






























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March 2019</h1> 		<p><i>And, every day, for your enjoyment...</i></p> <p>7-10 am Breakfast, Newspapers, Visiting</p> <p>10:00 Morning Chat & Walking Group</p> <p>11:30 Exercise & Walking Groups</p> <p>2:00 Afternoon Chat</p> <p>3:30 Exercise & Walking Groups</p> <p>5:45 Evening Farewell</p>		<p>10:30 Students Visit 1</p> <p>Poker Game with Sue</p> <p>Beach Volleyball</p> <p>Have You Ever...?</p> <p>Games and Puzzles</p> <p>1:00</p> <p>Ragtime Piano with George</p> <p>NJ's Book Reading</p> <p>Ring Toss</p> <p>2:30 Concert with Lyn</p> <p>Devotional Hour</p> <p>Ladderball</p> <p>4:00</p> <p>Piano Students Perform</p> <p>Trivia with Denise</p> <p>Darts</p>	<p>9:30 2</p> <p>Music with Caleb</p> <p>10:30</p> <p>Encanto Acapella</p> <p>Air Hockey</p> <p>1:00</p> <p>Country Singalong with Kristin</p> <p>Bingo </p>
<p>9:45 Bone Builders 4</p> <p>10:00</p> <p>Catholic Communion</p> <p>Farm to Table @ Project</p> <p>Music Listening</p> <p>Moving Target </p> <p>1:00</p> <p>Singalong</p> <p>Bingo</p> <p>Car Shuffleboard</p> <p>2:30</p> <p>Edwin: His Life & Stories</p> <p>Flip It! with Dale</p> <p>Car Shuffleboard</p> <p>4:00</p> <p>Jazz Piano with Fred</p> <p>Words in a Word</p> <p>Pool Club</p>	<p>10:00 Pinochle with Betty 5</p> <p>10:30</p> <p>Shader Croft Band</p> <p>Nail Care</p> <p>Tabletop Bowling </p> <p>1:00</p> <p>David Reads</p> <p>Mutiny on the Bounty</p> <p>Music Listening</p> <p>Poolabocce</p> <p>2:30</p> <p>Kathleen's Irish Singalong</p> <p>Crossword</p> <p>Bone Builders</p> <p>4:00</p> <p>Jazz Standards with Chuck & David </p> <p>Planting Seeds</p> <p>Pool</p>	<p>9:45 Bone Builders 6</p> <p>10:30</p> <p>King Pede with Barb</p> <p>Singalong with Sheila</p> <p>Baking with Betsy</p> <p>Croquet </p> <p>1:00</p> <p>Ron's Pete Seeger</p> <p>Singalong</p> <p>Craft with Ann</p> <p>Target Toss</p> <p>2:30</p> <p>From Farm to Table @ Project</p> <p>Poet Mary Oliver</p> <p>Tabletop Basketball</p> <p>4:00</p> <p>Concert with Lyn</p> <p>Baking with Chef John</p> <p>Bowlabocce</p>	<p>10:30 7</p> <p>Trip: College Museum</p> <p>Liz and Her Pottery</p> <p>Tabletop Shuffleboard</p> <p>12:45 Pinochle with Betty</p> <p>1:00</p> <p>PI Trio</p> <p>Life Lessons with Eileen</p> <p>Ladderball</p> <p>2:30</p> <p>Broadway & Jazz Hits</p> <p>with Dottie and Steve</p> <p>Wheel of Fortune</p> <p>Bone Builders </p> <p>4:00</p> <p>Fred and Sarah:</p> <p>Jazz Piano & Song</p> <p>Trivia</p> <p>Pool Club</p>	<p>10:30 8</p> <p>Poker Game with Sue</p> <p>Abbott and Costello</p> <p>Music & Massage</p> <p>Darts</p> <p>1:00</p> <p>Name that Tune! </p> <p>NJ's Book Reading</p> <p>Golf</p> <p>2:30</p> <p>Trip: Peter's Lambs</p> <p>Ragtime Piano with George</p> <p>Car Shuffleboard</p> <p>4:00</p> <p>Dale & Frances</p> <p>Christian Music Concert</p> <p>Trivia with Denise</p> <p>Tabletop Bagball</p>	<p>9:30 9</p> <p>Music with Caleb</p> <p>10:30</p> <p>Singalong with Sue</p> <p>Bingo</p> <p>1:00</p> <p>Music and Massage with Maryanne's Piano Music</p> <p>Ring Toss </p>
