



PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updated information.

An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

MARCH 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|---|---|---|---|---|
| <p>LOCATION KEY</p> <p>G1-Garage 1st Floor 201-Fitness Room CR310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p> | | <p>Dr. Warren's Clinic Hours</p> <p>Wed., March 5, 2025 Tue., March 11 2025 Wed, March 19, 2025 Wed, March 26, 2025 12:30 p.m. - 3:30 p.m.</p> | | | | <p>1</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: On the Basis of Sex (PG-13, 2019, 5*, 2h) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</p> | |
| <p>2</p> <p>10:30 AM Worship & Holy Communion on Educational Sunday CH 2:00 PM MOVIE: Ramona at Midlife (PG-13, 2024, 5*, 1h20m) PAC</p> | <p>3</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Bridge SDR 2:00 PM Lectio Divina GAL 2:00 PM Stretch & Balance 201 4:30 PM New Resident Welcome Reception. See your invitation for timing. PAC</p> | <p>4 FAT TUESDAY</p> <p>9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Gentle Yoga 201 11:00 AM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: 'A Rose for Emily' by Faulkner with Jim Cole PAC</p> | <p>5 ASH WEDNESDAY</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Ash Wednesday Service CH 4:00 PM Brain Gym MR 6:00 PM Birthday Night at Trezevant SDR</p> | <p>6</p> <p>9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 11:00 AM Men's Exercise PAC 11:00 AM Chair Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: Women's History Month PAC 3:00 PM SPECIAL EVENT: Jamey Lamar from IRIS Collective on 'Recomposed' PAC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour BISTRO 6:30-9:30 PM SPECIAL EVENT: IRIS Collective Practice for 'Recomposed' PAC</p> | <p>7</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core & Strength 201 10:00 AM OUTING*: Kroger WAY 11:30 PM TREZEVAANT EXPLORES: Metal Museum with Carissa Hissong PAC 2:00 PM Stretch & Balance 201 2:00 PM FILM FEST: The Philadelphia Story with Steve Ross (PG, 1940, 4.5*, 1h52m) PAC 5:30 PM Dinner with Music by Sandra Miller (Piano Oldies) SDR</p> | <p>8</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: 9 to 5 (PG, 1980, 5*, 1h45m) PAC 3:00-5:00 PM Trezevant Needlecraft Exhibit Opening & Reception TWW 5:00 PM SATURDAY MUSIC HOUR: Eddie Harrison (60s-Now; vocals/keyboard) MR 7:00 PM TRANSPORTATION*: IRIS Performance of 'Recomposed' at Crosstown WAY</p> | |
| <p>9</p> <p>10:30 AM Worship & Holy Communion with Music by Beverly & Howard Vance CH 2:00 PM MOVIE: The Six Triple Eight (PG-13, 2024, 4.5*, 2h9m) PAC</p> | <p>10</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Bridge SDR 2:00 PM Lectio Divina GAL 2:00 PM Stretch & Balance 201 3:00 PM Lenten Book Study 'Shifting Margins' with the Mathenys CH 5:00 PM Happy Hour PAC</p> | <p>11</p> <p>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 11:00 AM Gentle Aquatics AC 4:00 PM FEATURED COUNTRY PARTY: New Zealand PAC</p> | <p>12</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: 'Holy Envy' with Paul McLain CH 4:00 PM Conversations with Kent PAC</p> | <p>13</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Chair Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM Great Decisions: America at a Global Crossroads with N. AC 5:00 PM Happy Hour PAC</p> | <p>14</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core & Strength 201 10:00 AM OUTING*: Kroger WAY 10:30 AM Etude -Celtic music-Vances CH 11:00 AM Line Dancing with Jessie PAC 2:00 PM SPECIAL EVENT: Prestige Ballroom Dancing Demonstration PAC 2:00 PM Stretch & Balance 201 5:30 PM Dinner with Music by David Virone (Piano) SDR</p> | <p>15</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: She Said (R, 2022, 4.5*, 2h9m) PAC 5:00 PM SATURDAY MUSIC HOUR: Yancy & Albertson (Guitar/Bluegrass) PAC 6:30 PM TRANSPORTATION*: MSO Sheherazade & Butterfly Lovers at Cannon Center, for ticketholders WAY</p> | |
