

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March cont'd</b></p> <p><b>30</b></p> <p>2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p><b>31</b></p> <p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary &amp; Thyme [S] 4:00 Wii Bowling [W] 7:00 Resident's Choice Games [CR]</p>	<p><b>VISTA WEST</b> a capri community</p>	<p><b>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</b></p>	<p><b>Location Keys</b></p> <p>Badger Den, 4th Floor BD Bistro B Capitol Club, 5th Floor CC Community Room CR Stage Theater, 2nd Floor S Union, 3rd Floor U Wellness Suite W</p>	<p><b>Program Key</b></p> <p><b>Bold-enjoy life Special</b> <b>Feature Programs</b> <u>Underline-Program</u> <b>Requires Sign-Up</b> <b>-\$-Cost for Program</b></p>	<p><b>1</b></p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>
<p><b>2</b></p> <p>2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p><b>3</b></p> <p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Cardmaking with Sharon &amp; Kathie [U] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: Toscana (1h30m) [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 4:00 Wii Bowling [W] 7:00 Resident's Choice Games [CR]</p>	<p><b>4</b></p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios: Cole Porter [CR] 10:45 Outing to Walgreens *Senior Day* 1:00 Bridge [B] 1:30 Outing to Mecalfe's 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 Mardi Gras Happy Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p><b>5</b></p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks &amp; Thoughts: [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Independent &amp; Assisted Living Nail Care by Appointment [U] 1:30 Movie: Dr. Zhivago (3h17m) [S] 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]</p>	<p><b>6</b></p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: A History of Multiple Personality Disorder by Larry W. [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 Book Club Movie: A Walk in the Woods (1h44m) [S] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>7</b></p> <p><b>National Wear Blue Day</b></p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 11:00 Rosary [U] 11:30 Lunch &amp; Learn: Food Wellness &amp; Nutrition [CR] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Culinary Meeting [CR] 1:30 Movie: For the Love of the Game (2h17m) [S] 2:00 Paint n Sip: Acrylics [CR] 7:00 Games Galore [CR]</p>	<p><b>8</b></p> <p>10:00 Group Exercise with Jo [W] 12:00 Badger Basketball v. Penn State on Big Screens [CR] 1:00 Open Crafting Hour [U] 1:30 Movie: [S] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>
<p><b>Daylight Saving Time Begins</b></p> <p><b>9</b></p> <p>1:30 Movie: [S] 2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p>	<p><b>10</b></p> <p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Absentee Voting/Registration w/ Voting Deputies [CR] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie: [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary &amp; Thyme [S] 4:00 Wii Bowling [W] 7:00 Resident's Choice Games [CR]</p>	<p><b>11</b></p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios [CR] 11:00 Communion [U] 1:00 Bridge [B] 1:30 Outing to Metro Market 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 Happy Hour - Celebrating Community of the Year! [CR] 7:00 Sevens Card Game [CR]</p>	<p><b>12</b></p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:30 Absentee Voting/Registration w/ Voting Deputies [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Independent &amp; Assisted Living Nail Care by Appointment [U] 2:00 Poker [BD] 6:00 Pinochle [CR]</p>	<p><b>13</b></p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: Lewis &amp; Clark Thompson [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 FOX Rehab Talk: Posture &amp; Body Mechanics [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>14</b></p> <p><b>Team Spirit Fridays</b></p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 11:00 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: The Rookie (2h8m) [S] 2:00 Presentation &amp; Pie - Gunderson [CR] 7:00 Games Galore [CR]</p>	<p><b>15</b></p> <p>10:00 Group Exercise with Jo [W] 12:30 Outing to Aldo Leopold Nature Center - Maple Syrup Fest 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>