<p>9:45 Bone Builders 11</p> <p>10:30</p> <p>Singalong with Mary Jane and Jack</p> <p>Art with An & Kathy</p> <p>Poolabocce</p> <p>1:00</p> <p>Alexander Graham Bell</p> <p>Nail Care</p> <p>Tabletop Basketball</p> <p>2:30</p> <p>PI Trio</p> <p>Concentrations</p> <p>Basketball Bonanza</p> <p>4:00</p> <p>Jazz Piano with Fred</p> <p>Wheel of Fortune</p> <p>Pool Club </p>	<p>10:00 Pinochle with Betty 12</p> <p>10:30</p> <p>Incredible Unknown Women from History</p> <p>Green Bean</p> <p>Koosh Ball Tennis </p> <p>1:00</p> <p>Concert with Lyn</p> <p>Numbers Puzzle with Helen</p> <p>Tabletop Golf</p> <p>2:30</p> <p>Trip: Breadloaf View Farm</p> <p>Sugar House</p> <p>Ruth Bader Ginsburg</p> <p>Bone Builders</p> <p>4:00</p> <p>Violin & Cello</p> <p>Apple Cutting</p> <p>Pool</p>	<p>9:45 Bone Builders 13</p> <p>10:00</p> <p>Janet & Lily Visit</p> <p>10:30</p> <p>Trip: Vermont Folklife Center "Ice Shanties"</p> <p>King Pede with Barb</p> <p>Singalong with Sheila</p> <p>Tabletop Bagball</p> <p>1:00</p> <p>Singalong w/Mona & Louise</p> <p>St. Patrick's Day with Barb</p> <p>Ring Toss</p> <p>2:30</p> <p>John Plays Old</p> <p>Country Blues Guitar</p> <p>Poetry Hour... Target Toss</p> <p>4:00</p> <p>Hymns: Meredith & Friends</p> <p>Craft with Ann</p> <p>Rocket Shuffleboard </p>	<p>10:00 14</p> <p>Painting with Cynthia</p> <p>10:30</p> <p>Singalong with Sue </p> <p>Words in a Word</p> <p>Horseshoes</p> <p>12:45 Pinochle with Betty</p> <p>1:00</p> <p>Nola & Gabriel ~</p> <p>Cello Singalong</p> <p>Have You Ever...?</p> <p>Longtable Car Shuffleboard</p> <p>2:30</p> <p>Folksongs with Rodger</p> <p>Bone Builders</p> <p>4:00</p> <p>Singalong with Mary and Friends</p> <p>Trivia with Denise</p> <p>Pool Club</p>	<p>10:30 Students Visit 15</p> <p>Poker Game with Sue</p> <p>Judd Plays Accordion</p> <p>St. Patrick's Day Party </p> <p>Games and Puzzles</p> <p>Tabletop Golf</p> <p>1:00</p> <p>Neighbor Spotlight on David: Birds of Vermont</p> <p>NJ's Book Reading</p> <p>Car Shuffleboard </p> <p>2:30</p> <p>Jazz Piano & Song with Fred and Fiona</p> <p>Devotional Hour</p> <p>Tabletop Bowling</p> <p>4:00</p> <p>Mardi Gras Party</p> <p>Bingo</p> <p>Poolabocce </p>	<p>9:30 16</p> <p>Music with Caleb</p> <p>10:30</p> <p>Folksongs with Rodger</p> <p>Green Bean Cutting</p> <p>Bingo</p> <p>1:00</p> <p>Ridgerunners</p> <p>Apple Cutting</p> <p>Ladderball</p>
<p>9:45 Bone Builders 18</p> <p>10:30</p> <p>Lawrence Welk</p> <p>Knit & Chat </p> <p>Ring Toss</p> <p>1:00</p> <p>Singalong with Pat & Mal</p> <p>Crosswords</p> <p>Tabletop Golf</p> <p>2:30</p> <p>Trip: College Museum</p> <p>Growing up Irish</p> <p>Team Tennis</p> <p>4:00</p> <p>Jazz Piano with Fred</p> <p>Pokeeno with Dale</p> <p>Pool Club</p>	<p>10:00 Pinochle w/Betty 19</p> <p>10:30</p> <p>Singalong with David</p> <p>Concentration</p> <p>Bowlabocce</p> <p>1:00</p> <p>Lifelong Learning</p> <p>Sharing Stories</p> <p>Basketball Bonanza </p> <p>2:30</p> <p>Van Trip: Shard Villa</p> <p>David Reads</p> <p>Mutiny on the Bounty</p> <p>Bone Builders</p> <p>4:00</p> <p>Fellows with Cellos</p> <p>Arts and Crafts</p> <p>Pool </p>	<p>9:45 Bone Builders 20</p> <p>10:30</p> <p>King Pede with Barb</p> <p>Singalong with Zosha</p> <p>Bingo</p> <p>Tabletop Shuffleboard</p> <p>1:00</p> <p>Remembering Farm Days</p> <p>Reading with Zosha</p> <p>Golf</p> <p>2:30</p> <p>Led Zeppelin with Rodger</p> <p>Green Bean Cutting</p> <p>Ladderball</p> <p>4:00</p> <p>Heavensong with Shulamith