



# Heartis March 2019 Events



HEARTIS  
SENIORS. LIVING.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month we will kick off our Signature Travel Times program at Heartis of Amarillo and explore the country of Ireland. The month will be filled with Irish games, food, music, art, and culture.</p> 					<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Exercise First!, FR</b>  <b>10:30 Leprechaun Scavenger Hunt, CC</b>  <b>Afternoon Social 2:00-4:00 pm</b>  <b>2:00pm Ireland Sights, B</b>  <b>3:00pm Malt Shop Fun, MS</b>  <b>2:00pm-4:00pm Out and About!! B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night CC</b></p>	<p><b>Gentle Waking 10:00-12:00pm</b>  <b>9:00am Weekend Leisure-Donuts and Discussion, FL</b>  <b>10:00am Donuts and Discussions, FL</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:00pm Dominoes Tournament, B</b>  <b>3:00pm Game Room, AR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>
3	4	5	6	7	8	9
<p><b>Gentle Waking 10:00-12:00pm</b>  <b>10:00am Create and Compose-Resident Choice, CC</b>  <b>11:00am Coffee and News, SL</b>  <b>1:30pm Sunday Services with David, B</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:30pm Sundae Funday, B</b>  <b>3:30 Friendship Circle, LR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Morning Aerobics, FR</b>  <b>10:30 Gold Hunt, FR</b>  <b>Staying Current 2:00-4:00 pm</b>  <b>2:00 Technology Class, B</b>  <b>2:30 Hot Tea and Current Events, B</b>  <b>3:00pm Bingo and Country Store, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Salus Yoga, FR</b>  <b>10:30 Chapel and Worship, B</b>  <b>Afternoon Leisure 1:30-3:30 pm</b>  <b>1:30pm Devotional with David, VC</b>  <b>3:00pm Book Club, SL</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Classic Irish Film, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Tai Chi Health and Recovery, FR</b>  <b>10:30 Shamrock Shake, B</b>  <b>11:00 Irish Culinary Creations, B</b>  <b>Staying Current 1:30-3:30 pm</b>  <b>1:30pm Community Planning Committee, VC</b>  <b>2:30pm Journey through Ireland, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Strength Training, FR</b>  <b>10:30 Leprechaun Rock Painting, CC</b>  <b>Afternoon Social 2:00-4:00 pm</b>  <b>2:00pm Bridge Club, B</b>  <b>3:00pm Thirsty Thursday, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Classic Irish Film, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Exercise First!, FR</b>  <b>10:30 Leprechaun Scavenger Hunt, CC</b>  <b>Afternoon Social 2:00-4:00 pm</b>  <b>2:00pm Ireland Sights, B</b>  <b>3:00pm Malt Shop Fun, MS</b>  <b>2:00pm-4:00pm Out and About!! B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night CC</b></p>	<p><b>Gentle Waking 10:00-12:00pm</b>  <b>9:00am Weekend Leisure-Donuts and Discussion, FL</b>  <b>10:00am Donuts and Discussions, FL</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:00pm Dominoes Tournament, B</b>  <b>3:00pm Game Room, AR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>
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<p><b>Gentle Waking 10:00-12:00pm</b>  <b>10:00am Create and Compose-Resident Choice, CC</b>  <b>11:00am Coffee and News, SL</b>  <b>1:30pm Sunday Services with David, B</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:30pm Sundae Funday, B</b>  <b>3:30 Friendship Circle, LR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Morning Aerobics, FR</b>  <b>10:30 Gold Hunt, FR</b>  <b>Staying Current 2:00-4:00 pm</b>  <b>2:00 Technology Class, B</b>  <b>2:30 Hot Tea and Current Events, B</b>  <b>3:00pm Bingo and Country Store, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Salus Yoga, FR</b>  <b>10:30 Chapel and Worship, B</b>  <b>Afternoon Leisure 1:30-3:30 pm</b>  <b>1:30pm Devotional with David, VC</b>  <b>3:00pm Book Club, SL</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Classic Irish Film, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Tai Chi Health and Recovery, FR</b>  <b>10:30 Shamrock Shake, B</b>  <b>11:00 Irish Culinary Creations, B</b>  <b>Staying Current 1:30-3:30 pm</b>  <b>1:30pm Community Planning Committee, VC</b>  <b>2:30pm Journey through Ireland, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Strength Training, FR</b>  <b>10:30 Leprechaun Rock Painting, CC</b>  <b>Afternoon Social 2:00-4:00 pm</b>  <b>2:00pm Bridge Club, B</b>  <b>3:00pm Thirsty Thursday, B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Classic Irish Film, CC</b></p>	<p><b>Morning Motivation 9:30-11:30am</b>  <b>9:30 Exercise First!, FR</b>  <b>10:30 Leprechaun Scavenger Hunt, CC</b>  <b>Afternoon Social 2:00-4:00 pm</b>  <b>2:00pm Ireland Sights, B</b>  <b>3:00pm Malt Shop Fun, MS</b>  <b>2:00pm-4:00pm Out and About!! B</b>  <b>Community Connection 6:00-8:00pm</b>  <b>Game Night CC</b></p>	<p><b>Gentle Waking 10:00-12:00pm</b>  <b>9:00am Weekend Leisure-Donuts and Discussion, FL</b>  <b>10:00am Donuts and Discussions, FL</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:00pm Dominoes Tournament, B</b>  <b>3:00pm Game Room, AR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>
17	18	19	20	21	22	23
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31					MEETING PLACES	DIMENSIONS OF WELLNESS
<p><b>Gentle Waking 10:00-12:00pm</b>  <b>10:00am Create and Compose-Resident Choice, CC</b>  <b>11:00am Coffee and News, SL</b>  <b>1:30pm Sunday Services with David, B</b>  <b>Create and Compose 2:30-4:30 pm</b>  <b>2:30pm Sundae Funday, B</b>  <b>3:30 Friendship Circle, LR</b>  <b>Community Connection 6:00-8:00pm</b>  <b>6:00 Classic Movie TR</b></p>					<p>VD - Valeo Dining Room  FL - Front Lobby  AS - Art Studio  VC - Valeo Theater  CC - Community Connection  B - Bistro  MS - Malt Shop  FR - Fitness Room  GH - Green House</p>	<p>Physical  Social  Spiritual  Intellectual</p> 

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