland Documentary Movie	9 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 2F Craft Corner 11:00 H Walk the Halls 2:00 2F Bingo
10 9:00 2F Catholic Service 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 2F FBC Church Service 1:30 2F Table Talk at the Bistro	11 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 BI Core & Conditioning 11:00 2F Dream 2024 Day! Literature will be pass out to you. 2:00 3L Story Time with Tom from the Southlake Library 3:00 2F Card Games 3:30 3L Resident's Choir Meeting	12 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:00 2F Pet Therapy 11:00 2F Mind Fit Class 1:15 2F Courtyard Walk & Garden Care. Meet in the activity room 2:00 2F McTeggart Irish Dancers will be performing 3:30 3L Bingo	13 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Exercise with Luke 11:00 2F Resident Council Meeting 1:30 MR FBC Worship and Study 2:00 2F Resident's Choir Rehearsal 3:15 2F Bingo	14 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 11:00 2F Movin' and Groovin' 1:30 2F Games With Luke 2:00 2F National Potato Chip Day! Literature will be pass out to you. 3:00 3L HAPPY HOUR with Live Entertainment Jonathan Plays the Keyboard	15 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Yo-Chi Class 1:30 2P Resident's Gardening Club on the 2nd floor patio 3:00 MR The Story of Ireland Documentary Movie	16 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 H Walk the Halls 2:00 2F Bingo 3:05 2F Ric Performs Live Entertainment
17 9:00 2F Catholic Service 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 2F FBC Church Service 1:30 2F Table Talk at the Bistro 2:00 2F Canvas Painting with Arya	18 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 BI Core & Conditioning 11:00 2F Puzzle fun 2:00 3L Story Time with Tom from the Southlake Library 3:00 2F Card Games	19 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Certified Nurses Day! Literature will be pass out to you. 11:00 2F Mind Fit Class 1:15 2F Courtyard Walk & Garden Care. Meet in the activity room 2:00 3L Craig Murphy Performs 3:30 3L Bingo	20 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Exercise with Luke 1:30 MR FBC Worship and Study 2:00 2F Resident's Choir Rehearsal 3:15 2F Bingo 5:00 2D Resident's Family Night with LIVE Entertainment Doc Gibbs will be Performing, Wine & Dinner	9:15 2F Daily Chronicles 10:00 2F Morning Stroll 11:00 2F Movin' and Groovin' 1:30 2F Games With Luke 3:00 3L HAPPY HOUR with Live	22 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Yo-Chi Class 1:30 2P Resident's Gardening Club on the 2nd floor patio 2:00 3L The Gold tone Senior Show Choir 3:00 MR The Story of Ireland Documentary Movie	23 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 2F Craft Corner 11:00 H Walk the Halls 2:00 2F Bingo
