

# Wellness WEDNESDAYS AT SMITH VILLAGE

March is a time for regrowth and embodies a reigniting of the hearts looking for new conquests. Let this be a sign for you to **SPRING** into action and step out of your comfort zone and take up a new hobby!

"Let March be the month you shed your winter skin and bloom into the person you were meant to be."

-Unknown

We invite you to engage your mind with exercise, games, movies, art classes, cooking and more at ,  
Smith Village this **SPRING!**

Reserve a spot by calling Tammy at  
**773-474-7303**



## March 2024 Wellness Club @ Smith Village

### March 6<sup>st</sup> 2024

- 10:00am: Exercise (WC)
- 11:15am: Gaelic Park Luncheon (L)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Whoos Caring Craft Class (Art)
- 12:15pm: Lunch (MP)
- 1:00pm: Open Forum w/ Therapists in Beverly (T)
- 2:00pm: The Quiet Man Commentary Movie (T)
- 2:30pm: Chair Volleyball (CH)

### March 13th, 2024

- 10:00am: Stretch & Strengthen (WC)
- 11:00am: Fall Prevention Presentation (T)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 2:00pm: St. Patrick's Day Pub Crawl (MP)
- 2:30pm: Bocce Ball (CH)

### March 20<sup>th</sup>, 2024

- 10:00am: Exercise (WC)
- 11:00am: TED Talk: Life is Hard. Art Helps. (T)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 12:00pm: Family Feud (Oak)
- 12:00pm: It's A Beautiful Day in the Neighborhood (T)
- 2:00pm: Irish Beer Flight Tasting (Oak)
- 2:30pm: Chair Volleyball (CH)

### March 27<sup>th</sup>, 2024

- 10:00am: Exercise (WC)
- 11:00am: Alice Keane Alzheimer's Communication Presentation (T)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 2:00pm: Soup Flights (Oak)
- 2:30pm: Bocce Ball (CH)

CH: Community Hall, WC: Wellness Center 1<sup>st</sup> Floor, OR: Oak Room Pub, MP: Marketplace  
GR: Game Room 3<sup>rd</sup> Floor, T: Theater 4<sup>th</sup> Floor, ART: Arts & Craft Room 2<sup>nd</sup> Floor, MDR: Main Dining