

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 World Compliment Day 8:00 Continental Breakfast – 1:30 National Peanut Butter Lover’s Day – Choc. Peanut Butter Smoothie Samples 2:00 Afternoon Coffee Chat 3:00 DIY/ART 5:00 Spiro100 Fitness – OYO 7:00 10-minute Journal	2 8:00 National Read Across America 8:00 International Breakfast – Welcome to Germany! In honor of Dr. Seuss’s Bday 9:45 Strength Circuit w/ 3Click 1:00 Knitting Club 4:00 Happy Hour & City of Minnetonka as our guests 7:00 10-minute Journal	3 8:00 Continental Breakfast 9:30 Stretch & Tone 4:00 Yoga Flow w/ 3Click 6:00 Marble Pour with Jeremy Ross 7:00 10-minute Journal	4 8:00 World Obesity Day – Challenge: Walk 7K+ steps 8:00 Continental Breakfast 9:45 Body Circuit with 3Click 2:00 Mexican Train Dominos 4:30 Cooking Demo w/ Sara 5:00 Happy Hour & Snacks 7:00 10-minute Journal	5 8:00 Continental Breakfast 9:00 Meditation with 3Click 2:00 Poetry Club 3:00 Card Club – Hand & Foot 5:00 Resident Led Happy Hour 7:00 10-minute Journal	6 8:00 Continental Breakfast 9:00 Yoga with 3Click 11:30 STEPS – Community Stair Climbing 2:00 Book Club 5:00 Resident Community Dinner 7:00 10-minute Journaling
7 8:00 <i>Independent Morning Stretch (on your own)</i> 11:00 Virtual Spiro100– Your Choice 6:00 Suggested Netflix – Call the Midwife 7:00 10-minute Journal	8 8:00 Continental Breakfast 2:00 Afternoon Coffee Chat 3:00 DIY/ART 5:00 Spiro100 Fitness – OYO 7:00 10-minute Journal	9 8:00 Continental Breakfast 9:45 Strength Circuit w/ 3Click 1:00 Knitting Club 3:00 National Meatball Day – Come make your own meatballs for Happy Hour! 4:00 Happy Hour- <i>International Specialty Cocktail</i> 7:00 10-minute Journal	10 8:00 Continental Breakfast 9:30 Stretch & Tone 3:00 Drawing w/ Sara – Charcoal Realistic Eye 4:00 Yoga Flow w/ 3Click 7:00 10-minute Journal	11 8:00 Continental Breakfast 9:45 Body Circuit with 3Click 2:00 Canasta Club - GR 5:00 Happy Hour & Snacks 7:00 10-minute Journal	12 8:00 Continental Breakfast 9:00 Meditation with 3Click 2:00 Poetry Club 3:00 Card Club – Bridge 5:00 Resident Led Happy Hour 7:00 10-minute Journal	13 8:00 Continental Breakfast 9:00 Yoga with 3Click 11:30 STEPS – Community Stair Climbing 2:00 Knitting Club - GR 5:00 Resident Community Dinner 7:00 10-minute Journaling **SET YOUR CLOCKS FORWARD!!
14 DAYLIGHT SAVINGS! 8:00 <i>Independent Morning Stretch (on your own)</i> 11:00 Virtual Spiro100– Your Choice 12:30 Get out and soak up some Vitamin D 5:00 National Pi Day – Eat Pie! 6:00 Suggested Netflix – Call the Midwife 7:00 10-minute Journal	15 8:00 Continental Breakfast 2:00 Afternoon Coffee Chat 3:00 DIY/ART 5:00 Spiro100 Fitness – OYO 7:00 10-minute Journal	16 8:00 Continental Breakfast *International Breakfast moved to 17th – Irish Breakfast! 9:45 Strength Circuit w/ 3Click 1:00 Knitting Club **Happy Hour Moved to Wednesday! 7:00 10-minute Journal	17 ST. PATRICKS DAY!! 8:00 International IRISH Breakfast 9:30 Stretch & Tone 4:00 Yoga Flow w/ 3Click 5:00 St. Patrick’s Day Happy Hour! 6:00 Sculpture with Jeremy Ross 7:00 10-minute Journal	18 8:00 Continental Breakfast 9:45 Body Circuit with 3Click 2:00 Dominos – GR 4:30 Cooking Demo w/ Sara 5:00 Happy Hour & Snacks 5:00 Awkward Moments Day – It’s Story Time! 7:00 10-minute Journal	19 8:00 Continental Breakfast 9:00 Meditation with 3Click 2:00 Poetry Club 3:00 Card Club – Bridge 5:00 Resident Led Happy Hour 7:00 10-minute Journal Certified Nurses Day – Give Thanks! Red Nose Day National Let’s Laugh Day	20 Spring Equinox @ 4:37am Get out today and soak in the sun! 8:00 Continental Breakfast 9:00 Yoga with 3Click 11:30 STEPS – Community Stair Climbing 2:00 Knitting Club - GR 5:00 Resident Community Dinner 7:00 10-minute Journaling
21 8:00 <i>Independent Morning Stretch (on your own)</i> 11:00 Virtual Spiro100– Your Choice 2:30 World Poetry Day! – Resident Led Poetry Club (special edition) 6:00 Suggested Netflix – Call the Midwife 7:00 10-minute Journal	22 8:00 Daffodil Day 8:00 National Goof Off Day 8:00 Continental Breakfast 2:00 Afternoon Coffee Chat 3:00 DIY/ART 5:00 Spiro100 Fitness – OYO 7:00 10-minute Journal	23 8:00 Continental Breakfast 9:45 Strength Circuit w/ 3Click 1:00 Knitting Club 2:00 National Puppy Day! 4:00 Happy Hour- <i>International Specialty Cocktail</i> 7:00 10-minute Journal	24 8:00 Continental Breakfast 9:30 Stretch & Tone w/ 3Click 3:00 Macrame w/ Sara – Make a plant hanger 4:00 Yoga Flow w/ 3Click 7:00 10-minute Journal	25 8:00 Continental Breakfast 8:00 International Waffle Day- Waffles, Waffles, Waffles! 9:45 Body Circuit with 3Click 2:00 Mexican Train Dominos 5:00 Happy Hour & <i>Savory Waffles!</i> 7:00 10-minute Journal	26 8:00 Continental Breakfast 9:00 Meditation with 3Click 2:00 Poetry Club 3:00 Card Club – Hand & Foot 5:00 Resident Led Happy Hour 7:00 10-minute Journal	27 8:00 Continental Breakfast 9:00 Yoga with 3Click 11:30 STEPS – Community Stair Climbing 2:00 Knitting Club - GR 5:00 Resident Community Dinner 7:00 10-minute Journaling

