

LETTER FROM THE EXECUTIVE DIRECTOR

WELCOME TO ARLINGTON
GETTING TO KNOW YOU
RESIDENT COUNCIL
CHAPLAIN'S DESK
EXERCISE & FITNESS
HEALTHCARE
IN GOOD HANDS



The Arlington Is A Resort-Style Retirement Option From Lutheran Life Communities, Empowering Vibrant, Grace-Filled Living Across All Generations.

LETTER FROM THE EXECUTIVE DIRECTOR

Greetings,

We are in post-holiday mode and many of us, including myself, made a commitment to do something different and better. Healthy food choices usually are at the top of the list, as well as exercise and stopping a bad habit.

Fortunately, we have a wonderful culinary team who has our "hearts" in mind when considering what is offered in the different venues on campus. There are some changes that have taken place in the Bistro recently that make it easier for us to make healthy choices. Have you noticed the juice machine missing? It has been replaced by fresh fruit juices with only natural sugars that are made to order. Also, in promoting the superfood concept, the center table will change monthly to highlight the superfoods of the month.

Coming soon, Bistro 7900 will go on a four week cycle menu system which will offer more choices and healthier options. This is all in conjunction with reaching our goal of being Blue Zone Certified in Culinary Services so look for Blue Zone items coming soon.

Please continue to let us know how we can serve you better and assist in meeting your personal goals as we develop and design programs that will enhance your opportunity to "Live Brightly."

Best, *Jessica Short*

March Birthdays Removed from web version.

GETTING TO KNOW YOU



Marcia Cole

This month we are excited to spotlight Marcia Cole, Registered Nurse and recipient of Employee of the Quarter Award. Marcia was nominated for the compassionate care she provides to her patients and their families. She received a total of eight nominations and the recurring theme in each nomination is that she is an excellent nurse with a gift of compassion that can't be taught. Marcia has been a part of The Arlington team since 2016.

As has been our practice with awarding the Employee of the Quarter, the leadership team and several residents surprised Marcia in January with her award during a social gathering in the Conference Room on the 3rd floor of Oakton Place. She was presented a seashell themed gift basket, a \$100 check, and the use of a designated parking space in the employee parking lot. During the celebration, Dr. Gail Cacciola read a heartfelt nomination she submitted on behalf of her and the late Mr. Richard Teibel. The nomination thanked Marcia for the care and compassion she provided Mr. Teibel during his stay in Oakton Place. Dr. Cacciola gave examples of Marcia going above and beyond and caring

not only for the physical needs of her patient but the emotional needs as well. Dr. Cacciola stated, "Nursing skills can be taught, however, compassion and nursing from the heart is a special skill set that you can't teach and Marcia is a prime example of a nurse with those skills."

Marcia is originally from Detroit, Michigan. She attended the University of Georgia and moved to Naples in 2004. She is very active and enjoys kayaking and horseback riding in her spare time. Another of her favorite past times is taking Moose, her boxer, for walks. When I asked Marcia what she loves about nursing it was clear she has a passion for providing Hospice care. She stated, "Nothing is more important than being their last good friend and making sure the family is taken care of."

Congratulations to Marcia Cole on being named Employee of the Quarter. Join us in thanking her for all she does for residents and patients on the skilled nursing floor.

Debra E. Pouliot Human Resources Director

Welcome to The Arlington:

Removed from Web Version

RESIDENT COUNCIL

The plan for the Resident Council space in this newsletter is to highlight one committee each month. This will include the names of the members, purpose, some recent accomplishments and overall plan for the year.

The focus this month is on the Rules & Regulations Committee.

All residents are encouraged to contact any of the members if you have suggestions that you would like the Committee to discuss. They welcome your input.

As set forth in the Resident Council By-Laws, the Rules and Regulations Committee shall (a) provide input to Council on adherence of Resident compliance with rules and regulations: (b) provide input on existing rules and regulations: (c) recommend new rules and regulations; and (d) perform any other duties assigned or approved by the Council.

In a complex living environment such as The Arlington, rules and regulations are necessary to facilitate a healthy and safe experience, while not unduly limiting every residents desire to enjoy an active and fulfilling life.

