WHAT’S HAPPENING
Spotlight on Activities

Saturday, March 3rd:
Richmond Symphony Orchestra at Seton Gymnasium. Meet bus at 6:30 p.m. Sign up on the bulletin board across from Main Dining Room.

Tuesday, March 6th:
Ladies Luncheon takes place in Community Room at 12:00 p.m. Presentation will be Wellness at FFC with Sophia. Sign up on bulletin board across from Main Dining Room.

Wednesday, March 7th:
A performance of oldies but goodies by Dalas Thompson on guitar is in the Community Room at 2:00 p.m.

Saturday, March 10th:
Residents Association Meeting at 9:30 a.m. in the Community Room. Presentation by Summit Construction.

Sunday, March 11th:
Movie at 2:00 p.m. in the Community Room: Finding Forrester

Monday, March 12th:
Pet Visit: Alvin & Arlo will arrive in the HCC Lounge at 10:00 a.m. Out to Lunch heads to Clara’s Pizza at 11:30 a.m. Sign up on bulletin board across from Main Dining Room.

Tuesday, March 13th:
Men’s Breakfast takes place in Community Room at 8:30 a.m. Presentation will be Wellness at FFC with Sophia. Sign up on bulletin board across from Main Dining Room.

Wednesday, March 14th:
Cope Environmental Center will present program: Season of Love.

Thursday, March 15th:
Singing Down Memory Lane is at 2:00 p.m. in the Community Room.

Friday, March 16th:
Stamp Club will meet, greet, and share throughout the day from 8:00 a.m. to 5:00 p.m. in Community Room.

Saturday, March 17th:
Stamp Club will meet, greet, and share throughout the day 8:00 a.m. to 5:00 p.m. in Community Room.

Sunday, March 18th:
Richmond Civic Theatre presents Tarzan at 2:00 p.m. Sign up for transportation on bulletin board across from the Main Dining Room.

Tuesday, March 19th:
Gospel Hymn Sing at 2:00 p.m. in the Community Room.

Wednesday, March 20th:
Cope Environmental Center will present program: Season of Love.

Thursday, March 21st:
The March Birthday Celebration for all is at 2:00 p.m. in the Community Room. Get Cued In …to RSO Performance with Bob Johnstone meets at 6:30 p.m. in the Community Room.

Tuesday, March 26th:
Out to Dinner heads to Bob Evans at 4:30 p.m. Sign up on bulletin board across from Main Dining Room.

Wednesday, March 27th:
FCC Library Sale is from 8:00 a.m. to 4:00 p.m. in the Community Room.

Thursday, March 28th:
FCC Library Sale is from 8:00 a.m to 12:00 p.m. in the Community Room.
Barbara & James Catey
Apt 350 IR

It is not very often I get to interview a former employee of Friends Fellowship and also a name that has been a pillar of our county for years. Barbara was born here in Richmond on May 31, 1934 to Leo and Anna Mae Robbins. She has one sister and one brother. She attended school in Fountain City and graduated in a class of 12 students. She then started working for the Richmond Baking Co. while taking an accounting course at Indiana Business College.

Jim was born on a small farm south of Greens Fork on July 22, 1932. His parents were Harold and Mary Catey. He had one brother John. Jim attended Greens Fork and Williamsburg schools and graduated from Williamsburg High School in 1950. He then continued his education at the Indiana Business College and graduated with a jr. accounting degree.

Barbara met Jim at the Wayne County Fair in 1950. Barbara’s brother was showing beef cattle and while sitting in the bleachers she offered Jim a HOT tooth pick. This led to further courting and they were married two years later. They have celebrated their 65th anniversary. Barbara is a licensed beautician. She operated her own beauty shop for three years. She then was employed at Reid Hospital in the admissions dept. for nine years. leaving to be the office manager and secretary of the Mobile Home Park and Supply Store. Jim farmed for four years after he was married. He then started working for the Ralston Purina Co. and during that time he and his father developed Cloverleaf Mobile Home Park at US 35 North and Salisbury Road. They operated the park for 28 years and sold out in 1985. During that time, Jim served on the Board of Governors of the Indiana Manufactured Housing Association in Indianapolis for one term. In 1967 he also started the Cloverleaf Supply and Service (heating and air conditioning). They retired in 1995 and turned the business over to his son Max who is still operating the business today. Jim and Barbara spent the next nine winters in Florida. In 2004 he came out of retirement, working for FFC in the maintenance Dept. as a driver for eight years.

