













MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar Key Resident Cost for Activity  Transportation Provided  Sign Up at Front Desk Required  Resident Run Event  Open Resident Activities 					1. 9:30 Chair Aerobics 10:30 Shopping  1:00 Movie in MR 1:30 Bowling in lobby	2. 9:00 Walk Club 9:30 Waffles to Go 11:00 Bingo 1:00 Nickels
3. 1:00 Board Games 3:00 Bingo in GR 4:00 Movie Night	4. 9:30 Chair Aerobics 10:00 Spiritual Blessings w/ Pastor Tim Gore 12:00 Soup To Go 3:00 Resident Counsel Meeting	5. 10:00 Donuts w/ Kelly 10:00 Senior Stretches 10:15 Womens Bible Study TBD Movie Outing 	6. 9:30 Chair Aerobics 10:00 5 Mile Errands  11:00 Book Club  1:00 Nickels 2:00 Who Sang It Better Fun in The G.R.	7. B/P CHECKS 8:15 Men's Breakfast  10:00 Senior Stretches 2:00 Spite & Malice 3:00 Booger Holler Rehearsal	8. 9:30 Chair Aerobics 10:30 Shopping  1:00 Movie in MR 1:30 Bowling in lobby	9. 8:00—6:00 Charleston Day Trip!  9:00 Walk Club 11:00 Bingo in Library 1:00 Nickels in Library
10. 1:00 Board Games 2:00 Ice Cream Social 3:00 Bingo in GR 4:00 Movie Night	11. 9:30 Chair Aerobics 12:00 Soup To Go 3:00 Scrabble	12. 10:00 Senior Stretches 10:15 Womens Bible Study 2:00 Snack n Chat w/ Kelly 6:30—F.B.I.S.G in G.R.	13. 9:30 Chair Aerobics 10:00 5 Mile Errands 11-2:00 Open House in G.R. 12:00 Golden Girls Luncheon 1:00 Nickels	14. B/P CHECKS 10:00 Senior Stretches 11:00-2:00 G.R. Reserved 2:00 Spite & Malice 3:00 Booger Holler Rehearsal 7:30 CFRT-Trumbo \$20	15. 9:30 Chair Aerobics 10:30 Shopping 12:30 Irish Fun W/ Paddy 1:00 Movie in MR 1:30 Bowling in Lobby	16. 9:00 Walk Club 9:30 Waffles to Go 11:00 Bingo 1:00 Nickels 5:00 Dinner @ Luigis
17. 3:00 Bingo in GR 4:00 Movie Night	18. 9:30 Chair Aerobics 10:00 Spiritual Blessings 12:00 Grilled Cheese To Go 3:00 Bowling at Lafayette Lanes	19. 10:00 Senior Stretches 10:15 Womens Bible Study 12:00 Chef Around The World 2:00 Coffee, Tea & Thee	20. 9:30 Chair Aerobics 10:00 5 Mile Errands 12:00 ROMEO Lunch 10:30-2:00 G.R. Reserved 1:00 Nickels 3:00 Booger Holler Rehearsal	21. B/P CHECKS 10:00 Senior Stretches 2:00 Spite & Malice SPECIAL ENTRÉE DINNER Excerpts of Roger & Ham- erstien Musical Repertoire by David Ruska	22. 9:30 Chair Aerobics 10:30 Shopping 1:00 Movie in MR 1:30 Bowling in Lobby	23. 9:00 Walk Club 11:00 Bingo 1:00 Nickels 1:00 Ice Cream Bars on The Porch G.R.
24. 1:00 Board Games 3:00 Bingo in GR 4:00 Movie Night	25. 9:30 Chair Aerobics 12:00 Picnic Bag Lunch @ Hope Mills Lake 1:30 Get your Nails Done In The Library! 4:00 Cocktails at	26. 9:00 LOL Breakfast 10:00 Senior Stretches 10:15 Womens Bible Study 2:00 Crafts	27. 9:30 Chair Aerobics 10:00 5 Mile Errands 12:00 Birthday Lunch 12:00-2:00 Spa Day 1:00 Nickels	28. B/P CHECKS 9:30 Senior Stretches 10:00 Identity Theft Pres- entation 10:30 Ear Masters 1:00 Food Committee Mtg. in Bar area 2:00 Spite & Malice 3:00 Booger Holler Rehearsal	29. 9:30 Chair Aerobics 10:30 Shopping 12:00 Mission BBQ Lunch VETS ONLY 1:00 Movie in MR 1:30 Bowling in Lobby	30. 9:00 Walk Club 9:30 Waffles to Go 1:00 Nickels 2:00 Booger Holler Play
31. 1:00 Board Games 3:00 Bingo in GR 4:00 Movie Night				Mobile Outreach Cocktails Special Entrée Weekly Bingo	Mens Bfast location Golden girls location Lol location Romeo location	

MARCH HIGHLIGHTS!

WEEKLY ACTIVITIES

MONDAY:

9:30—CHAIR AEROBICS
12:00 SOUP TO GO

TUESDAY:

10:00 SENIOR STRETCHES
10:15 WOMENS BIBLE STUDY

WEDNESDAY:

9:30 CHAIR AEROBICS
10:00 5 MILE ERRANDS
1:00 NICKELS

THURSDAY:

10:00 SENIOR STRETCHES
2:00 SPITE & MALICE

FRIDAY:

9:30 CHAIR AEROBICS
10:30 SHOPPING
1:30 BOWLING IN LOBBY

MARCH 4TH- AT 3:00 P.M. IN THE GATHERING ROOM PLEASE JOIN US FOR OUR MONTHLY RESIDENT COUNSEL MEETING TO STAY UP TO DATE WITH THE CAROLINA HIGHLANDS

MARCH 5TH— AT 10:00 A.M. IN THE GATHERING ROOM PLEASE JOIN US FOR SOME BREAKFAST DONUTS WITH KELLY OVER COFFEE!