| <p>16</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM TRANSPORTATION*: MSO Sheherazade & Butterfly Lovers at Scheidt Center, for ticketholders WAY 2:00 PM MOVIE: Oh, Canada (PG-13, 2024, 4.5*, 1h34m) PAC</p> | <p>17 ST. PATRICK'S DAY</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 2:00 PM Lectio Divina with Anne Carriere GAL 2:00 PM Stretch & Balance 201 3:00 PM Lenten Book Study 'Shifting Margins' CH 5:00 PM Happy Hour hosted by Mollie Francis PAC 6:00 PM Mystery Dinner* Bistro 7:15 PM Artists-in-Residence Performance PAC</p> | <p>18</p> <p>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 10:00 AM Sewing Circle MR 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 3:30 PM CATIE TRAINING* PAC 3:30 PM Lenten Walk HPL 4:00 PM Idlewild Communion Service CH</p> | <p>19</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 1:00 PM TRANSPORTATION*: Creative Aging presents a Tribute to Diana Ross at Theatre Memphis WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: John McQuiston CH 4:00 PM Take Your Brain to the Gym MR</p> | <p>20</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Chair Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: 1666 with Laura Chilton PAC 5:00 PM Happy Hour PAC</p> | <p>21</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM Pilates Core & Strength 201 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch & Balance 201 3:00 PM SPECIAL PRESENTATION: 901 Parkinson's Fighters with Chip Westbrook PAC</p> | <p>22</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Gilda (PG, 1946, 4.5*, 1h45m) PAC 5:30 PM Dinner with Music by Michael Donahue (Piano) SDR</p> | |
| <p>23</p> <p>10:30 AM Worship & Holy Communion with special music by our Artists-in-Residence CH 2:00 PM MOVIE: The Room Next Door (PG-13, 2024, 4.5*, 1h46m) PAC 4:00 PM SPECIAL PERFORMANCE: Dubois Duo MR</p> | <p>30</p> <p>10:30 AM Worship & Holy Communion with CH 3:00 PM SPECIAL PERFORMANCE: Yasrah Studio Recital PAC</p> | <p>24 & 31</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Bridge SDR 2:00 PM Lectio Divina GAL 2:00 PM Stretch & Balance 201 3:00 PM Lenten Book Study 'Shifting Margins' CH 5:00 PM Happy Hour PAC 3/24-5:30 p.m. TRANSPORTATION*: Battle of the Birds Baseball Game WAY</p> | <p>25</p> <p>9:15 AM Advanced Core PAC 10:00 AM Gentle Yoga 201 11:00 AM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: How Music affects Cognition & Dementia with Dr. Skoog PAC 3:30 PM Lenten Walk HPL 7:00 PM TRANSPORTATION*: Concerts International Performance of Isadore Quartet at Harris Hall, for ticketholders WAY</p> | <p>26</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 1:30 PM Second Presbyterian Quarterly Communion CH 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: John McQuiston CH</p> | <p>27</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Chair Yoga 201 Noon - 2:00 PM OUTING*: Tour of CHC Eye Clinic WAY 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:00 PM TRANSPORTATION*: Beauty & the Beast performance WAY</p> | <p>28</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Pilates Core & Strength 201 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch & Balance 201 2:00 PM MOVIE: All About Eve (G, 1950, 5*, 2h18m) PAC 5:30 PM Dinner with Music by Taylor Orr (Acoustic Guitar) SDR</p> | <p>29</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Iron Jawed Angels (PG-13, 2004, 4.5*, 2h3m) PAC</p> |