They have three children: Nancy Kolentus and husband Rick live in Winter Springs, Florida and they have two sons, one in Winter Springs and one in Heaven.
Karen Heighway and husband Dan, live in New Palestine, Indiana and they have three children. Max and wife Charlene, live here in Richmond and they have two sons.

Jim and Barbara have traveled extensively in Europe, Alaska, Hawaii, Bahamas and a lot in the US. They owned a 1931 Model A Ford 4 door Towne Sedan. They were members of the M.A.R.C. (Model A Restorers Club) and toured with their classic car to various national shows in New York, St. Louis, Canada and Wisconsin. In 2014 they put a “For Sale” sign in their car at a National Show in Lexington, Kentucky, sold their car and had no way home.
They have been members of the First Christian Church for 59 years. They are very pleased with their home here and love how nice staff and residents have been.

Interviewed by Roger Grimm

Wellness at FFC

February was a mindful month for residents of our Community as three yoga classes were added to the wellness calendar – one on Thursday afternoons at 3:30 p.m. in the Recreation Room and the others on Saturday mornings at 10:30 a.m. in the Assembly Room and at 11:00 a.m. in The Courtyards. Each class lasts about 30 minutes and focuses on expanding range of motion and improving confidence in movement. These two classes are entirely chair-based and are for everyone, regardless of ability.

The addition of these three wellness classes at Friends Fellowship Community is just the beginning. In March, we will launch a program I endearingly call Flower Power Fridays. At 2 p.m. every Friday afternoon, residents will have the opportunity to gather, work with their hands and get a little dirty! There will be local flowers to cut and arrange in displays for common spaces, as well as an opportunity to get some seedlings started as the weather warms up. Please join us on Fridays at 2:00 p.m. in the Therapy Room (next to the Wellness Room by the HCC Nurse’s Station). Again, this is a program that will work with and welcome all residents, regardless of ability.

Keep an eye on bulletin boards in the next few months as we continue to add new opportunities to the calendar. Additionally, because I rely heavily from feedback from our Community, please stop by my new office in the Wellness Room to speak with me about ideas you might have for new programs or to see how you can get involved in 2018.

Sophia Ottoni-Wilhelm
Wellness Coordinator
(765) 962-6540 ext. 430
sottoniwilhelm@ffcinc.org

New Residents

Barbara & James Catey
Apt 350 IR

March 2018  Page 3

New Resident

Myron Lawler from Richmond to CYI 72R.
James Dudas from Centerville to HCC 16L

March 2018  Page 4
News from the Life Enhancement Department

Very soon we will welcome spring! We couldn’t be more excited. Already the days are getting longer and sunnier. Well, except for some occasional rainstorm. Keep your newsletter handy and watch the bulletin boards for all of the fun things we will offer. Whether entertainment, learning, art, trips or exercise...we are on the move!

Watch for more events like these and others in the works:

April - Nutrition Workshops with Earlham College students
Tiny House Energy Efficiency Project Presentation
Rusty Ammerman Dimension of Illusion

May - Richmond Community Orchestra
Carol Lou Woodward & Carolyn Klemperer-Green

August - Richmond Jazz Orchestra

Fall - Columbus Zoo

October - Spittin' Image Entertainment

Don’t miss out. You can’t possibly be bored.

Melissa & the whole Life Enhancement Team
Theresa, Sophia, Sandra, Jennifer, Ali, Kristen, Megan, Donna, Cailee, McKenzie and Zach

Can you guess who our Mardi Gras revelers are?

Eric Loy wows crowd with spectacular guitar performance.

Richmond Friends School shared favorite books during their annual Read-a-Thon.

