

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY ACORN - Acorn Room AL CK - AL Country Kitchen AL PR - AL Piano Room CAA - Crossroads Activity Area MPR - Multipurpose Room OAK - Oak Room RR - Resident Rooms Acorn - The Acorn Room UPL - Upper Level Commons	<p>Every resident shall have the right to reasonable opportunity to exercise and to go outdoors at regular and frequent intervals.</p>	<p>Happy National Social Worker Month!</p> <p>Thank you to our amazing Social Services team.</p>			<div>1</div> <p>National Employee Appreciation Day 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Reminiscing Shamrock Luck: What makes you lucky? (CAA) 2:00 Lucky Lads & Lassies Painting (CAA) 3:30 Shamrock Shakes & Sing-Alongs with iN2L (CAA) 6:30 Movie Night- Resident's Choice! (AL CK) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom</p>	<div>2</div> <p>National Dr. Seuss Day 9:30 Warm Cookies, Refreshments & Chronicles (AL CK) 10:30 In-Person Interdenominational Worship Service (AL Piano Room/ Lobby) 11:15 Chair Travel with Virtual Reality (AL CK) 2:00 Come Enjoy Some Green Eggs & Ham & Watch a Biography of Dr. Seuss (AL CK) 3:15 Let's Enjoy The Puzzle Together! (AL CK) 6:30 Movie Night- Resident's Choice! (AL CK) 7:30 Saturday Night Movie: "The Boys in the Boat" (PG-13, 2023) (OAK)</p>

SUN	MON	TUE	WED	THUR	FRI	SAT
World Wild Life Day 9:30 Baking with Sing Alongs (AL CK) 10:00 Virtual Sunday Catholic Mass with Communion (OAK) 10:30 20 Minute Guided Meditation For Mindfulness 11:00 Self-Care Sunday & Everyone's Welcome! (AL CK) 2:00 Sunday Snacks & Matinee: <i>"Silverado"</i> (1985-PG-13, Western/Action/Adventure) (AL CK) 6:30 Movie Night-Resident's Choice! (AL CK)	National Pound Cake Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Morning Stretches (AL CK) 11:00 Did You Know - Unusual Knowledge! (AL CK) 2:00 Bake & Taste: Leprechaun Pound Cake (AL Social Lounge) 3:30 Bookworms (AL CK) 3:30 OH Singers Rehearsal (OAK) 3:45 Friendly Visits (RR) 6:30 Movie Night-Resident's Choice! (AL CK)	National Cheese Doodle Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 AL Publix Bus Shopping Trips - Shop For Yourself! (AL Lobby) 10:00 Resistance Training with Stacey (CAA) 10:30 Moving it in the Morning Exercise (CAA) 11:00 Docuseries: Colin in Black & White: Episode 1.Cornrows (AL CK) 2:30 A Musical Duet with Ray & Kay (AL Dining Room) 3:30 Intergenerational Chess Adventures with Students at Oak Hall School (Meet in AL Lobby) 3:45 Come Help Me Brain Storm Some Activities For Next Month! (AL CK) 6:00 After Dinner Adult Coloring & Aroma Therapy (AL CK)	National Oreo Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Ms. Pat's Bird Club (AL Dining Room) 10:30 Garden Guru's - Everyone's Invited! (AL Dining Courtyard) 11:00 Total Body Stretching with Stacey Hogan (AL Wisteria Living Space) 2:00 DIY: St. Patrick's Day Shaving Cream Book Marks (AL Wisteria Living Area) 3:30 Creative Cocktails/ Mocktails & Music with Neighbors (AL Wisteria Patio) 6:00 After Dinner Oreo Tasting! (AL CK)	National Be Heard Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 9:30 Conversing & Reminiscing (AL CK) 10:00 Stories with Janet (AL CK) 10:00 Weighted Workouts with Stacey (CAA) 10:30 St. Patrick's Day Trivia with in2L (AL CK) 2:00 Massages, Manicures, Music, & Aromatherapy (CAA) 4:00 Sing-Alongs with Bev, Jan, Sandy & Keith (AL PR) 6:00 Movie Night-Resident's Choice! (AL CK) 7:00 Duplicate Bridge (ACORN) 7:30 Travel Talks: "Vietnam Revisited" (OAK)	National Oregon Day 10:00 Morning Stretches (CAA) 10:00 OH IL Resident Council Via Zoom (AL CK) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Visits With The Children From Cornerstone Academy: Butterfly Specials (CAA) 2:00 Salt & Watercolor Shamrock Paintings (CAA) 3:30 Irish Mimosas With Some Irish Stand-Up Comedy (CAA) 6:30 Movie Night-Resident's Choice! (AL CK) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	National Barbie Day 9:30 Warm Cookies, Refreshments & Chronicles (AL CK) 10:30 In-Person Interdenominational Worship Service (AL Piano Room/ Lobby) 11:15 Chair Travel with Virtual Reality (AL CK) 2:00 DIY: Shamrock Suncatchers (AL CK) 3:15 Let's Enjoy The Puzzle Together! (AL CK) 4:00 Catholic Mass (In-Person) (OAK) 6:30 Movie Night-Resident's Choice! (AL CK) 7:30 Saturday Night Movie: "Priscilla" (R, 2023) (OAK)