Notes from the:

Safety, Security and Facilities Committee

Our Arlington family numbers about 200 and, as might be expected, family member capabilities differ considerably from healthy to healthcare and everything in-between. Since we care about each other it is important that we watch out for each other. Especially critical is keeping track of family member's whereabouts. Therefore, in Oakton Place, all residents, when leaving their neighborhood, MUST sign out regardless of where they are going. There can be no exceptions because to excuse one makes it easier for other family members, caregivers or friends to avoid this safety/ security practice.

Although there is no sign out procedure for independent living residents, some might find it advisable to let the concierge know when they are going to be off campus especially overnight absences or possibly even for walking the campus, daytime appointments, shopping, etc.



{ CHAPLAIN'S DESK }

"When I grow up I want to be a fairy and a doctor and a princess," said my three year old daughter with a tone of assurance that left no doubt she had made up her mind completely. I, of course, as any dad would, nodded my head in agreement as she continued to check my heartbeat with her toy stethoscope while wearing her fairy wings and princess crown. Now, who am I to say that she won't become all that...and more! When I was growing up I wanted to be a fighter pilot (thank you, "Top Gun") and maybe you also had dreams of what you would be when you grew up. Did you know that even though you are grown up, you can still dream about what you will become and do tomorrow?

Having a dream, having a purpose, having something to anticipate is inspiring, and is both spiritually and physically healthy for us. Purpose is a powerful motivator and is indeed even part of the fabric of who we are. "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life" (Proverbs 13:12). I hope you are able to look forward to something day and take pleasure in even the simplest things. As I look around The Arlington, I see a flurry of activity each day that you can look forward to: dining events, shopping trips, bocce competitions, movies, card games, bible studies, board games, concerts, church services, and on and on and on. Without something to look forward to, we can fall into isolation, sadness, even hopelessness.

There is so much to do and be a part of here that it may surprise you to learn that some of our friends and neighbors are often quite lonely. And though it may be easy to say, "Well that's their own fault...there's so much to do here, how could someone be lonely at The Arlington?" I bet there is someone else who just read these words and said, "Yes, that's me! I am lonely. I sign up for every event and join every group, but I still feel lonely sometimes." So, what can be done to help alleviate that loneliness? I challenge you to keep on looking to tomorrow and hoping for what will come because you have a purpose! You are still becoming and growing...growing into what God has planned for you...growing into what God has planned for you to be for others...growing into what you will be when you grow up!

The Psalmist wrote, "I cry out to God Most High,

to God who fulfills his purpose for me" (Psalm 57:2) and the Apostle Paul, writing to the church in Ephesus, said, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared

in advance for us to do" (Ephesians 2:10). What if I told you that you have a God-ordained purpose? Would you believe me? I hope you will believe that because it is absolutely true. Whether you are in great health or terribly ill; whether you are a social butterfly or stick to yourself. You have a purpose. I can't tell you what it is but I can tell you that God has plans for you and that He is still working them out in you.

Not only will living into that purpose cause you to be spiritually and emotionally healthier, it will also benefit your physical health. "Purpose in life (PIL) is conceptualized as having goals, a sense of direction, and a feeling that there is meaning to present and past life. PIL has been associated with positive health outcomes among older adults, including fewer chronic conditions, less disability, and reduced mortality."1 So what will you be when you grow up? Yes, in many ways you may have retired from what you once were, but you have a purpose today. It doesn't have to be something as awesome as a fighter pilot (or a fairy-doctor-princess), but begin right now dreaming up your next thing and then go out and do it! Live into God's purpose for you.

Blessings, Chaplain Chris

307-3038

¹ The US National Library of Medicine and National Institute of Health; https://www.ncbi.nlm.nih.gov/pmc/articles/ PMC5906725/; National Center for Biotechnology Information, U.S. National Library of Medicine; accessed 2/2020.

{ EXERCISE & FITNESS }

Colorectal Awareness Month

Every March is Colorectal Awareness Month. The term colorectal is used to describe colon cancer, rectum cancer or both. Colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death. It affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. Colorectal cancer, when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective. Most colorectal cancers develop first as polyps, which are abnormal growths inside the colon or rectum that may later become cancerous if not removed.

