

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

Canterbury Woods gates Circle Independent Living Activity Calendar

<p>10:00 Advanced Tai Chi (CH) 3 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Butch Cassidy and the Sundance Kid" 7:30 Movie Repeat "Butch Cassidy and the Sundance Kid"</p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 4 11:15 Grocery Trip: Dash's 2:30 Composer Talk with Charles Smith: Liszt (LH) 4:30 Happy Hour (L6) 7:30 Touchtown TV: Reading of 'The Lottery' (CH)</p>	<p>10:00 Yoga with Kandy (CH) 5 11:00 Resident Council Meeting (LH) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Netflix Movie Night "Maestro" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 6 11:00 Yoga with Ann (LH) 1:00 Tech Help with Alex (CA) 1:30 Bridge (L6) 2:30 Easy Breezy History of Art with Madalyn Fliesler (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 7 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Netflix Movie Repeat "Maestro" (LH)</p>	<p>10:00 Fitness with Susie (LH) 1 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) 3:00 Anti-Racism Group Meeting (LH) 4:30 Birthday Happy Hour! (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 2 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Reds" Part 2 (LH) 7:30 Movie Repeat "Reds" Part 2 (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 10 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Sting" (LH) 7:30 Movie Repeat "The Sting" (CH) <small>Ramadan Begins Daylight Saving Time Begins</small></p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 11 1:00 Town Hall Meeting (LH) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) 7:30 Touchtown TV: Ragtime Piano Special (CH)</p>	<p>10:00 Yoga with Kandy (CH) 12 11:30 Crafting with Alex: Spring Door Hanging (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Netflix Movie Night "Our Souls at Night" (LH)</p>	<p>9:30 "Betrayal" Matinee at Irish Classical 13 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Easy Breezy History of Art with Madalyn Fliesler (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 14 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Netflix Movie Repeat "Our Souls at Night" (LH)</p>	<p>10:00 Fitness with Susie (LH) 15 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) 4:30 St. Patrick's Happy Hour! (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 16 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Take the Lead" (LH) 7:30 Movie Repeat "Take the Lead" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 17 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Banshees of Inisherin" (LH) 7:30 Movie Repeat "The Banshees of Inisherin" (CH) <small>St. Patrick's Day</small></p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 18 11:15 Grocery Trip: Wegmans 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) 7:30 Touchtown TV: Tunes from Around the World (CH)</p>	<p>10:00 Yoga with Kandy (CH) 19 11:30 Cultural Arts meeting (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Netflix Movie Night "Harriet" (LH) <small>Spring Begins</small></p>	<p>10:00 Beginner Tai Chi (CH) 20 11:00 Yoga with Ann (LH) 1:00 Tech Help with Alex (CA) 1:30 Bridge (L6) 2:30 Easy Breezy History of Art with Madalyn Fliesler (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga (LH) 21 11:00 Coffee with Paul (LH) 1:30 Writing Group (CA) 2:30 Mahjong (L6) 3:30 Duet featuring Tom Torrisi (LH) 7:30 Netflix Movie Repeat "Harriet" (LH)</p>	<p>10:00 Fitness with Susie (LH) 22 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) 4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 23 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Grumpy Old Men" (LH) 7:30 Movie Repeat "Grumpy Old Men" (CH) <small>Purim Begins</small></p>
<p>10:00 Advanced Tai Chi (CH) 24 11:00 Palm Sunday Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Sandlot" (LH) 7:30 Movie Repeat "The Sandlot" (CH) <small>Palm Sunday</small></p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 25 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) 7:30 Touchtown TV: Opera Favorites with Litha Ashford (CH)</p>	<p>10:00 Yoga with Kandy (CH) 26 10:30 Dining Committee Meeting (LH) 11:30 Watercolor Flowers (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Music in Film with Charles Smith "Howards End" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 27 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Easy Breezy History of Art with Madalyn Fliesler (LH) 4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 28 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Movie Showing with Charles Smith "Howards End" (LH)</p>	<p>10:00 Fitness with Susie (LH) 29 11:00 Meditation with Ann (CH) 1:15 Boarding Bus for AKG Tour Series: The Gundlach Building 2:00 Afternoon Tea (L) 4:30 Informal Happy Hour (L6)</p>	<p>10:00 Senior Strong Mix with Theresa (LH) 30 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Thelma & Louise" (LH) 7:30 Movie Repeat "Thelma & Louise" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 31 11:00 Easter Sunday Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Easter Parade" (LH) 7:30 Movie Repeat "Easter Parade" (CH) <small>Easter Sunday</small></p>	<p style="text-align: center;">If you have any questions, comments, or suggestions, please contact Alex the Cultural Arts Coordinator at (716) 929-5618 or via email at anowak@echa.org</p> <div style="text-align: right; border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">Open Art Studio EVERY MONDAY!</p> </div>					

Key: L = Library, CH = Channel 1390, LH = Lunt Hall, L1 = 1st Floor Lounge, L6 = 6th Floor Lounge, CA = Cultural Arts Room, S = 1st Floor Art Studio, C = Café