

enjoy life

THIS MONTH'S FEATURED PROGRAMS

GRACE
COMMONS

a capri community

W195 N9550 Rolling Meadow Circle
Menomonee Falls, WI 53051

Happy Birthday!

1st Christine B.
21st Carol R.
22nd Sharon S.



Exploring the New



ADVENTURE

Travel with Rose

Take an adventure to Ireland.

Learn about the country the people and their culture and the different foods.

Date: Thursday, March 27th

TIME: 10:30AM

ALM

Positive, Meaningful, Relationships and Service



COMMUNITY

Trinity Irish Dancers

In celebration of St. Patrick's day the Trinity Irish Dancers will perform at Grace Commons

DATE: Saturday, March 1st

TIME: 10:30am

Lobby

Self-Improvement and Discovery



LEARNING

Speaker-Michael Engstrom Examining the Plague Outbreak

Learn the origins and spread of the Plague and the lasting impact on European Society. Also learn how Yersinia pestis was identified as the cause and compare the Plague to modern pandemic.

DATE: Friday, March 14th

TIME: 10:30AM

Family Room

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Emotional Mastery with Jennifer Bartolotta

Join us for session 1 of a 3 part series. Discover emotional endurance, explore daily habits for thriving and create a 3-part plan to integrate impactful habits into your life.

DATE: Tuesday, March 18th

TIME: 9:15am

Lobby

\$10

DON'T FORGET TO RSVP!



Shopping Trips
Lunch Bunch-Sawmill Inn
Bus Outings
Milwaukee Domes
Lunch Bunch-Pizza Ranch

JOIN THE CLUB




If you're interested in joining one of our clubs, please talk with Kelly or Rose for more information.

Book Club
Garden Club

Walking Club
Flower Club

ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 30</p> <p>10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Card Game-Garbage [G]</p>	<p>31</p> <p>9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Metro Market</u> 12:00 Brewers Home Opening Game Tailgate [TR] 2:00 BINGO-\$ 3:30 Scrabble [L]</p>	 <p>W195 N9550 Rolling Meadow Circle Menomonee Falls, WI 53051 (262) 252-9600</p>		<p>Location Keys</p> <p>AL Multipurpose Room ALM AL Theater ALT Assisted Living Cafe ALC Family Room FR Great Room G Lobby L Tap Room TR Wellness Suite W</p>		<p>1</p> <p>10:00 Walking/Wheeling Club [L] 10:30 Trinity Irish Dancers [L] 12:00 -2:00 Girl Scout Cookie Sale [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]</p>
<p>2</p> <p>10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Card Game-Garbage [G]</p>	<p>3</p> <p>9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Metro Market</u> [L] 2:00 BINGO-\$ 3:30 Scrabble [L]</p>	<p>FAT Tuesday 4</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [G] 9:30 Ball Toss [G] 10:30 Rummikub 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 2:30 Crafts: Shamrock Painting [ALM] 4:00 Documentary [ALM] 4:00 Happy Hour-BYOB [TR]</p>	<p>ASH Wednesday 5</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [ALM] 9:30 Trivia with Rose [G] 10:00 Ash Wednesday Service [W] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [FR] 2:00 Horse Race-\$ [G] 3:30 <u>Walmart</u> [L] 4:00 -7:00 Tap Room-Luck O' The Irish Raffle-\$ [TR]</p>	<p>6</p> <p>8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 <u>Drive To Whitnall Park</u> [L] 2:00 BINGO 3:30 Pretty Nails [ALM]</p>	<p>7</p> <p>9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 10:00 Speaker-Veterans Court Treatment [FR] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]</p>	<p>8</p> <p>10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]</p>
<p>Daylight Saving Time Begins 9</p> <p>10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Trivia Pursuit [G]</p>	<p>10</p> <p>9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 <u>Aldi</u> [L] 10:30 Board Games [L] 2:00 BINGO-\$ 3:30 Scrabble [L]</p>	<p>11</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [G] 9:30 1st Floor Movie [G] 10:30 Rummikub 10:30 Speaker-LaToya Bates: Bounce into Spring [FR] 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 2:30 Shamrock Shakes 4:00 Documentary [ALM] 4:00 Happy Hour-BYOB [TR]</p>	<p>12</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [ALM] 9:30 Sing-A-Long [G] 10:00 Vote [W] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 10:30 Grace Church Service [W] 1:00 AL Meeting [G] 2:00 Horse Race-\$ [G] 3:30 <u>Dollar Tree/Hobby Lobby</u> [L]</p>	<p>13</p> <p>8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 Entertainment: Hal, Sue & Sandy [TR] 10:00 <u>Milwaukee Domes</u> [L] 2:00 BINGO</p>	<p>14</p> <p>PI Day- Pie Available ALL Day 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Board Games [L] 10:30 Speaker- Michael Engstrom Comparing Plague & Modern Pandemics [FR] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] 4:00 - 7:00 Tap Room-Wear Green Get 1/2 Drinks [TR]</p>	<p>15</p> <p>10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]</p>
<p>16</p> <p>10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Card Game-Garbage [G]</p>	<p>St. Patrick's Day 17</p> <p>9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Piggly Wiggly</u> [L] 2:00 BINGO-\$ 2:30 St. Patrick's Day Shindig [TR] 3:30 Scrabble [L]</p>	<p>18</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [G] 9:30 Ball Toss [G] 10:30 Rummikub 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 2:30 Baking with Rose 4:00 Documentary [ALM] 4:00 Happy Hour-BYOB [TR]</p>	<p>19</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [ALM] 9:30 Trivia with Rose [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [FR] 1:00 Grace Bible Study [FR] 1:00 Vote [W] 2:00 Horse Race-\$ [G] 3:30 <u>Kohl's/Target</u> [L] 4:00 -7:00 Tap Room-Spin to Win Happy Hour Drink Specials-\$ [TR]</p>	<p>First Day Of Spring 20</p> <p>8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:30 Elder Ed-Memory Care: Dementia Live [FR] 10:30 <u>Lunch Bunch-Sawmill Inn</u> [L] 2:00 BINGO 3:30 Pretty Nails [ALM]</p>	<p>21</p> <p>9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 10:00 History Club With Tim [FR] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]</p>	<p>22</p> <p>10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]</p>
<p>23</p> <p>10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Trivia Pursuit [G]</p>	<p>24</p> <p>9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Walmart</u> [L] 2:00 BINGO-\$ 3:30 Scrabble [L]</p>	<p>25</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [G] 9:30 1st Floor Movie [G] 10:30 Rummikub 10:30 Speaker-LaToya Bates: Life In Translation [FR] 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 2:30 Making Egg Rolls [ALC] 4:00 Documentary [ALM]</p>	<p>26</p> <p>9:00 AL Exercise-Stretch/Flex & Daily Chronicles [ALM] 9:30 Sing-A-Long [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 2:00 Food Forum Meeting [TR] 2:00 Horse Race-\$ [G] 3:30 <u>Aldi</u> [L]</p>	<p>27</p> <p>8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:30 Adventure with Rose-Ireland [ALM] 2:00 -3:30 Memory Care Art Show [L] 2:30 BINGO 4:00 -7:00 Tap Room-Trivia [TR]</p>	<p>28</p> <p>9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Board Games [L] 10:30 Men's club-Pizza & Movie [ALT] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]</p>	<p>29</p> <p>10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]</p>