What are some ways to prevent colorectal cancer? Did someone say exercise? You would be correct if you thought that. In a National Cancer Institute study involving more than 1.4 million participants, researchers found that people with the highest levels of physical activity had lower rates of colon cancer compared with those who had the lowest levels of physical activity. Here are a few more ways to prevent colorectal cancer:

- Get screened for colorectal cancer. Screenings are tests that look for cancer before signs and symptoms develop. Colorectal screenings can often find growths on the colon or rectum called polyps that can be removed before they turn into cancer.
- Eat lots of vegetables, fruits, and whole grains. Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon or rectal cancer.
- Watch your weight. Being overweight or obese increases your risk of getting and dying from colon or rectal cancer. Eating healthier and increasing your physical activity can help you control your weight.
- Don't smoke. Long-term smokers are more likely than non-smokers to develop and die from colon or rectal cancer.
- Limit alcohol. Alcohol use has been linked with a higher risk of colorectal cancer. The American Cancer Society recommends no more than 2 drinks a day for men and 1 drink a day for women. A single drink amounts to 12 ounces of beer, 5 ounces of wine or 1½ ounces of 80-proof distilled spirits (hard liquor).

So get screened today for colorectal cancers and start exercising if you haven't been already.

Mildred Octelus, CEP, CPT, AFI, GEI, SFI Fitness Coordinator



{ HEALTHCARE }

Social Work Month and National Doctors' Day 2020

Social work is one of the fastest growing professions in the United States. Today, there are more than 700,000 social workers in our nation and that number is expected to rise 11 percent in the next decade, according to the Bureau of Labor Statistics. Social workers can be found in hospitals, schools, centers for veterans and in state, local and federal government. They are trained to work in a holistic way to bring about positive changes on an individual, family, community and even societal level.

This year's theme Social Work: Generations Strong highlights the fact that social workers have been working for generations to improve the lives of every single American. Many of the myriad benefits Americans enjoy today—including more access to health and mental health care, a minimum wage and Social Security— are because of the work of social workers and others. Social work is also a profession that allows people across many generations to make a profound, positive impact on the lives of millions of people each and every day. You will find social workers from The

Silent Generation and Baby Boomers to Generation Z who are doing the hard, often unsung work to make our nation and the world a better place.

During this month, please take time to thank our community social workers. Maribel Vazquez, Oakton Place social worker, and Emily Simpson, previous Oakton Place social worker and now Director of Assisted Living and Memory Care, work very hard to make sure the needs of our residents are met. A little fact, I too am a social worker by education and worked my early career helping residents in need.

In addition, this month, we take time to recognize our Physician Group, Team Health. National Doctors' Day is held every year on March 30th in the United States. It is a day to celebrate the contribution of physicians who serve our country by caring for its' citizens. Thank you to Dr. Brus, Dr. Mimura and all the other doctors who work to keep our residents healthy.

Amy M. Snyder Healthcare Administrator

{ IN GOOD HANDS }

Support Groups & Presentations at The Arlington of Naples

SUPPORT GROUPS

Finding Peace in Change
March 3, 10, 17, 24, and 31 at 10:30 AM
Cinema

Skilled Spousal Support GroupMarch 13th at 10:30 AM
Hearthstone Conference Room

Support Group for Women with Chronic DiseaseMarch 13th at 3:00 PM
Cinema

Aromatherapy 101 by Cheryl Korbel March 20th at 12:30 PM Wellness Center

Men's Caregiver Support Group March 24th at 10:30 AM Chapel

PRESENTATIONS

Lunch and Learn Presentation on the Benefits of Prearranging Cremation-National Cremation Society March 10th at 11:30 AM Destination Dining Room

Prearrangement is a gift of love. Learn about the advantages of pre-arranging and how it can provide peace of mind. RSVP is required for this event no later than noon on March 6th using the Signup Sheet.

Managing Stress Naturally by Cheryl Korbel
March 18, 2020 at 10:00 AM
Destination Dining Room

We all have stress in our lives in one way or another.
Good stress can be a motivator, but excess stress can be detrimental to our physical and mental wellbeing.
Interested in learning some tips on how to manage your stress naturally? Blue Zone recognized doTERRA Wellness Advocate Cheryl Korbel would love for you to join her and learn some simple techniques to incorporate into your daily routine. Relaxing tea samplers and scones provided!



