

2019

CALENDAR YEAR

MARCH

CALENDAR MONTH



Bob Hope Village Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	01	02
					5pm * Mardi Gras Masquerade Ball (\$8) (GR)	6:30pm * Sinfonia Gulf Coast (\$3)
03	04	05	06	07	08	09
		1:00pm * Senior Self Defense Class (FC)  2:30pm * Putting Your Affairs In Order (FC) <i>Mardi Gras Carnival</i>	10am Activities Meeting (FC)			9am * Tole Painting (GC)
10	11	12	13	14	15	16
<i>Daylight Savings</i>	11:30am * Silver Slipper Casino overnight trip (\$30)		10:30am * Osaka Japanese Steakhouse (\$3)	2:00pm * Tips for Memory & Safety Around the House; Help Yourself & Your Neighbor (FC) 		8am-12pm AFSA Carwash (RV Lot) 10:30am * AMVETS St. Patrick's Day Luncheon (\$3)
17	18	19	20	21	22	23
2pm * EC Community Band (CH) <i>St. Patrick's Day</i>			2:30pm Resident Council (GR)	8:30-11:30am * AARP Driving Class (GR) 12:30pm * Healthy Day, Healthy Life (FC) 	8:30-11:30am * AARP Driving Class (GR)	* EC International Festival (FREE TICKETS - no transportation)
24	25	26	27	28	29	30
	2:30pm * Depression... Signs, Symptions & Asking For Help (FC) 		* Activities OUTING TBD <i>stay tuned for outing information</i>		Last day to sign up for Blue Wahoos Trip	
31	<p>*Asterisk Denotes Sign-up at BHV Front Desk/Reception</p> <p>(T)=Tentative / (I)=Information / (R)=Recurring / (\$)=Fee/Cost (BR)=Ballroom / (SR)=Sophia Room / (FC)=Fitness Center (GC)=Gates Conference Room / (GR)= Gates Great Room / (CH) = Chapel / (OFC)=Old Fitness Center</p> <p> = Minimal Walking  = Moderate Walking  = Heavy Walking</p> <p></p> <p>* Activities with the HOPE logo are apart of the wellness</p>					06
					<p>Upcoming Dates:</p> <p>April 2nd - MWFSC Show Choir</p> <p>April 3rd - Activities Meeting</p> <p>April 5th - The Village Game Showdown (resheduled)</p>	

Lounge Schedules (Current as of: 21-Feb-19)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
V1	4pm: Social Hour 5:30pm: Cards	4pm: Social Hour 5:30pm: Cards 10am: Wii Bowling 10am: Matts for the Homeless	10am: Coffee & Chat 4pm: Social Hour 5:30pm: Cards 1pm/3pm/4pm: Wii Bowling	4pm: Social Hour 5:30pm: Cards 9am/2pm: Wii Bowling	4pm: Social Hour 5:30pm: Cards 10am/12:30pm/1:30pm: Wii Bowling	4pm: Social Hour 5:30pm: Cards 6pm: Mexican Train 10am/2pm: Wii Bowling	10am: Monthly Meeting (1st Saturday of month) 4pm: Social Hour 5:30pm: Cards
V2	2pm: Cards	Any: Cards & Games 10am-12pm: Josies's Bible Study (2nd & 4th Monday) 3-5pm: Wii Bowling	Any: Cards 4pm: Wii Bowling	Any: Cards 5PM: Prayer Meeting	2-4pm: British Wives club (1st & 3rd Thurs) 6PM Movie Night	Any: Cards 10AM: Wii Bowling 4pm: Happy Hour	10am: Coffee & Chat (1st Saturday) 6pm: 3rd Sat: Birthday Party
V3	2pm: Check In Lounge	1pm: Pinochle		6pm: Cards & Chat		4pm: Social Hour	10am: Coffee (1st Sat) 1pm: Cards
V4	1pm: Card Games 4pm: Village Birthday Party (3rd Sun)	Any: Puzzle/TV 4pm: Chat Nights	Any: Puzzle/TV 4pm: Chat Nights	1pm: Card Games Any: Puzzle/TV 4pm: Chat Nights	1pm: Card Games 4pm: Chat Nights	4pm: Happy Hour	9:30am: Coffee (1st Sat)
V5	3pm: Cornhole	8am: Exercise 11am: Wii Bowling 12:30pm: Wii Bowling 1pm: Phase 10 4pm: 31 Cards 5pm: Wii Bowling 6pm: Bridge	8am: Exercise 9am: Wii Bowling 10am: Coffee 11am: Wii Bowling 1:30pm: Bible Study 4pm: Pinochle / 31 Cards 4pm: Wii Bowling	8am: Exercise 9am: Wii Bowling 10am: Coffee 11am: Wii Bowling / Cards (2nd & 4th Wed) 2pm: Wii Bowling 4pm: Pinochle / 31 Cards 6pm: Peg & Jokers	8am: Exercise 10am: Coffee 12pm: Social Knitting 1pm: Wii Bowling 4pm: 31 Cards / Pinochle 6pm: Mahjong	10am: Coffee 3pm: Wii Bowling 4pm: Happy Hour 4pm: 31 Cards 6pm: Bridge	10am: Coffee (1st Sat) 2pm: Mahjong 4pm: 31 Cards 6pm: Peg & Jokers

