








ASBURY SOLOMONS

MARCH 2018 WELLNESS SPECIAL EVENTS CALENDAR

<i>Mar 2, Fri.</i>	MySolomons App Training	10:00 a.m.	Piano Lounge
<i>Mar 5, Mon.</i>	Afternoon Movie Classics <i>"The Quiet Man"</i>	1:45 p.m.	Auditorium
<i>Mar 6, Tue.</i>	Monthly Resident Meeting	10:00 a.m.	Auditorium
<i>Mar 6, Tue.</i>	Nursing Student Wellness Fair	4:00 p.m.	Piano Lounge
<i>Mar 7, Wed.</i>	Chewin' the Fat <i>Guest: Zachary Starrin, AS Security Officer</i> <i>Topic: Thailand Mission Trip</i>	9:30 a.m.	Riverview Restaurant
<i>Mar 16, Fri.</i>	Theology on Tap	7:00 p.m.	Pub
<i>Mar 17, Sat.</i>	Movies with Spirit <i>"Same Kind of Different as Me"</i>	7:00 p.m.	Auditorium
<i>Mar 20, Tue.</i>	Movie Night with Jim Bershon <i>"Victoria and Abdul"</i>	7:15 p.m.	Auditorium
<i>Mar 22, Thurs.</i>	Talk of the Town <i>Guest: Zachary Starrin, AS Security Officer</i> <i>Topic: Thailand Mission Trip</i>	2:00 p.m.	Riverview Restaurant
<i>Mar 24, Sat.</i>	Saturday Night at the Movies <i>"A League of Their Own"</i>	7:00 p.m.	Auditorium
<i>Mar 28, Wed.</i>	New Beginnings	12:00 p.m.	Riverview Restaurant
<i>Mar 29, Thurs.</i>	Holy Thursday Service	3:00 p.m.	Auditorium
<i>Mar 30, Fri.</i>	Good Friday Service	7:00 p.m.	Auditorium



Monday	Tuesday	Wednesday	Thursday	Friday
Asbury Solomons Group Exercise Schedule March 2017  Wellness Focus: Nutrition	LOCATION KEY (A) Auditorium (AL) Assisted Living (C) Clubhouse (W) Wellness Center (P) Piano Lounge		1 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba L3 (A) 10:00 Meditation Class (A) 1:30 Fit & Strong L1 (AL) 	2 10:00 Group Strength L2/3 (C) 1:30 Strength & Balance L1 (AL)
5 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Strength & Balance L1 (AL)	6 8:30 Balance L3 (C) 9:00 Balance L1/2 (W) 9:00 Cardio & Core L3 (C) NO YOGA 1:30 Fit & Strong L1 (AL) 4:00pm Nursing Student Wellness Fair (P) 	7 10:00 Group Strength L2/3 (A) 1:30 Strength & Balance L1 (AL)	8 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL) 	9 10:00 Group Strength L2/3 (C) 1:30 Strength & Balance L1 (AL)
12 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Strength & Balance L1 (AL)	13 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL)	14 10:00 Group Strength (C) 1:30 Strength & Balance L1 (AL)	15 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL) 	16 10:00 Group Strength L2/3 (A) 1:30 Strength & Balance L1 (AL)
19 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Strength & Balance L1 (AL)	20 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL)	21 10:00 Group Strength (A) 1:30 Strength & Balance L1 (AL)	22 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL) 	23 10:00 Group Strength L2/3 (C) 1:30 Strength & Balance L1 (AL)
26 10:00 Group Strength L2/3 (C) 11:00 Tai Chi L1/2/3 (C) 1:30 Strength & Balance L1 (AL)	27 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL)	28 10:00 Group Strength (A) 1:30 Strength & Balance L1 (AL)	29 9:00 Balance L1/2 (W) 10:00 Yoga (A) 1:30 Fit & Strong L1 (AL)	30 10:00 Group Strength L2/3 (A) 1:30 Strength & Balance L1 (AL)



AQUATIC EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:45 Open Swim	8:00 – 12:00 Open Swim	8:00-9:45 Open Swim	8:00 – 12:00 Open Swim	8:00-9:45 Open Swim	8:00 – 12:00 Open Swim
9:45-10:30 Water Aerobics L2/3		9:45-10:30 Water Aerobics L2/3		9:45-10:30 Water Aerobics L2/3	
10:45-11:30 Aqua Balance L1/2		10:45-11:30 Aqua Balance L1/2		10:45-11:30 Aqua Balance L1/2	
11:30-12:30 Open Swim		11:30-12:30 Open Swim		11:30-12:30 Open Swim	