LIVE BRIGHTLY

7900 Arlington Circle • Naples, Florida 34113 • (239) 307-3000 • www.ArlingtonNaples.org

Hearthstone | Oakton Place

8000 Arlington Circle • Naples, Florida 34113 • (239) 307-3100 • www.ArlingtonNaples.org





Assisted Living Facility License#: AL12769



MARCH 2020

HEARTHSTONE ASSISTED LIVING

8000 Arlington Circle Naples, Florida 34113 (239) 307-3100 www.ArlingtonNaples.org

LOCATION KEY

Cultural Arts Center	СА
Cinema	CIN
Hearthstone Floor	Н2
1st FL Garden	1G
1st FL Living Room	1L
2nd FL Activity Room	2A
2nd FL Living Room	2L
3rd FL Activity Room	ЗА
3rd FL Living Room	3L
Chapel	СР
Dining Room	DR
Main Entrance	ΗE
Hearthstone Library	LB
My Neigh(3rd FL)	MN

HEARTHSTONE DINING HOURS

Breakfast	7:30am - 9am
Lunch	11:30am - 1pm
Dinner	4pm - 6:30pm

TRIPS

All shopping trips depart from the Main Entrance of Hearthstone. Reservations are required by signing up at the Oakton Place front desk. Call Concierge at 307-3003.

Reminder: all activities are subject to change.

Questions call Jami at 307-3059

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		3		5		7
10:30 Church Service CA 11:30 Puzzle Mania 3L 1:30 Adult Coloring 2A 2:00 Movie: "Laura" 3A	9:30 Resistance Band Class 3A 10:00 The Story of Ireland 2L	9:15 You Be the Judge DR 10:00 Catholic Eucharist CP 10:30 Finding Peace in Change CIN 10:45 Pet Visits with PAWS 2L 11:00 A-Z Trivia 2L 1:30 St. Paddy's Day Centerpiece Craft 2:30 Renaissance Academy CA Forced Migration & Asylum 3:00 Social Card Games 3L	"Help I Can't See My Phone" 1:00 "It Ain't Over til It's Over" by Barry Abrams DR 2:00 Balance Training FS	9:30 Bingo with Trivia 2A 11:00 This Day in History 2L 1:30 Matinee Flick 3A "The Wife" 1:45 Crafternoon: Day 1 2A Holiday Door Décor 3:00 Try a New Game Day 3L 4:15 Happy Birthday DR Hour featuring Vicki Lei	9:15 Penny Ante DR 10:00 Catholic Mass CP 10:30 Card Classics 3L 11:30 Chair Aerobics 3A 1:15 "Crumpets and Classics" Book Club with Emily LB 2:30 Chick Flick "Uptown Girl" 3A 4:00 Gentlemen's Group 2L	9:30 Resident Spotlight DR 10:15 Documentary: 2L "Origins: Samurai, Knights, Special Forces" 1:30 Rummikub 3L 2:30 Winter Warmup Walk HE 2:45 Saturday Matinee: 2L "The Pianist"
DAYLIGHT SAVINGS BEGINS SET CLOCKS FORWARD 1 HOUR 10:30 Church Service CA 11:30 Puzzle Mania 3L 1:30 Adult Coloring 2A 2:00 Movie: 3A "Grumpy Old Men"	9:15 This or That DR 9:30 Resistance Band Class 3A 10:00 The Story of Ireland 2L Age of Conquest 11:00 Adult Coloring 2A 11:30 Shopping: Walmart HE 1:15 Classical Music Monday Featuring Andy CP 2:15 Monday Moves Fitness Walk with Mildred HE	9:15 Penny Ante DR 10:00 Catholic Eucharist 10:45 Pet Visits with PAWS 2L 11:00 March Trivia 2L 1:00 Lunch &Learn: Lucille Ball DR 1:30 Bridge (Card Games) 2:00 St. Patrick's Day 2A Card Making Class 3:00 Facts & Scientific 2L Discoveries	9:15 Left Right Center DR 10:30 Ted Talk & Convo: 2L "A Path to Security for the World's Deadliest Countries" 11:30 Lunch Outing: HE	9:15 Bingo with Trivia 2A 11:00 Short Irish History 2L 1:30 Matinee Flick: 3A "Battle of the Sexes" 1:45 Crafternoon: Day 2 2A Holiday Door Décor 3:00 Celtic Wisdom: Do They Still Ring True Today? 2L 4:00 Cocktails in the Courtyard featuring Emily Thompson	9:15 You Be the Judge DR 10:00 Renaissance Academy Eyewitness to History: The Attack of 9/11 CA 10:30 Card Classics 3L 11:30 Chair Fitness 3A 12:15 All the Irish Ice Cream Social DR 1:30 Your Name in a 2A Celtic Knot 2:30 Men's Matinee 3A "Green Dragon" 4:00 Ladies Club 2L	9:30 Would You Rather DR 10:15 Documentary: 2L "Origins: Tanks, Combat Aircrafts, &" 1:00 Drum Circle CAC 1:30 Bingo 2A 2:30 Winter Warmup Walk HE 2:45 Saturday Matinee: 2L "The Theory of Everything"