<p>2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p><b>16</b></p>	<p><b>St. Patrick's Day</b></p> <p><b>17</b></p> <p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Movie &amp; Popcorn: Waking Ned Devine (1h31m) [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary &amp; Thyme [S] 4:00 Wii Bowling [W] 7:00 Resident's Choice Games [CR]</p>	<p><b>18</b></p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios [CR] 10:45 Outing to Walgreens 11:00 Blood Pressure Clinic [W] 1:00 Bridge [B] 1:30 Outing to Metcalfe's 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 St. Patts Day Pub Trivia Happy Hour - RSVP [CR] 7:00 Sevens Card Game [CR]</p>	<p><b>19</b></p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 11:00 American Trends: Americans' Views of Politics in the U.S. [CR] 11:00 Bible Study Group [CC] 11:30 Brunch Buffet - Sign Up with Dining 1:00 Mah Jongg [B] 1:30 Independent &amp; Assisted Living Nail Care by Appointment [U] 2:00 Moving Made Easy - Downsizing [CR] 2:00 Poker [BD] 3:30 Bingo [CR] 6:00 Pinochle [CR]</p>	<p><b>20</b></p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: The VA Health System - History &amp; Future [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 Live Music: MSO Heartstrings - Broadway Tunes [CR] 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>21</b></p> <p><b>Team Spirit Fridays</b></p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 11:00 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:30 Out to lunch at Nitty Gritty 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: The Natural (2h24m) [S] 4:00 Life Enrichment Meeting [CR] 7:00 Games Galore [CR]</p>	<p><b>22</b></p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 1:30 Movie: A League of Their Own (2h8m) 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>
<p>1:30 Movie: Eight Men Out (2h) [S] 2:00 Resident-Led Indoor Bocce Ball [CR] 3:00 Cribbage [B] 7:00 Resident's Choice Game [B]</p> <p><b>23</b></p>	<p><b>24</b></p> <p>9:30 Movement to Music [W] 10:00 Movement to Music [W] 10:45 Meditation &amp; Mindfulness Practice [W] 1:00 Tai Chi for Beginners - Seated [W] 1:30 Iris Paper Folding - Cardmaking [U] 1:30 Movie: The Jackie Robinson Story (1h17m) [S] 2:00 7's Card Game [CR] 2:00 Poker [BD] 2:30 Scrabble [B] 3:30 TV Series: Rosemary &amp; Thyme [S] 4:00 Wii Bowling [W] 7:00 Resident's Choice Games [CR]</p>	<p><b>25</b></p> <p>9:30 Feelin' Strong [W] 10:00 Feelin' Strong [W] 10:00 PLATO: Bios [CR] 11:00 Communion [U] 1:00 Bridge [B] 1:00 Community Meeting [CR] 1:30 Outing to Metro Market 1:30 Yarn Crafting Club [CR] 2:00 Cribbage in the Bistro [B] 2:00 Rummikub [CR] 4:00 Happy March Birthdays Happy Hour [CR] 7:00 Sevens Card Game [CR]</p>	<p><b>26</b></p> <p>9:30 Balance - Seated [W] 10:00 Balance - Standing [W] 10:45 TED Talks &amp; Thoughts: Does Money Make You Mean? [CR] 11:00 Bible Study Group [CC] 1:00 Mah Jongg [B] 1:30 Independent &amp; Assisted Living Nail Care by Appointment [U] 2:00 Poker [BD] 6:00 Pinochle [CR]</p>	<p><b>27</b></p> <p>9:30 Seated Exercise - Bands [W] 10:00 Exercise - Bands [W] 10:00 PLATO: WITWH: A Genealogy Research Refresher [CR] 10:45 Meditation &amp; Mindfulness Practice [W] 1:30 Outing to the National Mustard Museum 2:00 Canasta in the Bistro [B] 2:00 Rummikub [B] 3:30 Cardio Drumming [W] 4:00 Resident-Led Happy Hour *BYOB* [CR] 7:00 Rummikub [CR]</p>	<p><b>28</b></p> <p><b>Team Spirit Fridays</b></p> <p>9:30 Seated Exercise Video --Pilates [W] 10:00 Seated Exercise Video --Pilates [W] 11:00 Great Courses: Turning Points in American History [CR] 11:00 Rosary [U] 11:40 Outing to Friday Musicale at FUS: soprano &amp; piano: American Art Songs 1:00 3 to 15 Card Game [CR] 1:00 7's Card Game [CR] 1:00 Bridge [B] 1:30 Movie: Field of Dreams (1h42m) [S] 7:00 Games Galore [CR]</p>	<p><b>29</b></p> <p>10:00 Group Exercise with Jo [W] 1:00 Open Crafting Hour [U] 2:00 Resident's Choice Game [B] 7:00 Evening Game [CR]</p>