

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER GR - GAME ROOM LR - LIVING ROOM		Our new Communications Manager Bree Arnold is available on Mondays to answer any questions about TouchTown			1 10:00 AM "Getting to Know Your Neighbor" (LR) 10:00 AM Grocery Shopping 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:00 PM FREE-STYLE PAINTING (CC) 1:30 PM FLOWERS FOR FRASER (FRASER ACTIVITY ROOM) 2:00 PM Ping Pong ((GR)) 5:00 PM Happy Hour (LR/A)	2 10:30 AM Current Events (CR) 11:30 AM CHAIR YOGA w/MARY (A) 1:00 PM Bridge 1:30 PM Opera: Paccini's Turandot (A)
3 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie Night (A)	4 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour w/Al Firek (LR/A)	5 9:00 AM Harris Teeter Pick-up 10:00 AM Tai Chi (A) 11:30 AM Balance & Strength (A) 11:30 AM Lunch Out @ Black Marlin 2:00 PM Trivial Pursuit (LR) 3:00 PM Rummikub (LR)	6 10:00 AM Seabrook Singers (LR) 10:00 AM Walmart/Dollar Tree 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM STATE OF THE SEABROOK ((A)) 7:00 PM Bingo (A)	7 9:30 AM Morning Mingle (LR) 10:00 AM Grocery Shopping 10:00 AM Tai Chi 11:30 AM Balance & Strength (A) 1:30 PM Catholic Mass (FRASER CHAPEL) 1:30 PM HHLI presents: Emergence of US as a World Power Pt.1 (A)	8 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:00 PM FREE-STYLE PAINTING (CC) 1:30 PM FLOWERS FOR FRASER (FRASER ACTIVITY ROOM) 2:00 PM Ping Pong ((GR)) 5:00 PM Happy Hour (LR/A)	9 10:30 AM Current Events (CR) 11:30 AM CHAIR YOGA w/MARY (A) 1:00 PM Bridge
10 Daylight Savings Time Begins 10:30 AM Sunday Church Service (A) 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie Night (A)	11 10:00 AM Aldi Shopping 10:30 AM Book Mobile (Front of Building) 11:00 AM Caregiver Support Group (CC) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (LR/A)	12 9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 10:00 AM Tai Chi (A) 11:00 AM Surviving Grief (CC) 11:30 AM Balance & Strength (A) 11:30 AM Lunch Out @ Reilly's 2:00 PM Trivial Pursuit (LR) 3:00 PM Rummikub (LR) 3:00 PM TECHNOLOGY TUESDAY (A) 7:00 PM The Whittings Music Concert (A)	13 10:00 AM Seabrook Singers (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM MAKE YOUR OWN EASTER WREATH (A)	14 9:30 AM Morning Mingle (LR) 9:45 AM USCB OLLI Class w/David Argent 10:00 AM BLOOD PRESSURE CLINIC (LR) 10:00 AM Grocery Shopping 10:00 AM Tai Chi 11:30 AM Balance & Strength (A) 1:30 PM Catholic Mass (FRASER CHAPEL) 1:30 PM HHLI presents: Emergence of the US as a World Power pt. 2 (A) 5:00 PM WINE PAIRING DINNER (LR)	15 10:00 AM "Getting to Know Your Neighbor" (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:00 PM FREE-STYLE PAINTING (CC) 1:30 PM FLOWERS FOR FRASER (FRASER ACTIVITY ROOM) 2:00 PM Ping Pong ((GR)) 5:00 PM St Patrick's Day Happy Hour (LR/A)	16 10:30 AM Current Events (CR) 11:30 AM CHAIR YOGA w/MARY (A) 1:00 PM Bridge 3:00 PM College Basketball Social (A) 7:00 PM Cordials (LR)
17 St. Patrick's Day 10:30 AM Sunday Church Service (A) 11:30 AM St. Patrick's Day Parade 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie Night (A)	18 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (LR/A)	19 9:00 AM Harris Teeter Pick-up 10:00 AM Tai Chi (A) 11:30 AM Balance & Strength (A) 1:30 PM HHLI presents: The Art of Communication Along the Alzheimer's Path (A) 2:00 PM Trivial Pursuit (LR) 3:00 PM Rummikub (LR)	20 10:00 AM Seabrook Singers (LR) 10:00 AM Walmart/Dollar Tree 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM Victor P presents: MOTHERS OF OUR REVOLUTIONERS (A) 7:00 PM Bingo (A)	21 9:30 AM Morning Mingle (LR) 10:00 AM Grocery Shopping 10:00 AM Tai Chi 11:00 AM Great Call 101 w/Bee (CR) 11:30 AM Balance & Strength (A) 1:30 PM Catholic Mass (FRASER CHAPEL) 2:00 PM Regime Meeting (A)	22 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:00 PM FREE-STYLE PAINTING (CC) 1:30 PM FLOWERS FOR FRASER (FRASER ACTIVITY ROOM) 2:00 PM Ping Pong ((GR)) 5:00 PM Happy Hour (LR/A)	23 10:30 AM Current Events (CR) 11:30 AM CHAIR YOGA w/MARY (A) 1:00 PM Bridge 1:00 PM Movie Day Out 3:00 PM College Basketball Social (A)
24 Palm Sunday 10:30 AM Sunday Church Service (A) 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie Night (A)	25 10:00 AM Aldi Shopping 10:30 AM Book Mobile (Front of Building) 11:00 AM Caregiver Support Group (CC) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (LR/A)	26 9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 10:00 AM Easter Egg Hunt with St. Luke's Preschool (Front of Seabrook House) 10:00 AM Tai Chi (A) 11:30 AM Balance & Strength (A) 2:00 PM Trivial Pursuit (LR) 3:00 PM Rummikub (LR) 3:00 PM TECHNOLOGY TUESDAY (A) 3:00 PM The Seabrook Book Club (CC)	27 10:00 AM Seabrook Singers (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:00 PM Birthday Luncheon (DR) 12:00 PM Encore Met Opera: Romeo & Juliet (Bluffton) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM Board of Trustees Meeting (A)	28 9:00 AM Audiologist (Nurse's Office) 9:30 AM Breakfast w/Life Enrichment (LR) 10:00 AM Grocery Shopping 10:00 AM Tai Chi 11:00 AM Deliver Pet Food to Humane Society 11:30 AM Balance & Strength (A) 1:00 PM Tonya's 2 cent ((A)) 1:30 PM Catholic Mass (FRASER CHAPEL)	29 Good Friday 9:30 AM HOT CROSS BUNS for Good Friday (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:00 PM FREE-STYLE PAINTING (CC) 1:30 PM FLOWERS FOR FRASER (FRASER ACTIVITY ROOM) 2:00 PM Ping Pong ((GR)) 5:00 PM Happy Hour (LR/A)	30 10:30 AM Current Events (CR) 11:30 AM CHAIR YOGA w/MARY (A) 1:00 PM Bridge 3:00 PM College Basketball Social (A)
31 Easter 10:30 AM Sunday Church Service (A) 3:30 PM Dr. Cross 5th Sunday Movie (A)						

