

# GRACE COMMONS

a  community

W195 N9550 Rolling Meadow Circle  
Menomonee Falls, WI 53051



**Happy Birthday!**

1st Ron H	22nd Jacky H
4th Elnetta T	22nd Judy H
9th Ken B	30th Sue F
9th Kathy C	31st Christine K
13th Allen H	
15th Barabra D	
19th Joanne P	
19th John B	
19th Pam K	

## DON'T FORGET TO RSVP!



- Shopping
- ENJOY LIFE- Emotional Mastery
- Wacky Women's Club
- Crafts
- IL Lunch Bunch-Champps Americana
- Swimming pool

## JOIN THE CLUB




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

- |             |              |
|-------------|--------------|
| Book Club   | Walking Club |
| Garden Club | Flower Club  |

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

Exploring the New



**ADVENTURE**

### Maple Sugarin' at Riveredge Nature Center

Tour the maple forest, tap a tree, learn its history, visit the evaporator, and enjoy syrup on a pancake - with a pickle, a unique a Riveredge tradition.

**DATE:** Tuesday, March 4th

**TIME:** 11:30am

\$9

**Lobby**

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**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March cont'd</b></p> <p><b>30</b></p> <p>1:00 Movie- 2:00 Dominos [M] 3:00 L-C-R Dice Game [TR]</p>	<p><b>31</b></p> <p>9:00 Exercise [W] 9:30 Exercise [W] 10:30 <b>Metro Market</b> 12:00 Brewers Home Opening Day Tailgate-\$ [TR] 1:00 BINGO-\$ [TR]</p>	<p><b>Location Keys</b></p> <p>Dining Room D Family Room FR Lobby L Multipurpose Room M Tap Room TR Wellness Suite W</p> <p><b>GRACE COMMONS</b> a capri community</p>				<p><b>1</b></p> <p>10:00 Walking Club [L] 10:30 Trinity Irish Dancers [L] 12:00 -2:00 Girl Scout Cookie Sale [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]</p>
<p><b>2</b></p> <p>1:00 Movie- 2:00 Dominos [M] 3:00 L-C-R Dice Game [TR] 6:00 Wacky Womens Club [FR]</p>	<p><b>3</b></p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <b>Metro Market [L]</b> 1:00 BINGO-\$ [TR] 2:15 Learn Fitness Equipment</p>	<p><b>4</b></p> <p><b>FAT Tuesday</b> 9:00 Coffee Club &amp; Paczkis [TR] 10:30 Horse Races-\$ [FR] 11:15 <b>Enjoy Life-Riveredge Nature Center [L]</b> 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand &amp; Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]</p>	<p><b>5</b></p> <p><b>ASH Wednesday</b> 9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:00 Ash Wednesday Service [W] 10:30 Book Club [FR] 1:00 Grace Bible Study [FR] 3:30 <b>Walmart [L]</b> 4:00 -7:00 Tap Room-Luck O' The Irish Raffle-\$ [TR]</p>	<p><b>6</b></p> <p>9:00 Coffee Club [TR] 10:30 Elder Ed-What is AL &amp; MC [FR] 1:00 IL Resident Meeting [TR] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 Sheepshead-\$ [FR]</p>	<p><b>7</b></p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Speaker-Veterans Court Treatment [FR] 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand &amp; Foot Card Game [TR]</p>	<p><b>8</b></p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]</p>
<p><b>Daylight Saving Time Begins</b></p> <p><b>9</b></p> <p>1:00 Movie- 2:00 Dominos [M] 3:00 L-C-R Dice Game [TR]</p>	<p><b>10</b></p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <b>Aldi [L]</b> 1:00 BINGO-\$ [TR] 2:30 Fox Therapy Screening [W]</p>	<p><b>11</b></p> <p>9:00 Coffee Club [TR] 9:30 Swimming Pool [L] 10:30 Speaker-LaToya Bates: Bounce into Spring [FR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand &amp; Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]</p>	<p><b>12</b></p> <p>9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:00 Vote [W] 10:30 Grace Church Service [W] 3:30 <b>Dollar Tree/Hobby Lobby [L]</b></p>	<p><b>13</b></p> <p>9:00 Coffee Club [TR] 10:00 Entertainment: Hal, Sue &amp; Sandy [TR] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 Sheepshead-\$ [FR] 3:00 Orange Shoe Happy Hour [W]</p>	<p><b>14</b></p> <p><b>PI Day- Pie Available ALL Day</b> <b>PI Day- Pie Available ALL Day</b> 8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:30 Speaker- Michael Engstrom Comparing Plague &amp; Modern Pandemics [FR] 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand &amp; Foot Card Game [TR] 4:00 - 7:00 Tap Room-Wear Green Get 1/2 Drinks [TR]</p>	<p><b>15</b></p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]</p>
<p><b>16</b></p> <p>1:00 Movie- 2:00 Dominos [M] 3:00 L-C-R Dice Game [TR] 6:00 Wacky Womens Club [FR]</p>	<p><b>17</b></p> <p><b>St. Patrick's Day</b> 8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <b>Piggly Wiggly [L]</b> 1:00 BINGO-\$ [TR] 2:30 St. Patrick's Day Shindig [TR]</p>	<p><b>18</b></p> <p>9:00 Coffee Club [TR] 9:45 <b>Enjoy Life-Emotional Mastery</b> 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand &amp; Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]</p>	<p><b>19</b></p> <p>9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:45 <b>Lunch Bunch-Champps Americana</b> 1:00 Grace Bible Study [FR] 1:00 Vote [W] 2:00 America Says with Kelly [TR] 3:30 <b>Kohl's/Target [L]</b> 4:00 -7:00 Tap Room-Spin to Win Happy Hour Drink Specials-\$ [TR]</p>	<p><b>20</b></p> <p><b>First Day Of Spring</b> 9:00 Coffee Club [TR] 10:30 Elder Ed-Memory Care: Dementia Live [FR] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 Sheepshead-\$ [FR]</p>	<p><b>21</b></p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 History Club With Tim [FR] 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand &amp; Foot Card Game [TR]</p>	<p><b>22</b></p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]</p>
<p><b>23</b></p> <p>1:00 Movie- 2:00 Dominos [M] 3:00 L-C-R Dice Game [TR]</p>	<p><b>24</b></p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <b>Walmart [L]</b> 1:00 BINGO-\$ [TR]</p>	<p><b>25</b></p> <p>8:30 <b>Men's Breakfast Club [D]</b> 9:00 Coffee Club [TR] 10:30 Speaker-LaToya Bates: Life In Translation [FR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand &amp; Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 3:00 Happy Hour-Happy Birthday [TR]</p>	<p><b>26</b></p> <p>9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 <b>Crafts-\$ [M]</b> 2:00 Food Forum Meeting [TR] 3:30 <b>Aldi [L]</b></p>	<p><b>27</b></p> <p>9:00 Coffee Club [TR] 10:00 Blood Pressure Checks [W] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 -3:30 Memory Care Art Show [L] 2:00 Sheepshead-\$ [FR] 4:00 -7:00 Tap Room-Trivia [TR]</p>	<p><b>28</b></p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Friday Adventures 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand &amp; Foot Card Game [TR]</p>	<p><b>29</b></p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]</p>