MARCH 6TH— WHO SANG IT BETTER FUN IN THE GATHERING ROOM! JOIN US FOR SOME GOOD KARAOKE FUN!

MARCH 7TH— MEN’S BREAKFAST AT , BUS WILL BE LEAVING FROM LOBBY AT 8:15! TO ATTEND YOU MUST SIGN UP AT FRONT DESK!

MARCH 9TH— CHARLESTON DAY TRIP! BUS WILL BE LEAVING AT 8:00 FROM LOBBY AND WE WILL RETURN AROUND 6 P.M. SIGN UP AT FRONT DESK TO ATTEND!

MARCH 12TH— JOIN US FOR A STIMULATING CONVERSATION OVER SNACKS WITH KELLY IN THE GATHERING ROOM! SIGN UP AT FRONT DESK TO ATTEND!

MARCH 12TH— F.B.I.S.G.= FAYETTEVILLE BRAIN INJURY SUPPORT GROUP. MEETS EVERY 2ND TUESDAY OF THE MONTH AT 6:30 IN THE GATHERING ROOM

MARCH 13TH— GOLDEN GIRLS LUNCHEON AT , BUS WILL BE LEAVING AT 12:00 FROM THE FRONT LOBBY. THIS EVENT IS PAID FOR BY THE CAROLINA HIGHLANDS ACTIVITIES! SIGN UP AT FRONT DESK TO ATTEND!

MARCH 14TH— SIGN UP AT FRONT DESK TO ATTEND CAPE FEAR REGINAL THJEATRES PERFORMANCE OF TRUMBO . TICKETS ARE \$20.00 PER PERSON, CAN PAY AT THE FRONT DESK!

MARCH 15TH— JOIN US IN THE GATHERING ROOM AT 12:30 FOR CORNED BEEF & CABBAGE WITH PADDY! COME JOIN THE IRISH FESTIVITIES!

MARCH 16TH— SIGN UP AT THE FRONT DESK TO ATTEND OUR DINNER OUTING TO LUGIS! THIS IS A PAY YOUR OWN WAY EVENT! BUS WILL LEAVE AT 5:00!

MARCH 19TH— FIRST FOUR (4) PEOPLE TO SIGN UP AT THE FRONT DESK WILL BE TREATED TO A FREE LUNCH PREPARED BY OUR IN HOUSE CHEF. THE MEAL IS BASED OFF OF A LOCATION ANYWHERE IN THE WORLD! CHEF AROUND THE WORLD IS HELD AT 12:00 IN OUR DINING ROOM ON THE 1ST FLOOR!

MARCH 19TH- JOIN US FOR COFFEE, TEA, & THEE TO ENJOY REVIVING SPIRITUAL MESSAGES AND WARM DISCUSSION OVER COFFEE AND TEA. THIS EVENT IS HELD AT 2:00 IN OUR GATHERING ROOM! SIGN UP AT FRONT DESK!

MARCH 20TH— SIGN UP AT THE FRONT DESK TO ATTEND OUR ANNUAL ROMEO LUNCH. RETIRED.OLD.MEN.EATING.OUT! THE BUS WILL BE LEAVING AT 12:00 FROM THE LOBBY, THIS EVENT IS PAID FOR BY THE CAROLINA HIGHLANDS ACTIVITIES! SIGN UP AT FRONT DESK TO ATTEND!

MARCH 21ST— SPECIAL ENTRÉE NIGHT IS HELD ON THE THIRD THURSDAY OF THE MONTH, AT 5:00 JOIN US IN THE GATHERING ROOM FOR APPETIZERS & ENTERTAINMENT!

FOLLOWED BY DINNER IN THE DINING ROOM!

MARCH 25TH— SIGN UP AT FRONT DESK TO ATTEND OUR PICNIC OUTING TO HOPE MILLS LAKE! BUS WILL BE LEAVING AT 12:00 FROM THE LOBBY!

MARCH 25TH— SIGN UP FOR COCKTAILS AT , THIS EVENT IS PAID FOR BY THE CAROLINA HIGHLANDS ACTIVITY FUND.

MARCH 26TH— SIGN UP AT THE FRONT DESK TO ATTEND OUR CRAFT MAKING WORKSHOP IN THE GATHERING ROOM AT 2:00!

MARCH 27TH— DON’T FORGET TO SIGN UP AT THE FRONT DESK TO ATTEND OUR ANNUAL BIRTHDAY LUNCH AT 12:00 IN THE DINING ROOM! THIS EVENT IS TO CELEBRATE ALL OF OUR MARCH BIRTHDAYS HERE AT THE CAROLINA HIGHLANDS!

MARCH 27TH— SPA DAY IS FROM 12:00—2:00 IN OUR MEDIA ROOM WHERE OUR NAIL TECHNICIAN OFFERS MULTIPLE SERVICES AS NEEDED. SIGN UP AT THE FORNT DESK TODAY TO RESERVE YOUR APPOINTMENT! THIS ACTIVITY IS A PAY YOUR WAY ONLY EVENT!

MARCH 28TH— JOIN US AT 10:00 A.M. IN OUR GATHERING ROOM FOR AN EDUCATIONAL LECTURE ON IDENTITY THEFT! LEARN SOME VALUABLE INFORMATION THAT CAN KEEP YOU PROTECTED! SIGN UP AT THE FRONT DESK!

MARCH 29TH— FOR VETERANS ONLY! SIGN UP AT THE FRONT DESK TO ATTEN LUNCH AT MISSION BBQ!