Library News

Large Print:
End Game (Will Robie Series), by David Baldacci. Will Robie and Jessica Reel are two of the most lethal people alive. They’re the ones who the government calls in when the utmost secrecy is required to take out those who plot violence and mass destruction against the United States. And through every mission, one man has always had their backs: their handler, code-named Blue Man. But now, Blue Man is missing. Last seen in rural Colorado, Blue Man had taken a rare vacation to go fly fishing in his hometown when he disappeared off the grid. With no communications since, the team can’t help but fear the worst. Sent to investigate, Robie and Reel arrive in the small town of Grand to discover that it has its own share of problems. A stagnant local economy and a woefully understaffed police force have made this small community a magnet for crime, drugs, and a growing number of militant fringe groups. But lying in wait in Grand is an even more insidious and sweeping threat, one that may shake the very foundations of America. And when Robie and Reel find themselves up against an adversary with superior firepower and a home-court advantage, they’ll be lucky if they make it out alive, with or without Blue Man.

Two Kinds of Truth, by Michael Connelly. Harry Bosch is back as a volunteer working cold cases for the San Fernando Police Department and is called out to a local drug store where a young pharmacist has been murdered. Bosch and the town’s 3-person detective squad sift through the clues, which lead into the dangerous, big business world of pill mills and prescription drug abuse. Meanwhile, an old case from Bosch’s LAPD days comes back to haunt him when a long-imprisoned killer claims Harry framed him, and seems to have new evidence prove it. Bosch left the LAPD on bad terms, so his former colleagues aren’t keen to protect his reputation. He must fend for himself in clearing his name and keeping a clever killer in prison. The two unrelated cases wind around each other like strands of barbed wire. Along the way Bosch discovers that there are two kinds of truth: the kind that sets you free and the kind that leaves you buried in darkness.

Regular Print:
The Whole Town’s Talking, by Fannie Flagg. Elmwood Springs, Missouri, is a small town like any other, but something strange is happening at the cemetery. Still Meadows, as it’s called, is anything but still. Original and profound, this novel tells the story of Lordor Nordstrom, his Swedish mail-order bride, Katrina, and their neighbors and descendants as they live, love, die, and carry on in mysterious and surprising ways. Lordor Nordstrom created, in his wisdom, not only a lively town and a prosperous legacy for himself but also a beautiful final resting place for his family, friends, and neighbors yet to come. "Resting place" turns out to be a bit of a misnomer, however. Odd things begin to happen, and it starts the whole town talking.

The Wicked Step-Twister (Church Choir Mystery), by Sandy Dengler. When a tornado comes through Willow Bend, it not only takes off the roof of Eternal Hope Church, but it releases thousands of dollars into the community. The mystery of the money consumes the town, local law enforcement, the FBI, and of course, Gracie Parks, choir member, caterer, and part-time sleuth. The Church is in peril. Everyone is a suspect. Gracie needs help from her friends and from God to get to the bottom of this mystery.
Resident Anniversaries

Resident Name          Years
Jean Rossi             30 Years
June Gwyn              12 Years
Jan & Dick Bohlander   11 Years
Mary Alice Adney       9 Years
Beatrice Caudle        9 Years
Gil Turner             6 Years
Viot Click             5 Years
Margaret Lacey         3 Years
Mary Martin            3 Years
Phil Norman            3 Years
Becky Wuertemberger    3 Years
Libby Pfenninger       2 Years
Jackie Wiwi            2 Years

Employee Anniversaries

Dietary
Jeff Hormel            6 Years
Kim Renyer             5 Years
Robin Cook             3 Years
Mary Gethers           2 Years
Andre Shearer          2 Years
Tammy Phelps           1 Year

Environmental Services
Dawn Alyea             8 Years

Maintenance
Cecil Estes            2 Years

Nursing
Heather Field          23 Years
Justina Buffenbarger   9 Years
Holly Duncan           8 Years
Karlin Allen           1 Year

The Courtyards
Karen Carpenter        8 Years
Indra Correa-Rodriguez 1 Year

In Memoriam
January 27 through February 26, 2018

Resident Name          Date of Death
Carrol Rhodes          2/16/2018
Roger Grimm            2/26/2018

A resident satisfaction survey will be conducted in March.