March 2024

Assisted Living & Memory Care

Oak Hammock
— at the University of Florida —

SUN	MON	TUE	WED	THUR	FRI	SAT
Beginning of Ramadan Daylight Savings Time Begins 9:30 Baking with Classical Shows (AL CK) 10:30 Let's Go On A Nature Walk with Friends (AL CK) 11:00 Refreshments & Snacks with Music! (AL Bocce Ball Court) 2:00 Sunday Snacks & Matinee: "Barbie" (2023,PG-13,Comedy/Fantasy/Adventure) (AL CK) 3:30 ILR Spring Preview and Wine and Cheese Kick-Off Social (OAK) 5:30 Take Stock in Children Scholarship Program: A Listen and Learn event (UPL) 6:30 Movie Night-Resident's Choice! (AL CK)	10 National Johnny Apple Seed 10:00 Morning Stretches (CAA) 10:30 Seated Ball Exercise (CAA) 11:00 Brain Games and Cookies with iN2L (CAA) 11:00 Did You Know - Unusual Knowledge! (AL CK) 2:00 Make & Taste: Apple Fruit Donuts With Johnny Appleseed Trivia (CAA) 3:30 Bookworms (AL CK) 3:30 Low Vision Support Group (MPR) 6:30 Movie Night-Resident's Choice! (AL CK)	12 National Plant A Flower/Girl Scout Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 AL Publix Bus Shopping Trips - Shop For Yourself! (AL Lobby) 10:00 Resistance Training with Stacey (CAA) 10:30 Moving it in the Morning Exercise (CAA) 11:00 Docuseries: Colin in Black & White: Episode 2.Quarterbackin' (AL CK) 2:30 Monthly Birthday Bash with Dan Flok Performing (CAA) 3:30 A Few Good Men - Shootin' The Bull (IL Bar - Gator Lounge) 4:00 Poetry Before Dinner (ACORN) 6:30 Movie Night-Resident's Choice! (AL CK) 7:00 League of Women Voters presents HOW MUCH CHOICE IS TOO MUCH? (OAK)	13 K-9 Veterans Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Ms. Pat's Bird Club (AL Dining Room) 10:30 UFPD Paw Patrol (AL Wisteria Living Area) 11:00 Total Body Stretching with Stacey Hogan (AL Wisteria Living Space) 2:00 Let's Make Pies For The Alzheimer's Pie Sale! (AL Social Lounge) 3:30 Creative Cocktails/ Mocktails & Music with Neighbors (AL Social Lounge) 6:00 BINGO NIGHT! (AL CK) 6:30 Checkmate Dementia - Oak Hammock Chess Club (UPL)	14 National Pi Day 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 9:30 Conversing & Reminiscing (AL CK) 10:00 Alzheimer's Pie Sale For National Pi Day! (SN Lobby) 10:00 Stories with Janet (AL CK) 10:00 Weighted Workouts with Stacey (CAA) 10:00 RC Landscape and Grounds Committee (ACORN) 10:30 AL Town Hall - Everyone's Invited! (AL Piano Room/Lobby) 2:00 Creative Cooking Demo with Chrissy: Reuben Sandwiches (Wisteria Living Area) 4:00 Sing-Alongs with Bev, Jan, Sandy & Keith (AL PR) 6:00 Moon Pie Tasting! (AL CK) 7:00 Duplicate Bridge (Oak Room (LOCATION CHANGE THIS WEEK!))	15 World Sleep day 8:00 Special Treasures' Sensational Spring Sale (ACORN) 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Morning Stretches (AL CK) 10:30 Seated Ball Aerobics (AL CK) 11:00 DIY: No Sew Pillows (AL CK) 2:00 Help Make Slumber Party Snacks! (AL Wisteria Living Space) 3:30 A Slumber Party Happy Hour! (AL Wisteria Living Space) 6:30 Movie Night-Resident's Choice! (AL CK) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	16 National Panda Day 9:30 Warm Cookies, Refreshments & Chronicles (AL CK) 10:30 In-Person Interdenominational Worship Service (AL Piano Room/Lobby) 11:15 Chair Travel with Virtual Reality (AL CK) 2:00 DIY: Hot Glue Paintings of Pandas (AL CK) 3:15 Let's Enjoy The Puzzle Together! (AL CK) 6:30 Movie Night-Resident's Choice! (AL CK) 7:30 Saturday Night Movie: "Past Lives" (PG-13, 2023) (OAK)