Need to reserve your lounge/clubhouse? Contact the Activities Department for reservations and/or changes to the Lounge Schedule. Thank you.

March Wellness Calendar

Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every FCday	Every Sat
⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 10am—Hula (FC)
⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am—Exercise Class (FC)
⇒ 10am—Walking Club (MC)	⇒ 9:30am—Chair Tai Chi (FC)	⇒ 10am—Bike Riding (MC)	⇒ 9:30 - Chair Tai Chi (FC)	⇒ 10am—Walking Club (MC)	⇒ 10am—Walking Club (MC)	
⇒ 11am—Silver & Fit Class (FC)	⇒ 10am—Garden Club (Garden)	⇒ 11am—Zumba (FC)	⇒ 11am—Balance Class (FC)	⇒ 12:30 pm - Richard Simmons Sweat to the Oldies (FC)		
⇒ 12:30 pm—Belly Blasting Walk Class (FC)	⇒ 5pm—Hula Dancing (FC)	⇒ 12:30 pm - Random Aerobics Class (FC)	⇒ 5pm—Hula Dancing (FC)			
				NSL Bowling Scores Due Every Thursday		
	<u>IN ADDITION TO ABOVE MONDAY CLASSES</u>	<u>IN ADDITION TO ABOVE TUESDAY CLASSES</u>	<u>IN ADDITION TO ABOVE WEDNESDAY CLASSES</u>	<u>IN ADDITION TO ABOVE THURSDAY CLASSES</u>	<u>IN ADDITION TO ABOVE FCIDAY CLASSES</u>	
	<p style="text-align: center;">March 18 @ 2pm Alzheimer's & Dementia Support Group by Kindred (FC)</p> <p style="text-align: center;">March 25 @ 2:30pm Depression.. Signs, Symptoms & Asking for Help presentation by Kindred (FC)</p>	<p style="text-align: center;">March 5 @ 1pm Senior Self Defense Class by Daniel Palmer Martial Arts (FC)</p> <p style="text-align: center;">March 19 @ 12pm Book Club (FC)</p>	<p>March 13 @ 11am Hearing Aid Checks (Fitness Center Hall)</p>	<p style="text-align: center;">March 14 @ 2pm Tips for Memory & Safety Around the House by RehabCare (FC)</p> <p style="text-align: center;">March 21 @ 12:30pm How do items in your various rooms affect your health by Healthy Day Healthy Life (FC)</p>	<p style="text-align: center;">March 1 @ 10am Blood pressure checks by Kindred (FC)</p> <p style="text-align: center;">March 15 @ 10am Blood pressure checks by AMEDISYS (SR)</p> <p style="text-align: center;">March 1 & 15 @ 11am Grief Support by Kindred (FC)</p>	<p style="color: red; margin: 0;">Key:</p> <p style="color: red; margin: 0;">MC— MEET AT COMMONS</p> <p style="color: red; margin: 0;">FC—FITNESS CENTER</p>

**NEED TO GET IN TOUCH WITH
ACTIVITIES?**

Our Office Has Moved

During renovation of the Commons, our office has been relocated to the Headquarters Building.