More information will be shared soon.

March

Sunday       Monday       Tuesday       Wednesday       Thursday       Friday       Saturday
1           2                   3
Norma Edwards

4           5                   6           7            Mary Jo Tubesing
8           9                   10

11          12                  13          14           15             16
17

Alice Bowen     Lois Ann Stults
Judith Feller   Dottie Hall
Dick Miller

18           19                  20          21           22
23

Raymond Turner  Bernie Blose
Jennie Jordan   Nancy Michel

25           26                  27          28           29
30

Mildred Hornaday
George Harrell

31
Dear muse of poetry - where are you?
Giver of delight in music and song,
I’m calling to you.
This morning I feel like a rainbow with no colors,
a piano with no strings,
a bird with folded wings,
a bee who lost the way,
a page with no words….

Well, then - so - let my mind be an empty field, open….

Dear muse, let it be a spacious place,
a humble receptor of God’s grace.
God’s blue sky sends down love.
Love filters through the leafing trees and blooms with newborn flowers.
Love smiles, thanks to squirrel grooming his fur in the sun,
his gleaming belly the color of ripe persimmons.

Release my mind in praise for God’s Love reflected in the earth and all its creatures.
Let it rejoice in heartfelt delight in Life, even if the words do not come.
sweet muse, inspirer of music, song and poetry - God’s messenger - you fill the empty field with messages of ever-present Love.

By Lois Jordan
FFC resident

Sweet Muse

Windmills

It looks like a scene from Star Trek.
How can Indiana farm fields look like this?
The windmill company found a windfall in Randolph County between Lynn and Winchester.
The windmill bases are tall and slender, shiny silver metal, and around 530 feet high.
At the top of each one is a comparatively small unit that looks like an aircraft fuselage.
The three long blades, narrow at the base, widen and then slim back to a narrow point.
They seem to search for the wind and the sky, stretching and reaching for that elusive air drift that keeps them going.

They’re not like the huge roughly shingled windmills in Holland, with the broad wooden blades that crank and creak with each turn.
In an exciting old black and white movie, "Foreign Correspondent," an American journalist is sent to Holland before World War II to get a story about a gravely impending danger.
A young Joel McCrea creeps inside a windmill, as the blades crank and creak, while he nervously spies on the spies.

But the windmills, although entirely different, perform the same duty of harnessing the wind for a power source.
If they were animated, the long silver blades would wave to their buddies, Mr. Spock and Zulu.
In Holland, they would greet their co-workers, Hans and Claus.
Either windmill style, is a fascinating man-made object.
"I’m a free spirit," they seem to say, "But I’m here to give you power...
So watch me wave my wings and stretch and reach for the sky. I’m in my glory as the wind blows toward me."

By Doris Phelps
FFC resident

RESIDENTS ASSOCIATION MARCH MEETING SCHEDULE

March 6, 2018
Residents Association Executive Committee meeting
1:30 p.m. in the Family Room

March 8, 2018
Residents/Staff Committee meeting
9:30 a.m. in the Private Dining Room

Residents Association meeting for all residents
9:30 a.m. in the Community Room

Presentation by Steve Baker and Doug Guthrie of the Summit Construction Company giving us an overview of the Friends Fellowship Community Renovation Project.

By Pam Merchandhouse
Vice President of Customer Services

News From The Marketing Department

Twenty-six tours of Independent Housing have kept Wendy and me busy. We always encourage everyone to tour our homes when they are empty even if they are not quite ready for a move. Because all 70 homes are different, it is fun to see the different floor plans, amenities, and locations.

We have had tremendous interest in our larger apartments over the last six months. We sold the last three room apartment and currently have one one-bedroom (two rooms) available. It is always a good idea to get on our waiting list for the Main Building. You can give us an idea to which floor you prefer, location and view, and also what services you are interested in for future planning.

Have you visited our Community lately? Things are really starting to look different so if you are driving by, stop to check us out. We are so excited about the upcoming changes!