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St. Patrick's Day 17 9:30 Baking with Stand Up Comedy (AL CK) 10:00 Virtual Sunday Catholic Mass with Communion (ACORN) 10:30 20 Minute Guided Meditation For Mindfulness 11:00 Self-Care Sunday & Everyone's Welcome! (AL CK) 2:30 Shamrocks & Shenanigans Shindig with Angelina on the Accordion (CAA) 6:30 Movie Night-Resident's Choice! (AL CK)	Global Recycling Day 18 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Morning Stretches (AL CK) 11:00 Did You Know - Unusual Knowledge! (AL CK) 2:00 DIY: Tissue Paper Coasters (AL CK) 3:30 Bookworms (AL CK) 3:30 OH Singers Rehearsal (OAK) 3:45 Friendly Visits (RR) 6:30 Movie Night-Resident's Choice! (AL CK)	Spring Begins 19 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 AL Publix Bus Shopping Trips - Shop For Yourself! (AL Lobby) 10:00 Resistance Training with Stacey (CAA) 10:30 Moving it in the Morning Exercise (CAA) 11:30 Lunch Outing: BJ's Restaurant & Brewhouse (Meet in AL Lobby) 2:00 First Day of Spring Celebration: Let's Start a Garden! (CAA) 3:30 RC Health and Wellbeing Committee Meeting (Oak Room (LOCATION CHANGE THIS MONTH)) 3:45 The Ladies Fun Bunch- The Ladies Fun Bunch - DIY: Pens! (AL CK) 6:00 Left, Right, Center Showdown! (AL CK)	International Day of Happiness 20 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Ms. Pat's Bird Club (AL Dining Room) 10:30 Garden Guru's - Everyone's Invited! (AL Dining Courtyard) 11:00 Total Body Stretching with Stacey Hogan (AL Wisteria Living Space) 2:00 Bake & Taste: Easter Egg Fruit Pizza (AL Social Lounge) 3:30 Creative Cocktails/ Mocktails with Sheba "The Queen Of Mississippi" (AL Janes Garden) 6:00 After Dinner Sing-Alongs & Piano Performance from Steve Atlas (AL Piano Room/ Lobby)	National Memory Day 21 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 9:30 Conversing & Reminiscing (AL CK) 10:00 Stories with Janet (AL CK) 10:00 Weighted Workouts with Stacey (CAA) 10:30 Dining Committee -Everyone's Invited ! (AL PR) 10:30 Grief Support Group (ACORN) 2:00 Massages, Manicures, Music, & Aromatherapy (CAA) 4:00 Natural History Society presents "The Woods of Oak Hammock" (OAK) 4:00 Sing-Alongs with Bev, Jan, Sandy & Keith (AL PR) 6:00 Movie Night-Resident's Choice! (AL CK) 7:00 Duplicate Bridge (ACORN)	National Goof Off Day 22 9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area) 10:00 Morning Stretches (CAA) 10:00 Oak Hammock Town Hall via Zoom (AL CK) 10:30 Moving It In the Morning Exercise (CAA) 1:45 Piano Tunes with Steve (AL PR) 3:15 Happy Hour Mix & Mingle (AL Social Lounge) 6:30 Movie Night-Resident's Choice! (AL CK) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	National Chip & Dip Day 23 9:30 Warm Cookies, Refreshments & Chronicles (AL CK) 10:30 In-Person Interdenominational Worship Service (AL Piano Room/ Lobby) 11:15 Chair Travel with Virtual Reality (AL CK) 2:00 Megan Sabella's Shining Star Music Academy Students' Recital (OAK) 3:15 Let's Enjoy The Puzzle Together! (AL CK) 6:30 Movie Night-Resident's Choice! (AL CK) 7:30 Saturday Night Movie: "American Fiction" (R, 2024) (OAK)