24 9:00 2F Catholic Service 9:15 2F Daily Chronicles 10:15 2F Exercise with Shannon 11:00 2F FBC Church Service 2:00 2F Canvas Painting with Arya 31 9:00 2F Catholic Service 9:15 2F Daily Chronicles 10:15 2F Exercise with Shannon 11:00 2F FBC Church Service 1:30 2F Table Talk at the Bistro	25 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 BI Core & Conditioning 11:00 2F National Medal of Honor Day! Literature will be pass out to you. 2:00 3L Story Time with Tom from the Southlake Library 3:00 2F Card Games 3:30 3L Resident's Choir Meeting	26 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Bible Trivia 11:00 2F Mind Fit Class 1:15 2F Courtyard Walk & Garden Care. Meet in the activity room 2:00 2F Friends & Family Feud 3:30 3L Bingo	27 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Exercise with Luke 1:30 MR FBC Worship and Study 1:30 2F Resident Food Council Meeting 2:00 2F Resident's Choir Rehearsal 3:15 2F Bingo	28 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 11:00 2F Movin' and Groovin' 1:30 2F Games With Luke 2:00 2F Weed (garden weeds) Appreciation Day! Literature will be pass out to you. 3:00 3L HAPPY HOUR with Live Entertainment Wayne will be perfoming	29 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:30 2F Yo-Chi Class 1:30 2P Resident's Gardening Club on the 2nd floor patio 2:00 2F Vietnam War Veterans Day! Literature will be pass out to you 3:00 MR The Story of Ireland Documentary Movie	30 9:15 2F Daily Chronicles 10:00 2F Morning Stroll 10:15 2F Exercise with Shannon 11:00 H Walk the Halls 2:00 2F Bingo 3:00 2F Fancy Nails

2F 2nd Floor MR Media Rm. 2F BI 2nd Floor Bistro Cafe 3L Back Living Room 2D 2nd Fl. Dining Room

2P 2nd Fl. Patio H Halls



## March 2024

AT SOUTHLAK By Discovery Senior Livin						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject to Change	Morch	Happy Easter	Hereisen	Happy St. Patrick s Day	1 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) <b>3:00 Happy Hour w/Rev Rock</b> <b>Rogers (DR)</b> 5:30 Games of Your Choice (C2)	2 9:00 Bible Study (CR) 10:30 Bingo! (AR) 1:00 Rummikub (C2) 2:00 Ladies' Tea (AR) 3:00 Games Galore (AR) 6:00 Saturday Evening Movie
Joyce M. Birthday 3 9:30 Catholic Church (CR) 1:00 Bingo with YMSL! (AR) 2:30 Rummikub (C2) 3:30 Games Galore (AR) 6:00 Sunday Evening Movie (CR)	4 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:00 Canasta (C2) 2:30 Wheel of Fortune (AR) 3:30 Rummikub (C2) 5:30 Mexican Train (AR)	5 9:30 Exercise with Luke (AR) 10:00 Coffee Talk (AR) <b>11:00 Out to Lunch Bunch to LA</b> <b>Burger (Bus)</b> 1:30 Bingo! (AR) 3:00 Painting (AR) 5:30 Dominoes (AR)	Norma J. Birthday69:30 Exercise (AR)10:00 Coffee Talk (AR)10:30 Food Discussion Mtg. (AR)1:00 Mind Fit with Luke (AR)2:00 Canasta (C2)3:00 Town Hall Meeting (AR)5:30 Rummikub (C2)	Anne L. Birthday79:00 Shopping (Bus)9:30 Exercise with Luke (AR)10:00 Rummikub (C2)1:00 Custom Hearing Aids1:30 Uno with Amy! (CR)3:00 Wine Social (DR)5:30 Mexican Train (AR)	8 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) <b>3:00 Happy Birthday HH w/ Bill</b> <b>Cobb (DR)</b> 5:30 Games of Your Choice (C2)	9 9:00 Bible Study (CR) 10:30 Bingo! (AR) 1:00 Rummikub (C2) 2:00 Ladies' Tea (AR) 3:00 Games w/ YMSL! (AR) 6:00 Saturday Evening Movie
