


The Manor at York Town - March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:00 Functional Fitness - GR 2:00 Card & Board Games - GL 3:00 Men's Club - CR 3:00 iPad Training Refresher Class - GR 7:45 Netflix: Emily in Paris - MT	2 8:00 Balance & Conditioning Fitness Class - GR 10:00 Equipment Instruction with John - GYM 10:00 Marketing Event - GR 1:30 Bridge - CR 2:15 Rummikub - GL 3:00 iPad Training Refresher Class - GR 4:00 Happy Hour - GR 7:45 Netflix Series: From Scratch - MT	3 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 10:45 Grocery Shopping Trip (SU) - VT 11:00 Functional Fitness - GR 1:30 Line Dancing Fun - GR 2:00 Card & Board Games - GL 2:45 Wii Bowling - GR 4:00 Happy Hour in the Halls	4 2:00 Canasta/Hand & Foot Cards - GL 3:00 Men's Club - CR 3:00 Ladies' Club - LR 7:45 Movie Night - Enough - MT
5 2:00 Mahjong - GL 2:00 Movie Matinee - Enough - MT 7:00 Backgammon/Chess/Board Games - GL 7:45 Movie Night - Enough - MT	6 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:15 Rosary Society - GR 2:30 Jeopardy - GR 4:00 Happy Hour - GR	7 8:00 Balance & Conditioning Fitness Class - GR 9:30 Coffee & Donuts - LB 9:45 Trip to the Becoming Center Gym (SU) - VT 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 11:00 Dining Committee Meeting - PD 1:30 Pinochle - DR 3:00 Mexican Train Dominoes - GL 3:30 Ted Talks: Jane Fonda: Life's third act - GR 7:45 Netflix series: Explained - MT	8 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:00 Functional Fitness - GR 2:00 Card & Board Games - GL 2:30 Liberty Lutheran Annual Resident Meeting - GR 3:00 Men's Club - CR 7:45 Netflix: Emily in Paris - MT	9 8:00 Balance & Conditioning Fitness Class - GR 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 11:15 Trip & Event Planning Meeting - PD 1:30 Bridge - CR 2:15 Rummikub - GL 4:00 Happy Hour - GR 7:45 Netflix Series: From Scratch - MT	10 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 10:45 Grocery Shopping Trip (SU) - VT 11:00 Functional Fitness - GR 1:30 Line Dancing Fun - GR 2:00 Card & Board Games - GL 2:45 Wii Bowling - GR 4:00 Happy Hour in the Halls	11 2:00 Canasta/Hand & Foot Cards - GL 3:00 Men's Club - CR 3:00 Ladies' Club - LR 7:45 Movie Night - The Land of Steady Habits - MT 8:00 DAYLIGHT SAVINGS BEGINS - Set your clocks ahead before bed
12 2:00 Mahjong - GL 2:00 Movie Matinee - The Land of Steady Habits - MT 7:00 Backgammon/Chess/Board Games - GL 7:45 Movie Night - The Land of Steady Habits - MT	13 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:15 Rosary Society - GR 2:30 Cash Bingo - GR 4:00 Happy Hour - GR 7:15 Irish Dancing Performance - GR	14 8:00 Balance & Conditioning Fitness Class - GR 9:30 Coffee & Donuts - LB 9:45 Trip to the Becoming Center Gym (SU) - VT 10:00 Balance & Conditioning Fitness Class - GYM 10:30 Resident Association Board Meeting - PD 11:00 Advanced Cardio Fitness Class - GR 1:00 Shopping at the Neshaminy Mall (SU) - VT 1:30 Pinochle - CR 2:00 Stitch Club - MT 3:00 Mexican Train Dominoes - GL 4:00 One-One Computer Help with Aidan (SU) - MT 7:45 Netflix series: Explained - MT	15 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:00 Functional Fitness - GR 11:00 Billiards with Bill - GL 2:00 Card & Board Games - GL 3:00 Men's Club - CR 3:00 Spring Craft with Sharon (SU) - BR 7:45 Netflix: Emily in Paris - MT	16 8:00 Balance & Conditioning Fitness Class - GR 9:30 Blood Pressure Checks - GL 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 1:30 Bridge - CR 2:15 