

A woman and a man are kayaking on a body of water, likely a marina. The woman is in the foreground, wearing a blue life vest and holding a yellow paddle. The man is in the background, wearing a green life vest and also holding a yellow paddle. The background shows many sailboats docked at a pier.

FLOURISH

MARCH 2021

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"FIND JOY IN DISCOVERING WHAT MAKES YOUR SOUL HAPPY." —ALY AUBREY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 01 Technology Assistance	2 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Mahjongg 2:30 CD Walk the Community with The Director!	3 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 MT TED Talk 5:00 GR Wine Down Wednesday	4 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Bridge Club 3:00 PD Women's Bible Study Group	5 8:00 GR Quiche Breakfast Friday 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 5:00 GR Happy Hour	6 8:00 Continental Breakfast 8-9:30 10:00 GR Meet your Neighbors Coffee Social 2:30 MT Afternoon Netflix: Fire Fly Lane
7 10:00 CD Walking Club ♥ 5:00 MT Popcorn & a Movie Night at Avidor**	8 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 5:30 GR Avidor Board Game Night	9 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Mahjongg	10 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 MT TED Talk 5:00 GR Wine Down Wednesday	11 8:00 Breakfast Smoothies 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Bridge Club 3:00 PD Women's Bible Study Group 6:00 GR St Patrick's Day Bingo	12 8:00 GR Quiche Breakfast Friday 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 PD 10-15 Min Chair Massages with Amy Ends 3:30pm ✓ 5:00 GR Happy Hour Dress Fancy Friday	13 8:00 Continental Breakfast 8-9:30 10:00 GR Meet your Neighbors Coffee Social 2:30 MT Afternoon Netflix: Fire Fly Lane
14 10:00 CD Walking Club ♥ 5:00 MT Popcorn & a Movie Night at Avidor**	15 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 01 Technology Assistance	16 8:00 Build your own Breakfast sandwich 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Mahjongg	17 Saint Patrick's Day 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 MT TED Talk 5:30 St Patrick's Day Fun!! Food, Music, and Live Entertainment	18 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Bridge Club 3:00 PD Women's Bible Study Group	19 Food Shelf Collection 8:00 GR Quiche Breakfast Friday 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 12:30 GR Ladies who Lunch 2:00 PD 10-15 Min Chair Massages with Amy Ends 3:30pm ✓ 5:00 GR Happy Hour Build your own treat bar	20 8:00 Continental Breakfast 8-9:30 10:00 GR Meet your Neighbors Coffee Social 2:30 MT Afternoon Netflix: Fire Fly Lane
21 10:00 CD Walking Club ♥ 5:00 MT Popcorn & a Movie Night at Avidor**	22 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 PD Easter Card Making ✓ 5:30 GR Avidor Board Game Night	23 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Mahjongg 2:30 FC Fitness Orientation ✓	24 Food Shelf Collection Ends 8:00 Continental Breakfast 8-9:30 with Cinnamon Rolls 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 MT TED Talk 5:00 GR Wine Down Wednesday	25 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Bridge Club 3:00 PD Women's Bible Study Group	26 8:00 GR Quiche Breakfast Friday 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 PD 10-15 Min Chair Massages with Amy Ends 3:30pm ✓ 5:00 GR Happy Hour Tex-Mex Style	27 Passover Begins 8:00 Continental Breakfast 8-9:30 10:00 GR Meet your Neighbors Coffee Social 2:30 MT Afternoon Netflix: Fire Fly Lane
28 10:00 CD Walking Club ♥ 5:00 MT Popcorn & a Movie Night at Avidor**	29 8:00 Fruit n Yogurt Parfait 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 01 Technology Assistance 6:00 GR Trivia Night - Join us in the Great Room	30 8:00 Continental Breakfast 8-9:30 11:00 YS *Strength Circuit with Ryan Limit 6 in person ♥ 1:00 GR Mahjongg 4:00 CR Yappy Hour 6:00 GR Felt Flower Craft with Amanda 5.00 ✓	31 8:00 Continental Breakfast 8-9:30 10:30 YS A1 Yoga with Nicki ♥ 11:45 YS Yin calming Yoga with Nicki ♥ 2:00 MT TED Talk 5:00 GR Wine Down Wednesday			

UPCOMING COMMUNITY EVENTS



JOIN US FOR THEMED HAPPY HOUR FRIDAYS!

Music Food, And Fun, Saint Patrick's Day Celebration

On March 17th at 5:30 join us for The St. Patrick's Day Musical Styling of Mary on the guitar.

We will have Irish themed heavy appetizers and green beer. Please RSVP to Amy or Taylor by the 10th of March.



MARCH 30TH YAPPY HOUR IN THE CLUB ROOM

Food Shelf Collection

The Women's Bible Study is hosting another food donation drive to benefit local food shelf locations. Please leave your donation of nonperishable food items in cub boxes behind Concierge desk beginning Friday, March 19, and ending Wednesday, March 24th.



WALKING CLUB IS SUNDAYS AT NOON!!!
MEET AT THE CONCIERGE DESK.

TED TALK

Have you ever heard of a TED Talk? Wondered what they are? Stop by the theater on Wednesday afternoons to watch local, national and international TED Talks from around the world.

Allegro - Avidor

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avidor

Edina