10 9:30 Catholic Church (CR) 2:30 Rummikub (C2) 3:30 Games Galore (AR) 6:00 Sunday Evening Movie (CR)	Evelyn T. Birthday119:30 Exercise (AR)10:00 Coffee Talk (AR)1:00 Canasta (C2)2:30 Wheel of Fortune (AR)3:30 Rummikub (C2)5:30 Mexican Train (AR)	12 9:00 Walgreens (Bus) 9:30 Exercise with Luke (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) 3:00 Painting (AR) 5:30 Dominoes (AR)	13 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 10:30 Book Club w/Joyce R. (AR) 1:00 Mind Fit with Luke (AR) 2:00 Canasta (C2) 3:00 Trivia with Tracy (AR) 5:30 Rummikub (C2)	14 9:00 Shopping (Bus) 9:30 Exercise with Luke (AR) 10:00 Rummikub (C2) 1:30 Uno with Amy! (CR) 3:00 Wine Social w/Food Demo (DR) 5:30 Mexican Train (AR)	15 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) <b>3:00 St. Patrick's Day Happy</b> Hour w/ Charlie Carey (DR) 5:30 Games of Your Choice (C2)	16 9:00 Bible Study (CR) 10:30 Bingo! (AR) 1:00 Rummikub (C2) 2:00 Ladies' Tea (AR) 3:00 Games Galore (AR) 6:00 Saturday Evening Movie
Happy St. Patrick's Day!179:30 Catholic Church (CR)1:00 Bingo with YMSL! (AR)2:30 Living Word LutheranChurch (CR)2:30 Rummikub (C2)3:30 Games Galore (AR)6:00 Sunday Evening Movie (CR)	18 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:00 Canasta (C2) 2:30 Wheel of Fortune (AR) 3:30 Rummikub (C2) 5:30 Mexican Train (AR)	19 9:15 Lavish Nails (Bus) 9:30 Exercise with Luke (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) 3:00 Painting (AR) 5:30 Dominoes (AR)	20 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:00 Mind Fit with Luke (AR) 2:00 Canasta (C2) 3:00 Reader's Circle (AR) 5:30 Rummikub (C2)	21 9:00 Shopping (Bus) 9:30 Exercise with Luke (AR) 10:00 Rummikub (C2) 1:30 Uno with Amy! (CR) 3:00 Wine Social (DR) 5:30 Mexican Train (AR)	22 9:30 Exercise (AR) 10:00 Coffee Talk (AR) <b>10:00 SAM's Creations (DR)</b> <b>12:00 Happy Hour w/ Stan Berger</b> <b>(DR)</b> 1:30 Bingo! (AR) 5:30 Games of Your Choice (C2)	23 9:00 Bible Study (CR) 10:30 Bingo! (AR) 1:00 Rummikub (C2) 2:00 Ladies' Tea (AR) 3:00 Games w/ YMSL! (AR) 6:00 Saturday Evening Movie
24 9:30 Catholic Church (CR) 2:15 Hills Church (CR) 2:30 Rummikub (C2) 3:30 Games Galore (AR) 6:00 Sunday Evening Movie (CR) 31 9:30 Catholic Church (CR) 2:15 Hills Church (CR) 2:30 Rummikub (C2) 3:30 Games Galore (AR) 6:00 Sunday Evening Movie (CR)	25 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:00 Canasta (C2) 2:30 Wheel of Fortune (AR) 3:30 Rummikub (C2) 5:30 Mexican Train (AR)	26 9:30 Exercise with Luke (AR) 10:00 Coffee Talk (AR) <b>11:00 Out to Lunch Bunch to Mi</b> <b>Pueblo(Bus)</b> 1:30 Bingo! (AR) 3:00 Painting (AR) 5:30 Dominoes (AR)	27 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:00 Mind Fit with Luke (AR) 2:00 Canasta (C2) 3:00 Horse Races! (AR) 5:30 Rummikub (C2)	28 9:00 Shopping (Bus) 9:30 Exercise with Luke (AR) 10:00 Rummikub (C2) 1:30 Uno with Amy! (CR) 3:00 Wine Social w/ Monte Holder, Magician (DR) 5:30 Mexican Train (AR)	29 9:30 Exercise (AR) 10:00 Coffee Talk (AR) 1:30 Bingo! (AR) <b>3:00 Happy Hour w/</b> <b>Celebrations! (DR)</b> 5:30 Games of Your Choice (C2)	30 9:00 Bible Study (CR) 10:30 Bingo! (AR) 1:00 Rummikub (C2) 2:00 Ladies' Tea (AR) 3:00 Games Galore (AR) 6:00 Saturday Evening Movie