and Friends</p> <p>Wheel of Fortune</p> <p>Darts</p>	<p>10:30 21</p> <p>Sugaring from Hatchet to High Tech with David</p> <p>Craft with Ann</p> <p>Bingo</p> <p>Rocket Shuffle</p> <p>12:45 Pinochle with Betty</p> <p>1:00</p> <p>Dancing With Your Chair with Alice</p> <p>Life Lessons with Eileen</p> <p>Basketball Bonanza</p> <p>2:30</p> <p>Banjo Music with Rick & Kristin</p> <p>Penny Ante </p> <p>Bone Builders</p> <p>4:00</p> <p>Concert with Lyn</p> <p>Chat Packs... Pool Club</p>	<p>10:30 22</p> <p>Poker Game with Sue </p> <p>Old Bones</p> <p>Words in a Word</p> <p>Tabletop Bagball</p> <p>1:00</p> <p>Rodgers and Hammerstein</p> <p>Singalong w/Kathleen</p> <p>NJ's Book Reading</p> <p>Tabletop Basketball</p> <p>2:30</p> <p>PI Trio</p> <p>Devotional Hour</p> <p>Tabletop Golf</p> <p>4:00</p> <p>Dancing Fun </p> <p>Trivia with Denise</p> <p>Ring Toss</p>	<p>9:30 23</p> <p>Music with Caleb</p> <p>10:30</p> <p>Piano Singalong with Hildgund</p> <p>Darts</p> <p>1:00</p> <p>Music and Dancing</p> <p>Bingo </p>
<p>9:45 Bone Builders 25</p> <p>10:30</p> <p>Robert and The Beatles: Magical Mystery Tour</p> <p>Art with An and Kathy</p> <p>Target Toss</p> <p>1:00</p> <p>Concert with Lyn</p> <p>Trivia </p> <p>Darts</p> <p>2:30</p> <p>Piano Singalong w/Linda</p> <p>Life Lessons with Eileen</p> <p>Bowlabocce</p> <p>4:00</p> <p>Jazz Piano with Fred</p> <p>LCR Dice Game w/Dale</p> <p>Pool Club </p>	<p>10:00 Pinochle w/Betty 26</p> <p>10:30</p> <p>Kitchen Tunk</p> <p>Words in a Word</p> <p>Tabletop Shuffleboard</p> <p>1:00</p> <p>Numbers Puzzle with Helen</p> <p>Singalong</p> <p>Ladderball</p> <p>2:30</p> <p>Incredible Unknown Women from History</p> <p>Music Listening</p> <p>Bone Builders</p> <p>4:00</p> <p>Fred and Sarah: Jazz Piano & Song</p> <p>Maple Syrup Treats & Memories </p> <p>Pool</p>	<p>9:45 Bone Builders 27</p> <p>10:00</p> <p>Janet & Lily Visit</p> <p>Catholic Communion</p> <p>10:30</p> <p>King Pede with Barb</p> <p>John Plays</p> <p>Old Country Blues Guitar</p> <p>Word Games</p> <p>Car Shuffleboard</p> <p>1:00</p> <p>Visiting Czechoslovakia with Zosha</p> <p>Music & Massage </p> <p>Poola Bocce</p> <p>2:30</p> <p>Trip: VT Folklife- Ice Shanties</p> <p>Images from Montana w/Ted</p> <p>Tabletop Golf</p> <p>4:00</p> <p>Old Time Music & Dance Party with Jim and Don</p> <p>Nail Care</p> <p>Moving Target</p>	<p>10:00 28</p> <p>Painting with Cynthia</p> <p>10:30</p> <p>Singalong with Sheila</p> <p>Team Tennis</p> <p>12:45 Pinochle with Betty</p> <p>1:00</p> <p>Fellows with Cellos</p> <p>Baking </p> <p>Air Hockey</p> <p>2:30</p> <p>Classic Movies</p> <p>Bingo</p> <p>Bone Builders</p> <p>3:30</p> <p>Classic Movies</p> <p>Green Bean Cutting</p> <p>Pool Club</p> <p>⇒ EARLY CLOSE ⇐</p>	<p>10:30 29</p> <p>Van Trip: Helen Porter</p> <p>Poker Game with Sue</p> <p>Sugaring in Vermont with Barb</p> <p>Tabletop Basketball</p> <p>1:00</p> <p>Piano Singalong with Rick</p> <p>NJ's Book Reading</p> <p>Rocket Shuffle</p> <p>2:30</p> <p>Nat King Cole</p> <p>Arts and Crafts</p> <p>Target Toss</p> <p>4:00</p> <p>Irish Music with O'hAnleigh </p> <p>Nail Care</p> <p>Tabletop Shuffleboard</p>	<p>9:30 30</p> <p>Music with Caleb</p> <p>10:30</p> <p>Swing Tunes with Mark</p> <p>Ring Toss</p> <p>1:00</p> <p>Singalong</p> <p>Bingo</p>

