


## SPECIAL PROGRAMS

### GREAT COURSES -

#### THE IRISH IDENTITY: INDEPENDENCE, HISTORY, AND LITERATURE

Tuesdays @ 11am-12pm - Auditorium

Guided by great works from Yeats, Joyce, Lady Gregory, and others, discover the dazzling world of the Irish Renaissance. 



#### ASH WEDNESDAY SERVICE WITH PASTOR SINGH - CHAPEL

Wednesday, March 5<sup>th</sup> @ 3pm Chapel

#### BOOK SALE WITH RESIDENT AUTHOR SHIRLEY ANDREWS

March 4<sup>th</sup>, 6<sup>th</sup>, & 12<sup>th</sup> from 10:30am-12:30pm - Rotunda

Stop by to see Shirley as she offers for sale five different volumes of devotionals inspired by nature. All proceeds will go to the Coburg Scholarship Fund.

#### BUDDY COMMITTEE MEET AND GREET

Monday, March 10<sup>th</sup> @ 3pm-4:30pm - Club Dining Room

It's always nice to meet a new friend, and this what the Buddy Committee does best.



#### PORTION SIZE TRIVIA WITH LORA HYDE

Thursday, March 20<sup>th</sup> @ 3pm - Auditorium

Join Coburg's dietitian and dining services director to test your knowledge about portion, food groups, and nutrition while having fun doing so.



#### LINE DANCING LESSONS WITH RESIDENT CHERI

Saturday, March 22<sup>nd</sup> & 29<sup>th</sup> @ 10am - Auditorium

Let's go country!!! Cheri will teach beginning line dancing lessons, so come on down and boot scoot and boogie!!!

#### VETERAN'S SOCIAL

Wednesday, March 26<sup>th</sup> @ 10am - Club Dining Room

Join your fellow military veterans for a nice social hour.



#### GRIEVING AND LIVING: CAN THEY COEXIST?

Monday, March 31<sup>st</sup> @ 3-4 p.m. - Chapel

Has your spouse or loved one passed away recently? Do you feel all alone? What supports are available for someone like you? Questions like these and more will be addressed at the upcoming presentation by The Community Hospice.

Registration is not necessary. However, if you plan to come, calling Holly (ext. 6347) or Tracey (ext. 6314) will help the presenter plan how many handouts to bring.



## Welcome New Neighbors

William & Barbara Dodge	723
Timothy Donovan	102
Paula Rosenblat	1251

# March Special Events

**Sunday, March 2<sup>nd</sup> @ 4:30pm-6:27pm - Movie - Cocoon (PG13 1985) - Auditorium**

**CC** When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor. Stars Don Ameche, Wilford Brimley, & Hume Cronyn.

**Monday, March 3<sup>rd</sup> @ 7pm-8:56pm - Movie - Unstoppable (PG13 2024) - Auditorium**

This movie centers around the life of wrestler Anthony Robles, who was born with one leg and won a national championship in 2011 while competing at Arizona State University. Stars Jennifer Lopez. **CC**

**Tuesday, March 4<sup>th</sup> @ 7pm-8pm - Music with Laura Collins - Auditorium**

Laura is always a treat as she sings tunes from Broadway and more.

**Wednesday, March 5<sup>th</sup> @ 7pm-8:53pm - Documentary - American Oz (1988) - Aud**

**CC** When Frank Baum published The Wonderful Wizard of Oz, he reinvented himself. *American Oz* tells the remarkable story of the man behind one of the most enduring and classic American tales.

**Friday, March 7<sup>th</sup> @ 7pm-8:25pm - Documentary - March of the Penguins 2 -  
The Next Step - Auditorium**

**CC**

A young penguin, driven by his instinct, embarks on his first major trip to an unknown destination.

**Saturday, March 8<sup>th</sup> @ 7pm-8:37pm - Movie - The Wizard of Oz (G 1939) - Auditorium**

After a tornado whisks Kansas farm girl Dorothy to a magic land, she must travel to the Emerald City for help returning home. **CC**

**Monday, March 10<sup>th</sup> @ 7pm-8pm - Music with The Bluebillies - Auditorium**

Kick up your heels and enjoy a little Americana, classic country, bluegrass, gospel, and old-time music!

**Tuesday, March 11<sup>th</sup> @ 7pm-8pm - Music with Keith Pray - Auditorium**

4+++the blues, avant-garde, and gritty funk as a performer, bandleader, composer, and educator.