MARCH 2020

HEARTHSTONE ASSISTED LIVING

8000 Arlington Circle Naples, Florida 34113 (239) 307-3100 www.ArlingtonNaples.org

LOCATION KEY

Cultural Arts CenterCA
CinemaCIN
Hearthstone FloorH2
1st FL Garden1G
1st FL Living Room1L
2nd FL Activity Room2A
2nd FL Living Room2L
3rd FL Activity Room3A
3rd FL Living Room3L
ChapelCP
Dining Room DR
Main Entrance HE
Hearthstone LibraryLB
My Neigh(3rd FL)MN

HEARTHSTONE DINING HOURS

Breakfast	7:30am - 9am
Lunch	11:30am - 1pm
Dinner	4pm - 6:30pm

TRIPS

All shopping trips depart from the Main Entrance of Hearthstone. Reservations are required by signing up at the Oakton Place front desk. Call Concierge at 307-3003.

Reminder: all activities are subject to change.

Questions call Jami at 307-3059

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Church Service CA 11:30 Puzzle Mania 3L 1:00 Naples Players Presents Bye-Bye Birdie Waitlist Now Available 1:30 Adult Coloring 2A 2:00 Movie: "How Green Was My Valley" 3A	9:15 Table Topics DR 9:30 Resistance Band Class 3A 10:00 The Story of Ireland 2L Age of Revolution 11:00 Rummikub 3L 11:30 Shopping: Publix HE 11:45 Leadership Lunch with Mary Jo Zeller, MySolutions 1:15 Bingo 2A 2:15 Monday Moves Fitness Walk with Mildred HE	9:15 You Be the Judge DR 10:00 Catholic Eucharist CP 10:45 Pet Visits with PAWS 2L 11:00 Irish Trivia 2L 2:00 O'Leary's Irish Show DR with Shamrock Shakes 3:00 Blessings, Proverbs & Irish Lore 2L	9:15 Challenge Questions DR 10:00 Explore Naples: Naples Zoo 10:30 Ted Talk & Convo: 2L "Why We Collect Things" 1:00 Bible Talk with Chris 2L 2:00 Rummikub 3L 3:00 Arlington Pool Hall 2L 6:30 "Meet Me for a Movie" 2L (and Munchies) Night "Howard's End"	9:30 Bingo with Trivia 2A 11:00 This Day in History 2L 1:30 Matinee Flick 3A "October Baby" (Christian) 1:45 Café Painting Day 1 2A 3:00 Real Science Behind a Vernal Equinox 2L 4:15 Karaoke Happy Hour Center Stage DR	9:15 Penny Ante DR 10:00 Renaissance Academy iPhone/iPad Apps CA 10:30 Card Classics 3L 11:30 Chair Aerobics 3A 1:30 Women in History 2L 2:30 Chick Flick "In Her Shoes" 4:00 Gentlemen's Group 2L	9:30 Resident Spotlight DR 10:15 Documentary: 2L "Origins: Writing, Libraries, & the Internet" 1:30 Rummikub 3L 2:30 Winter Warmup Walk HE 2:45 Saturday Matinee: 2L "The Talented Mr. Ripley"