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28	29	30	31			
<p>8:00 <i>Independent</i> Morning Stretch (on your own)</p> <p>11:00 Virtual Spiro100– Your Choice</p> <p>12:30 Get out and soak up some Vitamin D</p> <p>6:00 Suggested Netflix – Call the Midwife</p> <p>7:00 10-minute Journal</p>	<p>8:00 Continental Breakfast</p> <p>8:00 <i>National Vietnam War Veterans Day – Thank them!</i></p> <p>2:00 Afternoon Coffee Chat</p> <p>3:00 DIY/ART</p> <p>5:00 Spiro100 Fitness – OYO</p> <p>7:00 10-minute Journal</p>	<p>8:00 <i>International Breakfast</i></p> <p>9:45 Strength Circuit w/ 3Click</p> <p>1:00 Knitting Club</p> <p>4:00 Happy Hour</p> <p>7:00 10-minute Journal</p>	<p>8:00 Continental Breakfast</p> <p>9:30 Stretch & Tone w/ 3Click</p> <p>4:00 Yoga Flow w/ 3Click</p> <p>6:00 Ceramic Tile Painting with Jeremy Ross</p> <p>7:00 10-minute Journal</p>			

EVENTS

Macy's and Avidor Minnetonka

We will be partnering up with Macy's starting this month! They will be coming in to do some events (hair, make-up, moisturizers, self-care products, and more!) as well as offer and go over their FREE personal shopping they can offer all of you!

St. Patrick's Day and SPRING!

March is an exciting month with St. Patrick's Day celebrations, as well as recognizing our Spring Equinox on March 20th. Don't forget to get out and soak in all of the sunrays, as well as start thinking of our planting plans at Avidor Minnetonka!

Your Bearded Artist

Bringing back the popular "Your Bearded Artist" – Jeremy Ross to kick off some new art classes this month! Be sure to RSVP as we will be doing some fun and exciting new art with him.