**Wednesday, March 12<sup>th</sup> @ 7pm-8pm - Music with Keanen & Orion - Auditorium**

Keanen Stark and Orion Kribs are two of the finest young blues and bluegrass musicians in the capital region, with a throwback sound, charming stage dynamics, and lightning-fast fingers.

**Friday, March 14<sup>th</sup> @ 7pm-9:40pm - Movie - Wicked (PG13 2024) - Auditorium**

Elphaba, a young woman misunderstood because of her green skin, and Galinda, a popular girl, become friends in the Land of Oz, where their friendship reaches a crossroads. Stars Cynthia Erivo & Ariana Grande. **CC**

**Sunday, March 16<sup>th</sup> @ 4:30pm-6:51pm - Movie - Finian's Rainbow (G 1968) - Aud**

An Irish immigrant and his daughter move into a town in the American South with a magical piece of gold that will change people's lives, including a struggling farmer and African American citizens threatened by a bigoted politician. Stars Fred Astaire & Petula Clark. **CC**

**Monday, March 17<sup>th</sup> @ 7pm-8pm - Game Night - Holiday Mascot Races - Auditorium**

Break out your betting hats and see which mascot will shine as we have a fun night of holiday mascot races! Complete with bad jokes and fun facts.

**Tuesday, March 18<sup>th</sup> @ 7pm-8pm - Music with High Peaks Bluegrass - Auditorium**

Toe tapping and hand clapping is a must. Enjoy new & classic bluegrass, gospel, and old-time tunes.

**Wednesday, March 19<sup>th</sup> @ 2:30pm-3:45pm - The Land of Oz Happy Hour - Auditorium**

Go green as we whisk off with Dorothy to the Land of Oz (after a few drinks of course). Richie Phillips will take us on a musical journey. So, break out your ruby shoes, and join in the fun.

**Friday, March 21<sup>st</sup> @ 7pm-9:02pm - Movie - Maria (R 2024) - Auditorium**

Maria Callas, the world's greatest opera singer, lives the last days of her life in 1970s Paris as she confronts her identity. Stars Angelina Jolie, Pierfrancesco Favino, & Alba Rohrwacher. **CC**

**Monday, March 24<sup>th</sup> @ 7pm-8pm - Music with Drew Jacobs - Auditorium**

A ukelele, a man, and a few laughs. Drew will show you his writing talents and more!

**Tuesday, March 25<sup>th</sup> @ 7pm-8pm - Music with Alyssa Yeager - Auditorium**

Alyssa's soft sound is ideal for her folk music and more. Sit back and drift off to music from the '60s and beyond.

**Wednesday, March 26<sup>th</sup> @ 7pm-9:04pm - Movie - Joy (PG13- 2015) - Auditorium**

*Joy* is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty. Stars Jennifer Lawrence, Robert De Niro, & Bradley Cooper. **CC**




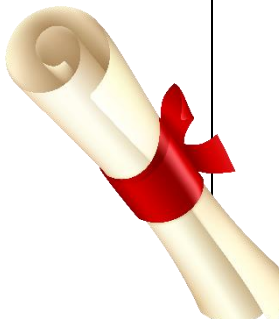
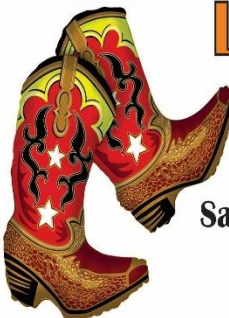













**Friday, March 28<sup>th</sup> @ 7pm-8:58pm - Movie - Judy (PG13- 2019) - Auditorium**

Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts. Stars Renée Zellweger & Jessie Buckley. **CC**