If you need to make a private reservation for an event or have questions about activities please stop by or give us a call at...

Ashley: 850-613-2177

Ray: 850-613-2168

ACTIVITIES SPOTLIGHT

- **A**ARP is coming to AFEV to offer a 2-Day Driving Course on March 21-22 from 8:30-11:30am. The class is \$20 and you must attend both days for full credit. (Bring your AARP card and receive a \$5 discount). Space is very limited so please sign-up at the front desk to reserve your spot.
- **W**e have been asked to begin the search for a new Casino Trip. There have been a few options brought to our attention, but it will take time to work out logistics and contracts with new casinos. Please bear with us as we continue the process.

RECURRING CLUBS, GROUPS & ACTIVITIES

NOTE: (Location Changes)

- **Monday** (Every Mon) @ 10AM Mats for the Homeless A.K.A. "The 754 Club" (V1 Lounge)
- **Monday** (Third Mon Ea. Month) @ 10:30AM Women's Veterans Club (Gates Conference Room)
- **Tuesday** (Every Tue) @ 2PM Bible Study (V5 Clubhouse)
- **Wednesday** (First Wed Ea. Month) @ 10AM Activities Meeting (Fitness Center)
- **Wednesday** (Third Wed Ea. Month) @ 2:30PM Resident Council (Gates Great Room)
- **Thursday** (First & Third Ea. Month) @ 2PM British Wives Club (V2 Lounge)
- **Monday** (First Mon Ea. Month) @ 8:30AM Car Checks (Behind BHV Commons)
- **Wii Bowling** that normally takes place in the Commons, has been moved to the Village 1 Lounge

MARCH MOVIES – Channel 1962

<p>1-3 FRACTURE [R]</p>	<p>8-10 RV [PG-13]</p>	<p>15-17 SHERLOCK HOLMES [PG-13]</p>	<p>22-24 THE GAME PLAN [PG]</p>	<p>29-31 THE SOUND OF MUSIC [G]</p>
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FYI: With all of the new location changes for activities, please make sure to stay current on Channels 1960 and 1962 and share information with your neighbors.

FITNESS CENTER

HOURS OF OPERATION

6am – 10pm

During non-staff hours: Please turn off cardio machines and TV systems when you leave after use.

Turn off lights upon exit if there are no other members using the facility.

Any Questions Contact: Monica @ 613-2171



At your request, We added our special events to the Activities Calendar! There is no prior sign up for our classes needed, unless specified on the designated flyer.

So join us anytime!



Teams, make sure you bring me the weekly scores to post online NLT Thursday @ noon. If you need additional score sheets, please stop by the fitness center.

Make sure you are wearing your pendant.

FIRST and foremost, **YOUR SAFETY** is paramount for **YOUR WELL BEING!**



FITNESS FACILITY RULES

- For Use of Residents and Staff Only.
- Guests are permitted with the onsite supervision of the sponsored resident.
- Use facility and equipment at **YOUR OWN RISK.**
- Use equipment properly and follow equipment directions carefully.
- Return weight to zero setting after use.
- Wipe down equipment after use with supplied wipes.
- Please report faulty or damaged equipment to a staff member immediately. **DO NOT USE.**
- Please return all equipment to its place.
- No food or drinks (except water).

To Live Well, Remember to:


Move.
Nourish.
Reflect.
Connect.

Tara Parker-Pope




Please check this calendar for class changes, we adjusted recurring classes to utilize the Fitness Center to include other Activities during construction.



PENSACOLA BLUE WAHOOS


*When: Tuesday, April 23rd
Commons Departure: 4:30pm
First Pitch will be at 6:35pm
Cost: \$27*

Includes: ticket, transportation,
90-minute buffet from local restaurants,
all you can drink (soft drinks).


BASEBALL

***Must sign-up by March 29th**
*Sign up at Front Desk
*SPACE IS LIMITED