

MARS HILL MANOR

ASSISTED LIVING



March 2023



Wednesday 3/1

9:30 -Walking Club with Legacy Healthcare -SLR
10:00 -Morning Stretches Exercise-AR
11:00 -Menu Planning with Bud-DR
2:00 -Live Well Health Topics with Legacy Health Care-AR
-"Low Vision"
3:30 -Audio Book-AR

Thursday 3/2

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually with Chris Morgan-AR
1:30 -Bingo-AR
3:00 -ROCK-N-CHAIR Fitness with King Goslin-AR
6:00 -Front Porch Pickin' with Don & King-AR

Friday 3/3

9:30 -Morning Strollers Walking Club-SLR
10:00 -Crafts-AR
-(Spring Rock Painting)
2:00 -Native Storyteller Terry Shinn-AR

Saturday 3/4

-Residents Choice-Games, Cards, Movies Available-AR
1:30 -Bingo-AR

Sunday 3/5

-Worship Service of Choice
4:00 -Vespers with Hugh Elliott-AR

Monday 3/6

9:30 -Morning Strollers Walking Club-SLR
10:00 -Strength Training-AR
11:00 -Mental Fitness-AR
2:00 -Music & Sing-a-long with Nancy Larkin-AR

Tuesday 3/7

9:30 -Ingles Grocery Shopping Trip -(Sign Up In Advance with Activity Dept.)
1:30 -Presentaton By Services for the Blind-AR
3:00 -Wii Bowling-AR

Wednesday 3/8

9:30 -Walking Club with Legacy Healthcare -SLR
10:00 -Morning Stretches-AR
10:45 -Mars Hill Methodist Church Virtual Service-AR
-(From Sunday March 5th)
1:30 -Bingo-AR
3:00 -Audio Book-AR

Thursday 3/9

10:00 -Balloon Volleyall-AR
11:00 -Learning and Growing Spiritually with Chris Morgan-AR
1:30 -Bingo-AR
6:00 -Music with John Crowder-AR

Friday 3/10

9:30 -Morning Strollers Walking Club-SLR
10:00 -Time Marches On-AR
-(Reminiscing Nostalgic Time Pieces)
11:00 -Poetry Reading with Asheville Community Theatre Autumn Players-AR
1:30 -Our Great National Parks Series-AR
-(A World of Wonder Narrated By: Barack Obama)

Saturday 3/11

-Residents Choice-Games, Cards, Movies Available-AR
1:30 -Saturday Movie Matinee-AR (Netflix)

Sunday 3/12

-Worship Service of Choice
3:45 -Vespers with Hugh Elliott-AR
-(Music By The Redden Children)

Monday 3/13

9:30 -Morning Strollers Walking Club-SLR
10:00 -Strength Training-AR
11:00 -Come Visit with Dakota the Therapy Dog-AR
1:30 -Resident Council Meets-AR
3:00 -Reaching Out To Voters Through Post Card Art with Maggie Richards-AR

Tuesday 3/14

9:30 -Ingles Grocery Shopping Trip (Sign Up In Advance with Activity Dept.)
2:00 -Music & Sing-a-long with Jim & Margie Haaga-AR

Wednesday 3/15

9:30 - Walking Club with Legacy Healthcare-SLR
10:00 -Morning Stretches-AR
10:45 -Mars Hill Methodist Church Virtual Service-AR
-(From March 12th)
1:30 -Let' Visit the Local Library
-(Sign Up In Advance with Activity Dept.)
3:00 -Audio Book-AR

Thursday 3/16

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually with Chris Morgan -AR
1:30 -Bingo-AR
3:00 -Meditative Coloring-AR

Friday 3/17

9:30 -Morning Strollers Walking Club-AR
10:00 -Shamrock Shenanigans Game-AR
10:45 -Irish Hot Potaoe Game-AR
12:00 -St. Patrick's Day Celebration-DR
(Music By: Gracious Light Music)
1:30 -Bingo-AR

Saturday 3/18

-Residents Choice-Games, Cards, Movies Available-AR
1:30 -Movie Matinee-AR
-(Netflix)

Sunday 3/19

-Worship Service of Choice
3:45 -Vespers with Hugh Elliott-AR
(Music By Allen & Lilly Shelley)

Monday 3/20

-First Day of Spring
9:30 -Morning Strollers Walking Club-SLR
10:00 -Strength Training-AR
11:00 -Mental Fitness-AR
1:30 -Flower Arranging-AR

Tuesday 3/21

9:30 -Ingles Grocery Shopping Trip -(Sign Up In Advance with Activity Dept.)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 3/22

9:30 -Walking Club with Legacy Healthcare-SLR
10:00 -Morning Stretches-AR
11:00 -Mars Hill United Methodist Church Virtual Service-AR
-(From Sunday March 19th)
2:00 - New Resident Orientation-AR
3:00 -Audio Book-AR

Thursday 3/23

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually with Chris Morgan -AR
1:30 -Bingo-AR
3:00 -ROCK-N-CHAIR Fitness with King Goslin-AR
6:00 -Front Porch Pickin' with Don & King-AR

Friday 3/24

9:30 -Morning Strollers Walking Club-AR
10:00 -Yahtzee-AR
1:30 -Mystery Ride
-(Sign Up In Advance with Activity Dept.)

Saturday 3/25

-Residents Choice-Games, Cards, Movies Available-AR
1:30 -Travel To Kenya with Jerilyn -AR

Sunday 3/26

-Worship Service of Choice
4:00 -Vespers with Hugh Elliott-AR

Monday 3/27

9:30 - Morning Strollers Walking Club-SLR
10:00 -Strength Training-AR
11:00 -Mental Fitness-AR
1:30 -Scrabble Game-AR

Tuesday 3/28

9:30 -Ingles Grocery Shopping Trip -(Sign Up In Advance with Activity Dept)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 3/29

9:30 - Walking Club With Legacy Healthcare-SLR
10:00 -Morning Stretches-AR
11:00 -Mars Hill United Methodist Church Virtual Service-AR
-(From March 26th)
12:00 -Resident Birthday Celebration-DR
1:30 -Dominoes -AR
3:30 -Audio Book-AR

Thursday 3/30

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually with Chris Morgan -AR
1:30 -Bingo-AR
3:00 -Meditative Coloring-AR

Friday 3/31

9:30 -Morning Strollers Walking Club-AR
10:00 -Mars Hill Errand Run-AR
-(Sign Up In Advnce with Activity Dept.)
1:30 -Let's Go To Cookouts for Milkshakes
-(Sign Up In Advance with Activity Dept.)

**For Further Information
Contact Donna Cole
at 689-7982**

Activities Subject to Change

**March Birthdays
3/2 -Betty McKinney
3/7 -Alice Irvin
3/15 -Arlene Lucas
3/25 -Shelia Boone
3/31 -Hugh Elliott**

**Directory
AR-Activity Room
DR-Dining Room
P-Patio
SLR-Second Floor Living Room
TLR-Third Floor Living Room**



**Mars Hill Manor
Assisted Living**