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject to Change	March	Happy Easter	Herisen	Happy St. Patrick s Day	1 9:00 Meditation and Music 9:30 Exercise & Hydration Cart 11:00 Aroma Cloths and Meal Song 1:00 Junk Drawer Detective <b>3:00 Happy Hour</b> 4:00 Folding & Serting 6:00 Music and Hydration Cart	2 9:00 Meditation and Music 9:30 Chair Dancing 10:00 Bingo with Friends 11:00 Aroma Cloths and Meal Song 1:00 Reminiscing Movies 3:30 Puzzles / Brain Games 6:00 Music and Hydration Cart
3 9:00 Live Church Service On TV 10:00 Bingo and Hydration Cart 10:30 Bible Stories 11:00 Aroma Cloths & Meal Song 2:00 Story Time! 6:00 Relaxing Night Time Music	4 9:00 Meditation and Music 9:30 Noodle Ball & Hydration Cart 11:30 Aroma Cloths and Meal Song 1:00 Chair Yoga 2:30 Let's Go to the Movies! 4:00 Folding & Sorting 6:00 Music and Hydration Cart	9:00 Meditation and Music 9:30 Let's Get Fit! 10:00 Bingo and Hydration Cart 11:30 Aromatherapy 2:00 Art Expression 3:00 Guess Who? 4:00 Folding & Sorting 6:00 Music and Hydration Cart	5 9:00 Meditation and Music 9:30 Exercise with Luke 10:30 Noodle Tennis 11:00 Bird Watching 2:00 The Daily Chronicle 4:00 Folding & Sorting 6:00 Music and Hydration Cart	5 9:00 Meditation and Music 10:00 Relaxing Spa Day 11:30 Aroma Cloths and Meal Song <b>1:30 Scenic Drive!</b> 3:30 Dance to the Music! 4:00 Folding & Sorting 6:00 Music and Hydration Cart	Martha M. Birthday 8 9:00 Meditation and Music 9:30 Exercise & Hydration Cart 11:00 Aroma Cloths and Meal Song 1:00 Junk Drawer Detective 3:00 Happy Hour 4:00 Folding & Sorting 6:00 Music and Hydration Cart	9 9:00 Meditation and Music 9:30 Chair Dancing 10:00 Bingo with Friends 11:00 Aroma Cloths and Meal Song 1:00 Reminiscing Movies 3:30 Puzzles / Brain Games 6:00 Music and Hydration Cart
10 9:00 Live Church Service On TV 10:00 Bingo and Hydration Cart 10:30 Bible Stories 11:00 Aroma Cloths & Meal Song 2:00 Story Time! 6:00 Relaxing Night Time Music	Barbara P. Birthday119:00 Meditation and Music9:30 Noodle Ball & Hydration Cart11:30 Aroma Cloths and Meal Song1:00 Chair Yoga2:30 Let's Go to the Movies!4:00 Folding & Sorting6:00 Music and Hydration Cart	9:00 Meditation and Music 9:30 Let's Get Fit! 10:00 Bingo and Hydration Cart 11:30 Aromatherapy 2:00 Art Expression <b>3:00 Entertainment by Bill Cobb</b> 3:00 Guess Who? 4:00 Folding & Sorting 6:00 Music and Hydration Cart	12 9:00 Meditation and Music 9:30 Exercise with Luke 10:30 Noodle Tennis 11:00 Bird Watching 2:00 The Daily Chronicle 4:00 Folding & Sorting 6:00 Music and Hydration Cart	<ul> <li>3</li> <li>9:00 Meditation and Music</li> <li>10:00 Relaxing Spa Day</li> <li>11:30 Aroma Cloths and Meal Song</li> <li>1:30 Painting for Pleasure!</li> <li>2:00 Tunes with Tracy!</li> <li>3:30 Dance to the Music!</li> <li>4:00 Folding &amp; Sorting</li> <li>6:00 Music and Hydration Cart</li> </ul>	<ul> <li>15</li> <li>9:00 Meditation and Music</li> <li>9:30 Exercise &amp; Hydration Cart</li> <li>11:00 Aroma Cloths and Meal Song</li> <li>1:00 Junk Drawer Detective</li> <li>3:00 St. Patrick's Day Happy Hour</li> <li>4:00 Folding &amp; Sorting</li> <li>6:00 Music and Hydration Cart</li> </ul>	16 9:00 Meditation and Music 9:30 Chair Dancing 10:00 Bingo with Friends 11:00 Aroma Cloths and Meal Song 1:00 Reminiscing Movies 3:30 Puzzles / Brain Games 6:00 Music and Hydration Cart