**Monday, March 31<sup>st</sup> @ 7pm-8pm - Music with Rockin' Rob Carson - Auditorium**

Rob is a master of many instruments. Come on down and rock the night with him.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Room Abbreviations:</b>            CC: Creative Corner            Aud: Auditorium            Ch: Chapel            CDR- Club Dining Room            CY: Courtyard            CR: Card Room            DR: Dining Room-46 &amp; Birch            FR- Fitness Room            RT- Rotunda</p>	<p><i>*Programs Subject to Change</i>  <b>FREE POPCORN NIGHT</b>    <b>Changes &amp; Update Line</b>  <b>Ext. 6497</b>            For last minute changes to programs/events</p>	<p><b>Daily Activity Schedule</b>            Available on <b>Spectrum Channel 1390</b>             (Not Available For Cottages) </p>		<p> <b>Line Dancing LESSONS</b> with Cheri            Saturday, March 22nd &amp; March 29th  <b>10am Auditorium</b></p>	<p><b>Chaperone Swim</b>   Mondays- 2pm-3pm            Wednesdays- 9:45am-10:45am            Fridays- 11am-Noon            BY APPOINTMENT ONLY. MUST CALL BY 9:15AM THE DAY OF DESIRED <b>*NO Holidays</b>  <b>CALL EXT. 6314</b></p>	<p><b>1</b>            7pm All Games-CR</p>
<p><b>2</b>            10:30am Christian Non-Denominational Worship with Communion Pastor Singh            2pm Resident Bingo-CR  <b>4:30pm Movie-Cocoon -Aud</b> </p>	<p><b>3</b>            9:30am Val's Water Aerobics            10:30am Great Decisions-India -CDR            11am Val's Fitness-Aud            12pm Chair Volleyball-Aud            1pm Diamond Art-CC            1pm Val's Balance-Aud            1:30pm Canasta-CR            2pm Executive Council-CDR  <b>2:30pm Coburg Cruisers Meeting-Aud</b>            7pm All Games-CR  <b>7pm Movie-Unstoppable-Aud</b> </p>	<p><b>4</b>  <b>10:30am-12:30pm Devotional Book Sale-RT</b>  <b>11am Great Courses-Irish Identity-Roots &amp; Fall-Aud</b>            12:30pm Brian's Water Aerobics            1-3pm Sewing Together-CC            1:30pm Brian's Fitness-Aud            2pm Rummikub-CR            2:30pm Cornhole-Aud            7pm All Games-CR  <b>7pm Music with Laura Collins-Aud</b></p>	<p><b>5</b>            11am Val's Fitness-Aud Back            12pm Val's Balance-Aud            12pm Episcopal Service-Ch            12:45pm Ball w/ Lorraine-Aud  <b>12:45pm- Fitness Room Intro with Val- FR</b>            1-3pm Knitting/Crocheting-CC            1:30pm Sit and Fit with Lorraine-Aud            2pm Village Ringers-Ch            2pm Lorraine's Hand Class-CC  <b>3pm Ash Wednesday Service with Pastor Singh-Ch</b>            7pm Pinochle &amp; Bridge-CR  <b>7pm Documentary-American Oz-Aud</b></p>	<p><b>6</b> 10am Val's Drumfit-Aud            10:25am Val's Low Impact Aerobics-Aud            10:30am Brian's Water Aerobics  <b>10:30am-12:30pm Devotional Book Sale-RT</b>            11am Val's Sit/Stand Yoga-Aud            11am Rosary-Ch            12pm Chair