By Pam Merchandhouse
Vice President of Customer Services

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Vice President of Customer Services
Regaining Control: Managing Urinary Incontinence

Have you ever leaked urine when you cough, sneeze, laugh or lift?
Have you ever had a sudden and uncontrollable need to urinate?
Have you ever lost control of your bladder?

If you answered yes to any of these questions, you may find yourself struggling with urinary incontinence and you’re not alone.

What is Urinary Incontinence?
It’s a condition defined as the inability to hold urine in the bladder. The severity ranges from occasional leakage due to a sneeze to having a sudden urge to urinate that you can’t make it quickly enough to the toilet.

Estimates say that urinary incontinence affects 25 million American adults. Though incontinence is a very common issue, most people don’t feel comfortable talking to their doctor about it or they think it is a normal part of aging. Urinary incontinence doesn’t have to be a normal part of the day-to-day, effective treatment options are available.

Talking to your doctor about urinary incontinence can be a tough subject, but don’t let a feeling of embarrassment keep you from your best life. Some treatments include: medication, surgery, injections, bladder training, fluid/diet management, and exercise. The treatment that you and your doctor decide on will be determined by the severity and the type of urinary incontinence you suffer from.

Therapy’s Role in Treating Urinary Incontinence
Physical and Occupational Therapy can help you regain control over your life and bladder. After performing an initial assessment, your therapist will create an individualized treatment plan specifically for you.

Therapy can provide information about:
• Diet and nutrition — to help you avoid food and drinks that may irritate the bladder
• Changing the behaviors that make your symptoms worse
• Techniques to decrease urinary urge and frequency, such as muscle strengthening or stretching
• Maintaining a healthy bathroom schedule
• Drinking healthy fluids regularly to maintain hydration
• Maintaining a regular exercise regimen or active lifestyle

Talk to your doctor about your symptoms and ask if therapy can help.

Sources: Health.com, APTA

Wednesday evenings, 6:30 p.m. * After Dinner Social
Library Lounge
Residents gather after dinner to socialize and meet new friends in the Library Lounge directly across from the Main Dining Room. All residents are welcome!

Thursday evenings, 6:30 p.m. * Euchre Card Games
Dining Room across from Life Enhancement Office
Play a game of Euchre with friends. Games are open to everyone and all levels. Join Donna from Life Enhancement in the dining room directly across from the Life Enhancement office. The group meets every Thursday evening to play. Snacks included!

Do you play Euchre on other occasions? Would a FFC Euchre Tournament sound like fun? Contact Theresa or Melissa in the LE office and let us know. We can beat the winter blahs with some friendly competition.

Friday afternoons, 2:30 p.m. * Flower Power Fridays
Physical Therapy/Wellness Room
Fresh flower bouquets are so nice. Every Friday we will have fresh flowers available for residents to stop in and snip, clip and arrange small bouquets for the common areas. A fun springy way to exercise our hands!

Wednesday, March 14th, 10:00 a.m. * Pi Day!
Garden Room
Join us for all things Pi! And, of course, PIE! We will have some number and nature fun while exploring Pi with pie.

Wednesday, March 14th, 2:00 p.m. * Cope Environmental Center: Senior Scientists
Community Room
Erica Hile presents Season of Love. The focus will be on a few common Indiana mammals; their courting rituals and family dynamics during late winter to spring, as adults prepare for spring baby season.

Wednesday, March 21st, 10:00 a.m. * World Poetry Day Activities
Garden Room
Have some poetry fun with Life Enhancement staff. Famous and not-so-famous poets will be celebrated. Work solo or with a group to write your own style of poetry to share!

Saturday, March 24th, 2:00 p.m. * Easter, Eggs, Family & Friends Celebration
Community Room & The Courtyards
Staff and visiting resident families’ children are invited to join in the hunt for Easter eggs delivered a little early by the Easter Bunny. Everyone is invited to come celebrate, visit and enjoy a little spring treat while we watch the children. Spring is in the air. Hallelujah!

Monday, March 26th, 6:30 p.m. * Get Cued In., with Bob Johnstone
Community Room
Bob Johnstone presents the upcoming March 31st Richmond Symphony Orchestra background, music and historical background. A fun informal way to become more familiar with the pieces that will be performed that weekend. This event is not only for ticket-holders! All are invited to the discussion.
It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

-Charles Dickens

What’s Happening in The Courtyards

Some say that we should slow down when we get older. Our friends in The Courtyards beg to differ!

