

Cadbury Commons

March 2023

Community Programs

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>Spiritual Support</u> = violet typeface</p> <p><u>Creative Expression</u> = green typeface</p> <p><u>Physical Fitness:</u> = red typeface</p> <p><u>Brain Fitness:</u> = blue typeface</p> <p><u>Entertainers</u> = BOLD typeface</p>	<p><u>Happy Birthday</u></p> <p>May Ruth – 3/5</p> <p>Sarah – 3/5</p> <p>Tom – 3/14</p>		<p>1</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Trivia Questions</p> <p>10:30 Nature Documentary</p> <p>1:30 Literature Out Loud</p> <p>2:30 Classical Music Listening</p> <p>3:30 Happy Hour!</p> <p>6:30 Evening Film: <i>Up in the Air</i> (2009)</p>	<p>2</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Outburst</p> <p>10:30 Gentle Yoga with Carabeth</p> <p>1:30 Easy Origami with Michelle</p> <p>3:30 Bingo! with Prizes!</p> <p>6:30 Evening Film: <i>Brokeback Mountain</i> (2005)</p>	<p>3</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Morning Crossword</p> <p>10:30 Guided Meditation</p> <p>1:30 Afternoon Exercise with Forever Fit</p> <p>2:30 Music with Michelle</p> <p>3:30 Happy Hour!</p> <p>6:45 Live Music by NEC Students</p>	<p>4</p> <p>10:00 Morning Stretch</p> <p>10:30 Literary Games</p> <p>1:30 Current Events</p> <p>3:00 Expressive Arts</p> <p>6:30 Evening Film: <i>About a Boy</i> (2002)</p>
<p>5</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Folk Music with Bill Perry</p> <p>2:00 Yoga with Emily</p> <p>3:00 “The Crown,” Season 4, ep 1-2</p> <p>6:30 Evening Film: <i>Jerry Maguire</i> (1996)</p>	<p>6</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Wordle</p> <p>1:30 NY Times Crossword</p> <p>2:30 Afternoon Exercise with Forever Fit</p> <p>3:30 Singalong with Brian</p> <p>6:30 Evening Film: <i>Mrs. Harris Goes to Paris</i> (2022)</p>	<p>7 Full “Worm” Moon</p> <p>9:30 Morning Stretch</p> <p>10:00 Pictionary</p> <p>10:30 The Great Courses: <i>Our Night Sky</i></p> <p>1:30 Resident Forum</p> <p>2:00 Poker for Beginners</p> <p>3:00 Boyd’s Documentary Film</p> <p>6:30 Evening Film: <i>Rocky</i> (1976)</p>	<p>8</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Trivia Questions</p> <p>10:30 Nature Documentary</p> <p>1:30 Visiting Therapy Dog, Myrtle the Pug</p> <p>2:30 Classical Music Listening</p> <p>3:30 Happy Hour!</p> <p>6:30 Evening Film: <i>Thelma and Louise</i> (1991)</p>	<p>9</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Outburst</p> <p>10:30 Gentle Yoga with Carabeth</p> <p>1:30 Literature Out Loud</p> <p>3:30 Bingo! with Prizes!</p> <p>6:30 Evening Film: <i>Julie & Julia</i> (2009)</p>	<p>10</p> <p>9:30 Morning Stretch</p> <p>10:00 Morning Crossword</p> <p>10:30 Apples to Apples Game</p> <p>1:30 Afternoon Exercise with Forever Fit</p> <p>2:30 Music with Michelle</p> <p>3:30 Happy Hour!</p> <p>6:30 Evening Film: <i>Happy-Go-Lucky</i> (2008)</p>	<p>11</p> <p>10:00 Morning Stretch</p> <p>10:30 Short Story Review</p> <p>1:30 Current Events</p> <p>3:00 Expressive Arts</p> <p>6:30 Evening Film: <i>The Shawshank Redemption</i> (1994)</p>
<p>12 Daylight Sav Time Begins</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Folk Music with Paul and Pam</p> <p>2:00 Literature Out Loud</p> <p>3:00 “The Crown,” Season 4, ep 3-4</p> <p>6:30 Evening Film: <i>True Grit</i> (1969)</p>	<p>13</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Wordle</p> <p>1:30 NY Times Crossword</p> <p>2:30 Afternoon Exercise with Forever Fit</p> <p>3:30 Singalong with Brian</p> <p>6:30 Evening Film: <i>Crimes and Misdemeanors</i> (1989)</p>	<p>14</p> <p>9:30 Morning Stretch</p> <p>10:00 Pictionary</p> <p>10:30 The Great Courses: <i>Our Night Sky</i></p> <p>1:30 Food for Thought Meeting w/ Jeff</p> <p>2:00 Poker for Beginners</p> <p>3:00 Boyd’s Documentary Film</p> <p>6:30 Evening Film: <i>Eat Pray Love</i> (2010)</p>	<p>15</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Trivia Questions</p> <p>10:30 Nature Documentary</p> <p>1:30 Ukulele Music with Morningside</p> <p>2:30 Classical Music Listening</p> <p>3:30 Happy Hour!</p> <p>6:30 Evening Film: <i>Kindergarten Cop</i> (1990)</p>	<p>16</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Outburst</p> <p>10:30 Gentle Yoga with Carabeth</p> <p>1:30 Literature Out Loud</p> <p>3:30 Bingo! with Prizes!</p> <p>6:30 Evening Film: <i>Lion</i> (2016)</p>	<p>17 St. Patrick’s Day</p> <p>9:30 Morning Stretch ft. Matter of Balance</p> <p>10:00 Morning Crossword</p> <p>10:30 Creative Movement with Caitlin</p> <p>1:30 Afternoon Exercise with Forever Fit</p> <p>2:30 Music with Michelle</p> <p>3:30 Special St. Pat’s Happy Hour!</p> <p>6:30 Evening Film: <i>In America</i> (2002)</p>	<p>18</p> <p>10:00 Morning Stretch</p> <p>10:30 Poetry Aloud: Bring and Read Your Favorites</p> <p>1:30 Current Events</p> <p>3:00 Expressive Arts</p> <p>6:30 Evening Film: <i>Blazing Saddles</i> (1974)</p>

