

INDEPENDENT LIVING HIGHLIGHTS of the WEEK
(Sunday, February 28th – Saturday, March 6th)

SUNDAY, February 28th

- 9:00 AM MEDITATION: SUNDAY DAYDREAM - Channel 955
- 10:30 AM CHAIR AEROBICS WITH ALICE - Channel 955
- 11:00 AM ECUMENICAL CHURCH SERVICE WITH PASTOR HAROLD EPPLEY - Channel 955
- 2:00 PM ECUMENICAL CHURCH SERVICE WITH PASTOR HAROLD EPPLEY - Channel 955
- 2:30 PM LOW IMPACT EXERCISE WITH MEG - Channel 955
- 4:30 PM SUNDAY RERUNS: QUICK TRIVIA WITH MIKE - Channel 955

MONDAY, March 1st

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM BALANCE/TONE/POSTURE WITH MARY - Channel 955
- 10:30 AM BALANCE AND POSTURE WITH MEG - Lindsay Hall
- 11:00 AM CHAIR YOGA WITH MARY - Channel 955
- 12:00 PM STRETCH & TONE WITH MARY - Channel 955
- 1:15 PM MONDAY MUSEUMS: GEORGIA O'KEEFFE DOCUMENTARY - Channel 955
- 2:30 PM LOW IMPACT EXERCISE WITH MOLLY - Channel 955
- 3:00 PM NEWSCURRENTS WITH GARY - Channel 955

TUESDAY, March 2nd

- 7:00 AM – 8:00 AM HAPPY DR. SEUSS DAY! GREEN EGGS AND HAM BREAKFAST - Lindsay Hall
- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP WITH ALICE - Channel 955
- 10:30 AM TONE IT UP - Lindsay Hall
- 11:00 AM CHAIR ZUMBA - Channel 955
- 11:30 AM – 12:30 PM HAPPY DR. SEUSS DAY! GREEN EGGS AND HAM LUNCH - Lindsay Hall
- 12:00 PM JANE FONDA VINTAGE WORKOUT - Channel 955
- 1:00 PM MUSICOLOGY: CLARA SCHUMANN: HER LIFE AND MUSIC - Channel 955
- 2:30 PM LOW IMPACT EXERCISE WITH MOLLY - Channel 955
- 3:00 PM IT OPEN OFFICE (PLEASE SIGN UP AT FRONT DESK) - Channel 955
- 3:00 PM DAVID TOLAN'S MUSIC APPRECIATION: "WAGNER THE MAGICIAN" - Channel 955
- 3:00 PM – 4:00 PM HAPPY DR. SEUSS DAY! GREEN EGGS AND HAM - Lindsay Hall

WEDNESDAY, March 3rd

"ACTIVITIES PACKET" DELIVERY

LINDSAY HALL RESERVED ALL DAY FOR VACCINATIONS

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 8:30 AM BIBLE STUDY WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:30 AM CHAIR YOGA WITH MARY - Channel 955
- 10:30 AM CHAIR YOGA WITH MARY - Lindsay Hall (POSTPONED UNTIL NEXT WEEK)
- 11:15 AM BALANCE & POSTURE WITH MARY - Channel 955
- 12:30 PM STRETCH & TONE WITH MARY - Channel 955
- 2:00 PM NEWSCURRENTS WITH GARY - Channel 955
- 2:00 PM NEWSCURRENTS WITH GARY (LIVE!) - WT 1st Floor Lounge
- 3:00 PM WEDNESDAY HAPPY HOUR (NEW TIME) - IL HISTORIC BUILDING

INDEPENDENT LIVING HIGHLIGHTS of the WEEK (CONTINUED)

(Sunday, February 28th – Saturday, March 6th)

THURSDAY, March 4th

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:30 AM CATHOLIC MASS WITH FATHER EUGENE (PLEASE NOTE TIME CHANGE) - Lindsay Hall
- 10:00 AM TONE IT UP WITH ALICE - Channel 955
- 10:30 AM TONE IT UP - Lindsay Hall
- 11:00 AM CHAIR ZUMBA - Channel 955
- 12:00 PM COFFEE WITH TYLER - Channel 955
- 1:00 PM EQUALITY: HISTORY OF WOMEN'S MOVEMENT - Channel 955
- 2:00 PM ECUMENICAL SERVICE W/ PASTOR HAROLD - Lindsay Hall
- 2:30 PM LOW IMPACT WITH MEG - Channel 955
- 3:00 PM DAVID TOLAN'S MUSIC APPRECIATION: "WAGNER THE MAGICIAN" (REPEAT) - Channel 955
- 3:30 PM BOOK CLUB DISCUSSION AND NEW BOOK (GROUP THREE) - Lindsay Hall

FRIDAY, March 5th

TRIVIA FRIDAY

"CASTLE CONNECTIONS" NEWSLETTER DELIVERY

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:30 AM CHAIR YOGA WITH MARY - Channel 955
- 10:30 AM CHAIR AEROBICS WITH MOLLY - Lindsay Hall
- 11:00 AM QUICK TRIVIA WITH MICHAEL BREVER - Channel 955
- 12:00 PM CHAIR AEROBICS WITH ALICE - Channel 955
- 12:30 PM STRETCH & TONE WITH MARY - Channel 955
- 1:00 PM STATE OF THE CASTLE (REPEAT) - Channel 955
- 1:30 PM BALANCE & POSTURE WITH WILLY - Channel 955
- 2:00 PM QUICK TRIVIA WITH MICHAEL BREVER - Channel 955
- 4:30 PM COFFEE WITH TYLER (REPEAT) - Channel 955

SATURDAY, March 6th

FITNESS CENTER OPEN 7:30 AM – 12:00 PM

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP WITH ALICE - Channel 955
- 10:30 AM BALANCE AND POSTURE - Lindsay Hall
- 11:00 AM NEUROBICS - Channel 955
- 1:00 PM CATHOLIC MASS WITH FATHER EUGENE POCERNICH - Channel 955
- 3:00 PM CATHOLIC MASS WITH FATHER EUGENE POCERNICH - Channel 955
- 4:00 PM BIBLE STUDY WITH PASTOR HAROLD EPPLEY - Channel 955

For Channel 955 videos please search Eastcastle Place on YouTube