Our residents in The Courtyards are enjoying the newer programs and activities this past month. However, I have to say that we are ALL looking forward to sunnier skies and warmer weather when we can do outside things. We feel lucky that, so far, most of us have bypassed the flu season successfully. Opening Minds through Art (OMA) has begun the spring semester. FFC has begun smaller group sessions for those not attending the large groups in the Assembly Room each week. We are thrilled that more residents are participating in this important program. Be watching our newsletter for more programming additions.

Very HAPPY BIRTHDAY wishes this March to Raymond Turner, Lindley Johnson, Berneil Baxter, and Mildred Irene Hornaday!

Melissa Baxter, Life Enhancement Director and the Life Enhancement Team

Thank You to Our Supporters

Friends Fellowship Community is grateful for the financial support given by the following during the period of January 22, 2018 through February 21, 2018.

GENERAL ENDOWMENT FUND*
In Memory of All Residents who Passed Away:
  Dick & Jan Bohlander
In Memory of Carrol Rhodes:
  Dick & Jan Bohlander
In Memory of Wayne Vincent:
  Nancy Faus
In Honor of Dick Bohlander for his Many Years of Service to the Residents of FFC as Chairperson of the Residents’ Association:
  Dr. Byron Park

GENERAL ENDOWMENT-Cont.*
In Thanks for the Many Birthday Wishes:
  Dick Bohlander

FRIENDS MINISTERS’ FUND*
In Memory of Keith Esch:
  Nancy Faus
  Jerry & Elizabeth Pepple
  Twink & Jim Wood