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<p>19 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 2:00 Dance/Movement Session with Emily 3:00 "The Crown," Season 4, ep 5-6 6:30 Evening Film: <i>Cocoon</i> (1985)</p>	<p>20 Spring Begins 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>Women on the Verge of a Nervous Breakdown</i> (1988)</p>	<p>21 9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: <i>Our Night Sky</i> 1:30 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Spanglish</i> (2004)</p>	<p>22 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Resident Round Table Meeting 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Witness</i> (1985)</p>	<p>23 9:30 Morning Stretch ft. Matter of Balance 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>La La Land</i> (2016)</p>	<p>24 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Creative Movement with Caitlin <hr/> 12:30 TRIP: Boston Symphony Orchestra <hr/> 2:00 Afternoon Film: <i>Some Like it Hot</i> (1959) 6:30 Evening Film: <i>The Color of Money</i> (1986)</p>	<p>25 10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 6:30 Evening Film: <i>The Buddy Holly Story</i> (1978)</p>
<p>26 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Paul and Pam 2:00 Yoga with Emily 3:00 "The Crown," Season 4, ep 7-8 6:30 Evening Film: <i>Parenthood</i> (1989)</p>	<p>27 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>The 100-Year-Old Man Who Climbed Out The Window and Disappeared</i> (2015)</p>	<p>28 9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: <i>Our Night Sky</i> 1:30 Movie Selection Meeting 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Fletch</i> (1985)</p>	<p>29 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Live Piano Music with Matt McCabe 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Paper Moon</i> (1973)</p>	<p>30 9:30 Morning Stretch ft. Matter of Balance 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>Always Be My Maybe</i> (2019)</p>	<p>31 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Guided Meditation 1:30 Afternoon Exercise with Forever Fit 2:30 Live Jazz with Elan Mehler 3:30 Happy Hour! 6:30 Evening Film: <i>Moulin Rouge</i> (2001)</p>	