10:30 Church Service 11:30 Puzzle Mania 1:30 Adult Coloring 2:00 Movie: "The Music Man"	9:15 This or That DR 9:30 Resistance Band Class 3A 10:00 The Story of Ireland 2L Age of Union 11:00 Adult Coloring 2A 11:30 Shopping: Walmart HE 1:15 Classical Music Monday Featuring Andy CP 2:15 Monday Moves Fitness Walk with Mildred HE 4:00 Margarita Monday! 1G	9:15 Penny Ante DR 10:00 Catholic Eucharist CP 10:45 Pet Visits with PAWS 2L 11:00 A-Z Trivia 2L 1:00 Lunch & Learn: DR Amelia Earhart Presented by Diana 2:00 Card Games 3L 3:00 Facts & Scientific 2L Discoveries	9:15 Left Right Center DR 10:30 Ted Talk & Convo: 2L "Dangerous Times Call For Dangerous Women" 11:00 Tec Talk with Jami 2L "I Hate My New Phone" 1:00 Bible Talk with Chris 2L 2:00 Rummikub 3L 3:00 Collector's on Display 2L 6:30 "Meet Me for a Movie" 2L (and Munchies) Night "The Other Side of the Wind"	9:30 Bingo with Trivia 2A 11:00 This Day in History 2L 1:30 Matinee Flick: 3A "Molly's Game" 1:45 Café Painting Day 2 2A 3:00 Celtic Wisdom: Words to Live By? 2L 4:15 Happy Hour featuring The Blu-Tones DR	9:15 You Be the Judge DR 10:00 Renaissance Academy CA Republic If You Can Keep It 10:30 Card Classics 3L 11:30 Chair Aerobics 3A 1:30 Café Painting Day 3 2A 2:30 Men's Matinee 3A "Green Zone" 4:00 Ladies Club Tea 2L	9:30 Would You Rather DR 10:15 Documentary: 2L "Origins: Monarchy, Democracy, & Communism" 1:00 Drum Circle CAC 1:30 Bingo 2A 2:45 Saturday Matinee: 2L "The Mask of Zorro"
10:30 Church Service 11:30 Puzzle Mania 1:30 Adult Coloring 2:00 Movie: "Doctor Zhivago"	9:15 Table Topics DR 9:30 Resistance Band Class 3A 10:00 The Story of Ireland 2L Age of Nations 11:00 Rummikub 3L 11:30 Shopping: Publix HE 11:45 Leadership Lunch with Emily Simpson, Dir of Assisted Living 1:15 Bingo 2A 2:15 Monday Moves Fitness Walk with Mildred HE	9:15 You Be the Judge DR 10:00 Catholic Eucharist CP 10:45 Pet Visits with PAWS 2L 11:00 A-Z Trivia 2L 11:30 Taco Tuesday! DR 1:30 Bridge (Card Games) 3L 1:45 Easter Card Making 2A 3:00 History of Irish Castles 2A				



OAKTON PLACE

My Rehab & My Neighborhood

8000 Arlington Circle • Naples, Florida 34113 (239) 307-3100 • www.ArlingtonNaples.org

MARCH 2020

SCHEDULE

Breakfast	7:45am - 8:45am
Program	10:00 am
Lunch	12:00pm - 1pm
Program	2:00 pm
Dinner	5pm - 6:00pm

Looking for a

* Movie * Puzzle or Game * Hobby

Call 307-3225 with your request.

Activities are held in the Living/Dining area of 3rd Floor of Oakton Place unless otherwise noted.

RESIDENT COUNCIL

Wednesday, March 11th at 11 am Held in 3rd Fl Dining Room

> Pastoral Needs: Chaplain Chris Sheriff 307-3038

Rejuvenate Salon 307-3010 Tuesday, Wednesday, and Friday 9 AM—3 PM

Calendar & activities subject to change without notice.