Volleyball-Aud            1pm Bible Study-CR            1:30pm Brian's Fitness-Aud  <b>2PM BLOOD PRESSURE CLINIC-RT</b>            3pm Choraliers-Ch            7pm All Games-CR  <b>7pm Resident Association Meeting-Aud</b></p>	<p><b>7</b> <b>POOL CLOSSES AT 12:30PM</b>            11am Ball w/ Lorraine-Aud            12pm Documentary-Jack B. Yeats-The Man Who Painted Ireland-Aud            12pm Lorraine's Hand Class-CC            1pm Bridge-CR            1pm Library Committee-CC            1:30pm Lorraine's Sit &amp; Fit-Aud            2:15pm Wii Bowling-Aud            7pm All Games-CR  <b>7pm Documentary-March of the Penguins 2-Aud</b> </p>	<p><b>8</b>    <b>7pm Movie-The Wizard of Oz-Aud</b>             7pm All Games-CR  </p>
<p><b>9</b>            10:30am Christian Non-Denominational Worship with Communion Deacon Glenn            2pm Resident Bingo -CR  </p>	<p><b>10</b>            9:30am Val's Water Aerobics            10:30am Great Decisions-Climate-CDR            11am Val's Fitness-Aud            12pm Chair Volleyball-Aud            1pm Diamond Art-CC            1pm Val's Balance-Aud            1:30pm Canasta-CR  <b>2pm Mind Fitness-CC</b>  <b>3pm Parkinson's Group-CC</b>  <b>3pm Buddy Meet &amp; Greet-CDR</b>            7pm All Games-CR  <b>7pm Music with The Bluebillies-Aud</b></p>	<p><b>11</b>  <b>11am Great Courses-Irish Identity-19<sup>th</sup> Century &amp; Famine-Aud</b>            12:30pm Brian's Water Aerobics            1-3pm Sewing Together-CC            1:30pm Brian's Fitness-Aud            No 2pm Rummikub-CR            2pm Recreational Writers-CR            2:30pm Cornhole-Aud            7pm All Games-CR  <b>7pm Music with Keith Pray-Aud</b></p>	<p><b>12</b>   <b>10:30am-12:30pm Devotional Book Sale-RT</b>            11am Val's Fitness-Aud Back            12pm Val's Balance-Aud            12pm Episcopal Service-Ch            12:45pm Ball w/ Lorraine-Aud            1-3pm Knitting/Crocheting-CC            1:30pm Lorraine's Sit &amp; Fit-Aud            2pm Lorraine's Hand Class-CC            2pm Village Ringers-Ch            7pm Pinochle &amp; Bridge-CR  <b>7pm Music with Keanen &amp; Orion-Aud</b></p>	<p><b>13</b>            10am Val's Drumfit-Aud            10:25am Val's Low Impact Aud            10:30am Brian's Water Aerobics            11am Val's Sit/Stand Yoga-Aud            11am Rosary-Ch            12pm Chair Volleyball-Aud            1pm Bible Study-CR            1:30pm Brian's Fitness-Aud  <b>2:30pm Book Club-CR</b>            3pm Choraliers-Ch            7pm All Games-CR  </p>	<p><b>14</b> <b>POOL CLOSSES AT 12:30PM</b>  <b>11am Conversations w/ Rabbi Amiel-Ch</b>            11am Ball w/ Lorraine-Aud            12pm Lorraine's Hand Class -CC            1pm Bridge-CR            1:30pm Lorraine's Sit &amp; Fit -Aud            2:15pm Wii Bowling-Aud            7pm All Games-CR   <b>7pm Movie Wicked-Aud</b> </p>	<p><b>15</b>            7pm All Games  </p>