St. Patrick's Day!179:00 Live Church Service On TV10:00 Bingo and Hydration Cart10:30 Bible Stories11:00 Aroma Cloths & Meal Song2:00 Story Time!6:00 Relaxing Night Time Music	18 9:00 Meditation and Music 9:30 Noodle Ball & Hydration Cart 11:30 Aroma Cloths and Meal Song 1:00 Chair Yoga 2:30 Let's Go to the Movies! 4:00 Folding & Sorting 6:00 Music and Hydration Cart		19 20 9:00 Meditation and Music 9:30 Exercise with Luke 10:30 Noodle Tennis 11:00 Bird Watching 2:00 The Daily Chronicle 4:00 Folding & Sorting 6:00 Music and Hydration Cart	9:00 Meditation and Music 10:00 Relaxing Spa Day 11:30 Aroma Cloths and Meal Song <b>1:30 Scenic Drive!</b> 3:30 Dance to the Music! 4:00 Folding & Sorting 6:00 Music and Hydration Cart	22 9:00 Meditation and Music 9:30 Exercise & Hydration Cart 11:00 Aroma Cloths and Meal Song 1:00 Junk Drawer Detective <b>3:00 Happy Hour</b> 4:00 Folding & Sorting 6:00 Music and Hydration Cart	23 9:00 Meditation and Music 9:30 Chair Dancing 10:00 Bingo with Friends 11:00 Aroma Cloths and Meal Song 1:00 Reminiscing Movies 3:30 Puzzles / Brain Games 6:00 Music and Hydration Cart
24 9:00 Live Church Service On TV 10:30 Bible Stories 11:00 Aroma Cloths & Meal Song 2:00 Story Time! 6:00 Relaxing Night Time Music Happy Easter! 9:00 Live Church Service On TV 10:30 Bible Stories 11:00 Aroma Cloths & Meal Song 2:00 Story Time! 6:00 Relaxing Night Time Music	25 9:00 Meditation and Music 9:30 Noodle Ball & Hydration Cart 11:30 Aroma Cloths and Meal Song 1:00 Chair Yoga 2:30 Let's Go to the Movies! 4:00 Folding & Sorting 6:00 Music and Hydration Cart	9:00 Meditation and Music 9:30 Let's Get Fit! 10:00 Bingo and Hydration Cart 11:30 Aromatherapy 2:00 Art Expression <b>3:00 Eric with Songs &amp; Smiles</b> 3:00 Guess Who? 4:00 Folding & Sorting 6:00 Music and Hydration Cart	26 27 9:00 Meditation and Music 9:30 Exercise with Luke 10:30 Noodle Tennis 11:00 Bird Watching 2:00 The Daily Chronicle 4:00 Folding & Sorting 6:00 Music and Hydration Cart	<ul> <li>9:00 Meditation and Music</li> <li>9:00 Relaxing Spa Day</li> <li>11:30 Aroma Cloths and Meal Song</li> <li>1:30 Painting for Pleasure!</li> <li>2:00 Tunes with Tracy!</li> <li>3:30 Dance to the Music!</li> <li>4:00 Folding &amp; Sorting</li> <li>6:00 Music and Hydration Cart</li> </ul>	<ul> <li>9:00 Meditation and Music</li> <li>9:30 Exercise &amp; Hydration Cart</li> <li>11:00 Aroma Cloths and Meal Song</li> <li>1:00 Junk Drawer Detective</li> <li>3:00 Happy Hour</li> <li>4:00 Folding &amp; Sorting</li> <li>6:00 Music and Hydration Cart</li> </ul>	30 9:00 Meditation and Music 9:30 Chair Dancing 10:00 Bingo with Friends 11:00 Aroma Cloths and Meal Song 1:00 Reminiscing Movies 3:30 Puzzles / Brain Games 6:00 Music and Hydration Cart

Memory Care Calendar