OPENING MINDS THROUGH ART
Gifts:
  PEO Chapter CT
  John & Jenny Robinson

*Endowment Fund income is used to support residents whose personal funds are diminished.
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<td>AR—Assembly Room</td>
<td>AS— Art Studio</td>
<td>10:00 GR Brain Games</td>
<td>10:00 GR A +Yolk+ A Day Spring’s Coming!</td>
<td>10:00 HCC Hand Massages &amp; Tea</td>
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<td>LL—Library Lounge</td>
<td>GR— Garden Room</td>
<td>2:00 LL Current Events</td>
<td>2:00 GR Cards</td>
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<td>CR—Community Room</td>
<td>AR— AR 1 North Dining</td>
<td>2:00 CR Parlor Games &amp; Puzzles</td>
<td>10:00 S Writer’s Group</td>
<td>7:30 Richmond Symphony—Seton</td>
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<td>HCC—Health Care Center</td>
<td>CY— The Courtyards, L1</td>
<td>6:30 HCD Euchre *</td>
<td>10:00 S AS Painting with Anita</td>
<td>9:30 CR Residents Association Meeting</td>
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<td>HCD—Health Care Dining Room S.</td>
<td>FR—Family Room</td>
<td>2:00 GR Spring Bouquets to Make</td>
<td>2:00 GR Hangman</td>
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<td>CR FFC Church Bonita Porter</td>
<td>Bingo Social</td>
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<td>2:00 GR Cards &amp; Puzzles</td>
<td>12:00 CR Ladies Luncheon: Wellness at FFC</td>
<td>2:00 AR Bible Study: Ecclesiastes</td>
<td>2:00 CR Dalas Thompson Guitar &amp; Oldies</td>
<td>2:00 GR Spring Bouquets to Make</td>
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<td>March Madness Selection Sunday</td>
<td>11:30 Alvin &amp; Arlo</td>
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<td>10:00 GR Hockey</td>
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<td>2:00 CR St. Patrick’s Day Festivities</td>
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<td>Out to Lunch: Clara’s Pizza</td>
<td>10:00 AR M-R Library Club</td>
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<td>12:00 CR Ladies Luncheon: Wellness at FFC</td>
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<td>10:00 HCC</td>
<td>8:30 CR Men’s Breakfast: Wellness at FFC</td>
<td>9:00 Trip to Meijer</td>
<td>10:15 CY Richmond Friends School *</td>
<td>8:00-5:00 CR Stamp Club</td>
<td>8:00-5:00 CR Stamp Club</td>
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<tr>
<td>CR FFC Church Lonnie Valentine</td>
<td>11:30 Alvin &amp; Arlo</td>
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<td>10:30 CR Classic TV Choice</td>
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<td>2:00 CR Movie: Finding Forrester</td>
<td>Out to Lunch: Clara’s Pizza</td>
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<td>10:00 GR Hockey</td>
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<td>Daylight Saving Time Begins</td>
<td>2:00 CR Bingo Social</td>
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<td>CR FFC Church Keith Kendall</td>
<td>First Day of Spring</td>
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<td>2:00 Tarzan-Civic Theatre *</td>
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<td>CR FFC Church Jamie Mudd</td>
<td>Palm Sunday</td>
<td>10:30 CR CR FFC Church</td>
<td>10:00 LL Great Courses</td>
<td>10:00 CR Resident Choice</td>
<td>10:00 CR Good Friday</td>
<td>10:00 CR March Madness Final Four Weekend</td>
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<td>2:00 GR Residents’ Choice</td>
<td>Final Day of Spring</td>
<td>12:00 AR Great Courses</td>
<td>2:00 RR Soccer</td>
<td>2:00 GR Music Memories</td>
<td>1:00 CR Good Friday</td>
<td>10:30 CR Hand Massages &amp; Tea</td>
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<td>6:30 CR Get Cued In with Bob Johnstone, RSO Talk *</td>
<td>2:00 CR March Birthday Party Celebration</td>
<td>Bible Study: Ecclesiastes</td>
<td>6:30 HCD Euchre *</td>
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<td>6:30 CR Get Cued In with Bob Johnstone, RSO Talk *</td>
<td>Out to Dinner: Bob Evans</td>
<td>2:00 GR Music Memories</td>
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<td>Good Friday Passover (begins at Sundown)</td>
<td>March Madness Final Four Weekend</td>
<td>Good Friday Passover (begins at Sundown)</td>
<td>10:00 GR Music Memories</td>
<td>2:00 GR Good Friday Passover (begins at Sundown)</td>
<td>2:00 GR Good Friday Passover (begins at Sundown)</td>
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<td>10:00 S Writer’s Group</td>
<td>10:00 GR A +Yolk+ A Day Spring’s Coming!</td>
<td>10:00 CR Good Friday Passover (begins at Sundown)</td>
<td>10:00 CR Good Friday Passover (begins at Sundown)</td>
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### The Courtyards in March 2018

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<tr>
<td><strong>Exercise Classes</strong></td>
<td>Y — Yoga</td>
<td>CE — Chair Exercise</td>
<td>SB — Strength &amp; Balance</td>
<td>MT — Muscle Toning</td>
<td>RC — Resident Choice</td>
<td>CR — Community Room</td>
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<td><strong>HCC — Health Care Center</strong></td>
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<td><strong>9:30</strong></td>
<td>10:30 FFC Church</td>
<td>10:30 Music Moves</td>
<td>10:30 Shopping</td>
<td>10:30 Hand &amp; Nail Spa</td>
<td>10:30 Historical Memories</td>
<td>10:30 Our Home Activity</td>
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<td>or Small Group</td>
<td>11:00 Be Fit Exercise Y</td>
<td>11:00 Be Fit Exercise CE</td>
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<td>11:00 Our Home Activity</td>
<td>2:00 Visits with Esther &amp; Bingo</td>
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<td>2:00 Mad Libs</td>
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<td>2:00 Calming Colors</td>
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<td>3:00 Sunday Strolls</td>
<td>3:00 Badminton</td>
<td>3:00 Time Slips &amp; Coffee</td>
<td>3:00 Sorting It Out</td>
<td>3:00 Hot Chocolate Social</td>
<td>3:00 Hydrate &amp; Snack</td>
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*Note: The schedule includes various activities such as exercise classes, historical memories, news, weather, and special events like Happy St. Patrick’s Day and Good Friday.*