<p><b>16 Sun</b>                  10:30am Christian Non-Denominational Worship with Communion Deacon Glenn                  2pm Resident Bingo -CR  <b>4:30pm Movie-Finian's Rainbow</b> -Aud </p> 	<p><b>17 Mon</b>                    9:30am Val's Water Aerobics                  10:30am Great Decisions-NATO -CDR                  11am Val's Fitness-Aud                  12pm Chair Volleyball-Aud                  1pm Diamond Art-CC                  1pm Val's Balance-Aud                  1:30pm Canasta-CR  <b>2pm Buddy Committee-CDR</b>                  7pm All Games-CR  <b>7pm Game Night-Holiday Mascot Races</b> -Aud</p>	<p><b>18 Tues</b>                  11am Methodist Service-Ch  <b>11am-Great Courses-Irish Identity-WWI &amp; Easter Rising</b> -Aud                  12:30pm Brian's Water Aerobics                  1-3pm Sewing Together-CC                  1:30pm Brian's Fitness-Aud                  2pm Rummikub-CR                  2:30pm Cornhole-Aud                  7pm All Games-CR  <b>7pm Music with High Peaks-Aud</b></p>	<p><b>19 Wed</b>  <b>No Fitness Classes</b>                  12pm Episcopal Service-Ch                  1-3pm Knitting/Crocheting-CC                  2pm Village Ringers-Ch  <b>2:30pm-3:45pm The Land of Oz Happy Hour-Aud</b>                  7pm Pinochle &amp; Bridge-CR</p> 	<p><b>20 Thurs</b>                    10am Val's Drumfit -Aud                  10:25am Val's Low Impact Aerobics-Aud                  10:30am Brian's Water Aerobics                  11am Val's Sit/Stand Yoga-Aud                  11am Rosary-Ch                  12pm Chair Volleyball-Aud                  1pm Bible Study-CR                  1:30pm Brian's Fitness-Aud                  2:15pm Catholic Service/Prayer w/ St. Mary's-Ch  <b>3PM PORTION SIZE TRIVIA WITH LORA-AUD</b>                  3pm Choraliers-Ch                  7pm All Games-CR</p> 	<p><b>21 Fri</b>  <b>POOL CLOSERS AT 12:30PM</b>                  11am Ball w/ Lorraine-Aud  <b>12pm Great Courses-Liberty &amp; Uncertainty-Aud</b>                  12pm Lorraine's Hand Class-CC                  1pm Bridge-CR                  1:30pm Lorraine's Sit &amp; Fit-Aud                  2:15pm Wii Bowling-Aud                  7pm All Games-CR   <b>7pm Movie-Maria-Aud</b> </p>	<p><b>22 Sat</b>                  9am-12pm Optometry w/ Dr. Braim <b>by appointment</b> 518-859-3936-CR  <b>10am Line Dancing Lessons with Cheri</b> -Aud                  7pm All Games</p> 
<p><b>23</b>                  10:30am Christian Non-Denominational Worship with Communion Deacon Glenn                  2pm Resident Bingo-CR</p> 	<p><b>24</b>  <del>9:30am Val's Water Aerobics</del>                  10:30am Great Decisions-AI-CDR                  10:30-11am Women's Chair Volleyball-Aud  <del>11am Val's Fitness-Aud</del>                  11:15-11:45am Men's Chair Volleyball-Aud                  12pm Chair Volleyball-Aud                  1pm Diamond Art-CC  <del>1pm Val's Balance-Aud</del>                  1:30pm Canasta-CR  <b>2pm Mind Fitness-CC</b>                  7pm All Games-CR  <b>7pm Music with Drew Jacobs-Aud</b></p>	<p><b>25</b>  <b>9:30am-12pm Artwork Drop-off-RT</b>  <b>11am-Great Courses-Irish Identity-1930s &amp; Remembrance-Aud</b>                  12:30pm Brian's Water Aerobics                  1-3pm Sewing Together-CC                  1:30pm Brian's Fitness-Aud                  2pm Rummikub-CR  <b>2pm Catholic Mass with St. Edward's-Ch</b>                  2:30pm Cornhole-Aud                  7pm All Games-CR  <b>7pm Music with Alyssa Yeager-Aud</b></p>	<p><b>26</b>  <b>10am Veteran's Social-CDR</b>                  10:45am Parashat Hashavua-Ch                  11am LISA'S Fitness-Aud Back                  12pm LISA'S Balance-Aud                  12pm Episcopal Service-Ch                  12:45pm Ball w/ Lorraine-Aud                  1-3pm Knitting/Crocheting-CC  <del>1:30pm Lorraine's Sit &amp; Fit</del>  <del>2pm Lorraine's Hand Class</del>                  2pm Village Ringers-Ch  <b>2pm Social Tea with The Choraliers-Aud</b>                  7pm Pinochle &amp; Bridge-CR  <b>7pm Movie-Joy-Aud</b> </p>	<p><b>27</b>                  10am LISA'S Drumfit-Aud                  10:25am LISA'S Low Impact Aerobics-Aud                  10:30am Brian's Water Aerobics                  11am LISA'S Sit/Stand Yoga-Aud                  11am Rosary-Ch                  12pm Chair Volleyball-Aud                  1pm Bible Study-CR                  1:30pm Brian's Fitness-Aud  <b>1:30pm Dining Committee-CDR</b>  <del>3pm Choraliers-Ch</del>                  7pm All Games-CR</p>	<p><b>28</b>  <b>POOL CLOSERS AT 12:30PM</b>  <b>11am Shabbat Service w/ Rabbi Amiel-Ch</b>                  11am Ball w/ Lorraine-Aud                  12pm Lorraine's Hand Class-CC                  1pm Bridge-CR                  1:30pm Lorraine's Sit &amp; Fit-Aud                  2:15pm Wii Bowling-Aud                  7pm All Games-CR  <b>7pm Movie-Judy-Aud</b>  </p>	<p><b>29</b>  <b>10am Line Dancing Lessons with Cheri</b> -Aud                  7pm All Games-CR</p> 
<p><b>30</b>                  10:30am Christian Non-Denominational Worship with Communion Pastor Singh                  2pm Resident Bingo-CR  <b>4:30pm Movie-The Quiet Man-Aud</b> </p>	<p><b>31</b>                  9:30am Val's Water Aerobics                  10:30am Great Decisions-CDR                  11am Val's Fitness-Aud                  12pm Chair Volleyball-Aud                  1pm Diamond Art-CC                  1pm Val's Balance-Aud                  1:30pm Canasta-CR                  2:30pm Executive Council-CC  <b>3pm Grieving and Living:Can They Coexist?-Chapel</b>                  7pm All Games-CR  <b>7pm Music w/ Rockin' Rob-Aud</b></p>					