Rummikub - GL 4:00 Happy Hour - GR 6:30 Piano Music with Amy - LB 7:45 Netflix Series: From Scratch - MT	17 ST. PATRICK'S DAY 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 10:45 Grocery Shopping Trip (SU) - VT 11:00 Functional Fitness - GR 1:30 Line Dancing Fun - GR 2:00 Card & Board Games - GL 2:45 Wii Bowling - GR 4:00 Lobby Happy Hour with Piano Music, Wine, Hot Cocoa & Baileys Irish Cream - LB	18 2:00 Canasta/Hand & Foot Cards - GL 3:00 Men's Club - CR 3:00 Ladies' Club - LR 7:45 Movie Night - Wonder Boys (DVD) - MT

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19 2:00 Mahjong - GL 2:00 Movie Matinee - Wonder Boys (DVD) - MT 7:00 Backgammon/Chess/Board Games - GL 7:45 Movie Night - Wonder Boys (DVD) - MT	20 Start of Spring (Spring Equinox) 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:15 Rosary Society - GR 2:30 Trivial Pursuit - CR 4:00 Happy Hour - GR	21 8:00 Balance & Conditioning Fitness Class - GR 9:30 Coffee & Donuts - LB 9:45 Trip to the Becoming Center Gym (SU) - VT 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 1:00 Shopping at Walmart (SU) - VT 1:30 Pinochle - CR 3:00 Mexican Train Dominoes - GL 7:45 Netflix series: Explained - MT	22 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:00 Functional Fitness - GR 1:30 Origami Class: Paper Airplane Fun! - GR 2:00 Card & Board Games - GL 3:00 Men's Club - CR 7:45 Netflix: Emily in Paris - MT	23 8:00 Balance & Conditioning Fitness Class - GR 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 1:30 Bridge - CR 2:15 Rummikub - GL 2:30 Scattergories Game - GR 4:00 Happy Hour - GR 7:45 Netflix Series: From Scratch - MT	24 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 10:45 Grocery Shopping Trip (SU) - VT 11:00 Functional Fitness - GR 1:30 Line Dancing Fun - GR 2:00 Card & Board Games - GL 2:45 Wii Bowling - GR 4:00 Happy Hour in the Halls	25 2:00 Canasta/Hand & Foot Cards - GL 3:00 Men's Club - CR 3:00 Ladies' Club - LR 7:45 Movie Night - Michael Clayton DVD - MT
26 2:00 Mahjong - GL 2:00 Movie Matinee - Michael Clayton DVD - MT 7:00 Backgammon/Chess/Board Games - GL 7:45 Movie Night - Michael Clayton DVD - MT	27 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:15 Rosary Society - GR 11:45 Men's Club Lunch (SU) - VT 2:30 Cash Bingo - GR 4:00 Happy Hour - GR	28 8:00 Balance & Conditioning Fitness Class - GR 9:30 Coffee & Donuts - LB 9:45 Trip to the Becoming Center Gym (SU) - VT 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 1:30 Pinochle - CR 2:00 Stitch Club - MT 3:00 Mexican Train Dominoes - GL 4:00 One-One Computer Help with Aidan (SU) - MT 7:45 Netflix series: Explained - MT	29 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 10:00 Strength & Stretch Fitness Class - GR 11:00 Functional Fitness - GR 2:00 Card & Board Games - GL 2:00 Mensa - CR 3:00 Men's Club - CR 3:30 Trip to CB East High School: Oklahoma Performance (SU) - VT 7:45 Netflix: Emily in Paris - MT	30 8:00 Balance & Conditioning Fitness Class - GR 10:00 Balance & Conditioning Fitness Class - GYM 11:00 Advanced Cardio Fitness Class - GR 1:30 Bridge - CR 2:15 Rummikub - GL 4:00 Happy Hour - GR 7:45 Netflix Series: From Scratch - MT	31 8:00 Strength & Stretch Fitness Class - GR 9:00 Water Volleyball - PL 9:45 Trip to the Senior Expo (SU) - VT 10:00 Strength & Stretch Fitness Class - GR 10:45 Grocery Shopping Trip (SU) - VT 11:00 Functional Fitness - GR 1:30 Line Dancing Fun - GR 2:00 Card & Board Games - GL 2:45 Wii Bowling - GR 4:00 Happy Hour in the Halls	