

SUN MON TUE WED THUR FRI SAT

<p>HAPPY BIRTHDAY CAROL BOWMAN 1:30 AFTERNOON THEATRE-SING IN THE RAIN (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -FIRST FLOOR APARTMENTS (THE PUB)</p> <p>1</p>	<p>HAPPY BIRTHDAY ROSANNA STRAUSS 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 2:00 BALANCE/YOGA CLASS (Exercise Room) 2:30 SPRINGDALE WELCOMES BACK MARK MILLS (THE BISTRO) 3:00 SPRINGDALE BRIDGE GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>2</p>	<p>9:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE-RAINMAN (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TALK WITH STEVE NEAL (Private Dining Room) 7:00 BINGO</p> <p>3</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:00 NATIONAL POUND CAKE DAY (THE BISTRO) 1:30 MONTHLY BIRTHDAY/ ANNIVERSARY PARTY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p>4</p>	<p>9:00 WALKING CLUB 10:30 MAKE AND TAKE TREAT (SIGN UP WITH THE CONCIERGE) (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room) 3:00 STEPHANIE MELVIN-MARY KAY REP (Private Dining Room)</p> <p>5</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 1:00 FOREFRONT DINING MENU PLANNING COMMITTEE (Private Dining Room) 1:00 NATIONAL OREO COOKIE DAY (THE BISTRO) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>6</p>	<p>1:30 AFTERNOON MOVIE-PEOPLE WE MEET ON VACATION (SIGN UP REQUIRED) (THEATRE)</p> <p>7</p>
<p>Daylight Savings Time Begins HAPPY BIRTHDAY HELEN PONKO HAPPY BIRTHDAY JOHN HANCOCK 11:00 BUFFET (THE BISTRO) 1:30 AFTERNOON THEATRE- SILKWOOD (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -SECOND FLOOR APARTMENTS (THE PUB)</p> <p>8</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 1:00 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>9</p>	<p>RECYCLE DAY FOR COTTAGES 9:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE-THE BEST YEARS OF OUR LIVES (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 LADIES SOCIAL (THE PUB) 6:15 SPRINGDALE WELCOMES BACK ME & MARTHA (THE BISTRO) 7:00 BINGO</p> <p>10</p>	<p>HAPPY BIRTHDAY BOB MAGEE 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 LET'S TALK - DR. RODNEY KIBLER, Ph.D., L.S.P., L.P.C. (Private Dining Room) 1:30 COFFEE AND CHAT WITH REHAB - LEROY BRYANT (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p>11</p>	<p>9:00 WALKING CLUB 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)</p> <p>12</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 1:00 SPRINGDALE WELCOMES BILL HUMPHRIES -THE IMPORTANCE OF ADVANCE CARE PLANNING (Private Dining Room) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>13</p>	<p>11:30 NATIONAL POTATO CHIP DAY (THE BISTRO) 1:30 AFTERNOON MOVIE-THE CHOICE (SIGN UP REQUIRED) (THEATRE)</p> <p>14</p>
<p>1:30 AFTERNOON THEATRE-OLIVER (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -THIRD FLOOR APARTMENTS (THE PUB)</p> <p>15</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LIBERTY OR DEATH REENACTMENT (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>16</p>	<p>St. Patrick's Day HAPPY ANNIVERSARY BOB & ANN GATZ 9:00 WALKING CLUB 11:00 WEAR GREEN AND RECEIVE A TREAT (CONCIERGE DESK) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 SPRINGDALE BOOK CLUB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 SAINT PATRICK'S DAY TRIVIA (THE BISTRO) 3:00 IT TOUCH TOWN TRAINING WITH JERRY (THE PUB) 7:00 BINGO</p> <p>17</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 EASTER/SPRING DIAMOND PAINTING (ARTS AND CRAFTS ROOM) 10:30 OLDIE BUT A GOODIE MOVIE- GREYHOUND (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 LINE DANCING WITH RENEE (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB)</p> <p>18</p>	<p>9:00 WALKING CLUB 10:30 MAKE AND TAKE TREAT (SIGN UP WITH THE CONCIERGE) (ARTS AND CRAFTS ROOM) 11:30 LUNCH BUNCH- MELLOW MUSHROOM (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 1:00 NATIONAL CHOCOLATE CARAMEL DAY (THE BISTRO) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room)</p> <p>19</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 2:00 FITT CLASS (Exercise Room) 5:00 CASINO NIGHT (THE BISTRO) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>20</p>	<p>1:30 AFTERNOON MOVIE-HOPE GAP (SIGN UP REQUIRED) (THEATRE)</p> <p>21</p>
<p>1:30 AFTERNOON THEATRE-THE MUSIC MAN (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -FOURTH FLOOR APARTMENTS (THE PUB)</p> <p>22</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 1:00 HANDIWORK GROUP (THE PUB) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>23</p>	<p>9:00 WALKING CLUB 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TOWN HALL MEETING (THE BISTRO) 7:00 BINGO</p> <p>24</p>	<p>HAPPY BIRTHDAY MAX PUFFER 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 EARNEST FOOT & ANKLE PODIATRY (MEET IN THE LOBBY) 10:30 OLDIE BUT A GOODIE MOVIE- RAIDERS OF THE LOST ARK(SIGN UP REQUIRED) (THEATRE ROOM) 1:00 LINE DANCING WITH RENEE (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 2:00 SPRINGDALE WELCOMES BACK OUT OF TIME (THE BISTRO)</p> <p>25</p>	<p>9:00 WALKING CLUB 10:30 MAKE AND TAKE TREAT (SIGN UP WITH THE CONCIERGE) (ARTS AND CRAFTS ROOM) 11:00 TRIP TO TREDGAR IRON WORKS (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room) 3:30 MEN'S SOCIAL- WINGS & SLIDERS (THE PUB) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)</p> <p>26</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 1:00 CONNER PARRISH BLOOMISTRY (ARTS AND CRAFTS ROOM) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>27</p>	<p>1:30 AFTERNOON MOVIE-A MILLION MILES AWAY(SIGN UP REQUIRED) (THEATRE)</p> <p>28</p>
<p>Palm Sunday 1:30 AFTERNOON THEATRE-THE AFRICAN QUEEN (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -COTTAGES (THE PUB)</p> <p>29</p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 1:00 TRIP TO SWEET FROG (MEET IN THE LOBBY) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 SPRINGDALE BRIDGE GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>30</p>	<p>HAPPY BIRTHDAY JANE TARTER 9:00 WALKING CLUB 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 6:00 SPRINGDALE WELCOMES KEVIN SALYER (THE BISTRO) 7:00 BINGO</p> <p>31</p>				

March 2026

INDEPENDENT LIVING Sandra Beam, Director of Health Services 804-706-5677