ARE YOU ON FACEBOOK?
Please like and follow us at facebook.com/elderlyservices.
Spread the word about our wonderful programs!

Foot Clinic
at Project Independence
See back cover for details

❖ *Please leave your cell phone at home.* ❖
This will help us keep a calm, quiet atmosphere here at Project. Thank you!

❖ *EARLY CLOSING (for staff meeting)* ❖
Thursday, March 28 – closing at 6:00 pm



Highlights! More Inside!



- ❖ *Encanto Acapella*
- ❖ *Sugaring from Hatchet to High Tech*
- ❖ *Heavensong with Shulamith and Friends*
- ❖ *Liz Sahres Her Pottery*
- ❖ *Christian Music Concert w/Dale & Frances*
- ❖ *Baking with Chef John*

Van Trips:

- *Shard Villa*
- *Peter's Lambs*
- *Sugarhouse Tours*
- *Middlebury College Museum of Art*
- *VT Folklife Center: Ice Shanties*



 **Foot Clinic** 
at Project Independence

Monday, March 18, 1:00 – 4:00 PM
*check payable to Elderly Services
due by Friday, March 15*
Thursday, March 21, 1:00 – 4:00 PM
*check payable to Elderly Services
due by Monday, March 18*

\$40 for first appointment (includes supplies)
\$30 for subsequent appointments

To Register

Call 388-3983 for Dana or her voicemail.



Family Caregiver Support Group
12 noon, 3rd Friday of the month