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SUN	MON	TUE	WED	THUR	FRI	SAT	
<div><div><div>Palm Sunday</div><div>National Cocktail Day</div><div>9:30 Baking with Word Search Puzzles! (AL CK)</div><div>10:00 Virtual Sunday Catholic Mass with Communion (ACORN)</div><div>10:30 Nature Walk with Friends! (AL CK)</div><div>11:00 Refreshments & Snacks with Music! (AL Back Courtyard)</div><div>2:00 Sunday Snacks & Matinee: "Irish Wish"</div><div>(2024,Comedy,Romance,Fantasy)</div><div>(AL CK)</div><div>6:30 Movie Night-Resident's Choice! (AL CK)</div></div></div>	<div><div><div>24</div><div>National Waffle Day</div><div>9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area)</div><div>10:00 One Man Band Collaboration with Steve Robinson (AL PR)</div><div>11:00 Did You Know - Unusual Knowledge! (AL CK)</div><div>2:00 Waffle Bar! (AL Wisteria Living Space)</div><div>3:30 Bookworms (AL CK)</div><div>3:30 OH Singers Rehearsal (OAK)</div><div>3:45 Friendly Visits (RR)</div><div>6:30 Movie Night-Resident's Choice! (AL CK)</div></div></div>	<div><div><div>25</div><div>National Spinach Day</div><div>9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area)</div><div>10:00 AL Publix Bus Shopping Trips - Shop For Yourself! (AL Lobby)</div><div>10:00 Resistance Training with Stacey (CAA)</div><div>10:30 Moving it in the Morning Exercise (CAA)</div><div>11:00 Docuseries: Colin in Black & White: Episode 3. Road Trip (AL CK)</div><div>2:00 Let's Play BINGO! (AL CK)</div><div>3:00 Bake & Taste: Spinach Dip (Wisteria Living Area)</div><div>4:00 Art League presents (OAK)</div><div>6:00 Freestyle Painting with A Twist! (AL CK)</div></div></div>	<div><div><div>26</div><div>World Theatre Day</div><div>9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area)</div><div>10:00 Ms. Pat's Bird Club (AL Dining Room)</div><div>10:30 Garden Guru's - Everyone's Invited! (AL Dining Courtyard)</div><div>11:00 Total Body Stretching with Stacey Hogan (AL Wisteria Living Space)</div><div>2:00 Reader's Theatre Performance With Abby (Wisteria Living Area)</div><div>3:30 The Recent Update on Brain Research: Exploitable Brain and other cutting edge research findings (OAK)</div><div>6:00 Evening Musical Performance by Brothers Too (CAA)</div><div>6:30 Checkmate Dementia - Oak Hammock Chess Club (UPL)</div></div></div>	<div><div><div>27</div><div>National Black Forest Cake Day</div><div>9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area)</div><div>9:30 Conversing & Reminiscing (AL CK)</div><div>10:00 Stories with Janet (AL CK)</div><div>10:00 Weighted Workouts with Stacey (CAA)</div><div>11:00 Seated Stretching Before Lunch! (AL CK)</div><div>2:00 Bake & Taste: Black Forest Cake (AL Social Lounge)</div><div>3:30 UF School of Music Faculty/ Student Recital Series: Dr. Hsiang Tu & His Students (OAK)</div><div>4:00 Sing-Alongs with Bev, Jan, Sandy & Keith (AL PR)</div><div>6:00 Movie Night-Resident's Choice! (AL CK)</div><div>7:00 Duplicate Bridge (ACORN)</div></div></div>	<div><div><div>28</div><div>Good Friday National Nevada Day</div><div>9:00 Warm Cookies, Refreshments, & Chronicles (AL Postal Area)</div><div>10:00 Morning Stretches (AL CK)</div><div>10:30 Seated Ball Aerobics (AL CK)</div><div>11:00 DIY: Easter Paper Goodie Bags (AL CK)</div><div>2:00 Easter Egg Dying! Come Join The Fun! (AL CK)</div><div>3:30 Happy Hour Mix & Mingle (AL CK)</div><div>6:30 Movie Night-Resident's Choice! (AL CK)</div><div>7:00 Temple Shir Shalom Shabbat Services Available via Zoom</div></div></div>	<div><div><div>29</div><div>National Doctors Day</div><div>9:30 Warm Cookies, Refreshments & Chronicles (AL CK)</div><div>10:30 In-Person Interdenominational Worship Service (AL Piano Room/ Lobby)</div><div>11:15 Chair Travel with Virtual Reality (AL CK)</div><div>2:00 Let's Play Operation! (AL CK)</div><div>3:15 Let's Enjoy The Puzzle Together! (AL CK)</div><div>6:30 Movie Night-Resident's Choice! (AL CK)</div><div>7:30 Saturday Night Movie: "You Hurt My Feelings" (18+, 2024) (OAK)</div></div></div>	<div><div><div>30</div></div></div>

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SUN	MON	TUE	WED	THUR	FRI	SAT
<div><div>Easter</div><div>31</div><div>9:30 Baking with Sing Along Music! (AL CK)</div><div>10:00 Virtual Sunday Catholic Mass with Communion (ACORN)</div><div>10:30 20 Minute Guided Meditation For Mindfulness</div><div>11:00 Self-Care Sunday & Everyone's Welcome! (AL CK)</div><div>2:00 Bunny Hop Easter Social & Egg Scavenger Hunt! (SN Courtyards)</div><div>6:30 Movie Night- Resident's Choice! (AL CK)</div></div>						