Catholic Eucharist and Mass are held in 1st floor Hearthstone Chapel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			4	5		7
Cultural Arts Center 2:15 Bingo & Trivia 3:45 Sunday Matinee: "The Dirty Dozen"	10:00 Brain Games 11:00 Ted Talks: The Call to Courage 2:00 Drive-In Movie: "Driving Miss Daisy" 3:00 Bingo	9:30 Get Movin' with Teal 10:00 Catholic Eucharist 10:00 Tabletop Curling 11:00 Taylor & Q Pet Visits! 2:00 Irish Trivia 3:00 Musical Performance by Louis Salvatore-2nd Fl	 10:00 Morning Chatter 11:00 Craftmorning: Color Me Bank 1:00 The Myth of the Leprechaun 2:00 Bible Talk with Chaplain Chris - HS 2:00 Ramblin' Ring Toss 3:00 Armchair Travels to Ireland 	9:30 Comedians in Cars-2nd 10:00 Roll-a-Leprechaun Game 11:00 You Be The Judge 2:00 Crafternoon: Chalkboard Screen Printing 3:00 Leprechaun Shenanigans with Diana	9:30 Get Movin' with Teal 10:00 Catholic Mass	10:30 Rummikub 1:15 Movie: "Cool Hand Luke" 3:00 Who Am I?
1 HOUR 10:30 Sunday Service Cultural Arts Center 2:15 Bingo & Trivia 3:45 Sunday Matinee:	9 10:00 1960's Trivia 11:00 Ted Talks: Inside Einstein's Mind 2:00 Drive-in Movie: "Guess Who's Coming to Dinner" 3:00 Bingo	9:30 Get Movin' with Teal 10:00 Catholic Eucharist 10:00 Rummikub 11:00 Taylor & Q Pet Visits! 1:00 The Life of Lucille Ball with Diana Chagnon - HS 2:00 Shamrock Crafting 3:00 The Elderly Brothers Perform-2nd Fl	10:00 Coffee Chatter 11:00 Resident Council 1:00 Bible Talk with Chaplain Chris-HS 2:00 St. Patrick's Day Tales and Traditions 3:00 Discover Collier County: Native American Tribes of Southwest Florida	9:30 Comedians in Cars-2nd 10:00 The Science of Erosion 11:00 Miniature Billiards 2:00 Arm Chair Travels New Orleans 3:00 Café Painting Day 1	9:30 Get Movin' with Teal 10:00 Penny Ante 11:00 Coffee Filter Flowers 2:00 Darts! 3:00 Happy Hour 3rd Fl featuring Marco	14 10:30 Can You Name 5? 1:15 Movie: "Apocalypse Now" 3:00 Rummikub



OAKTON PLACE

My Rehab & My Neighborhood

8000 Arlington Circle • Naples, Florida 34113 (239) 307-3100 • www.ArlingtonNaples.org

MARCH 2020

SCHEDULE Breakfast	
Breakfast	7:45am - 8:45am
Program	10:00 am
Lunch	12:00pm - 1pm
Program	2:00 pm
Dinner	5pm - 6:00pm

Looking for a

* Movie

* Puzzle or Game

* Hobby

Call 307-3225 with your request.

Activities are held in the Living/Dining area of 3rd Floor of Oakton Place unless otherwise noted.

RESIDENT COUNCIL

Wednesday, March 11th at 11 am Held in 3rd Fl Dining Room

> Pastoral Needs: Chaplain Chris Sheriff 307-3038

Rejuvenate Salon 307-3010 Tuesday, Wednesday, and Friday 9 AM—3 PM

Calendar & activities subject to change without notice.

Catholic Eucharist and Mass are held in 1st floor Hearthstone Chapel

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sam am Ipm Opm	10:30 Sunday Service Cultural Arts Center 2:15 Bingo & Trivia 3:45 Sunday Matinee: "Robin Hood"	16 10:00 Rummikub 11:00 Ted Talks: What The Health 2:00 Drive-in Movie: "Good Will Hunting" 3:00 Bingo	9:30 Get Movin' with Teal 10:00 Catholic Eucharist 10:00 Sequence 11:00 Taylor & Q Pet Visits! 11:30 O'Leary's Irish Show 2:00 Button Shamrock Art 3:00 The History of St. Patrick's Day	10:00 Morning Chatter 11:00 Rock Painting 1:00 Bible Talk with Chaplain Chris-HS 2:00 Famous Movie Line Trivia 3:00 Armchair Travels to Greenland	9:30 Comedians in Cars-2nd 10:00 Darts! 11:00 Left Right Center 2:00 Arm Chair Travels England 3:00 Café Painting Day 2	9:30 Get Movin' with Teal 10:00 Would You Rather? 11:00 Café Painting Day 3 2:00 Tabletop Cornhole 3:00 Happy Hour-3rd Fl with Alan Bradford	10:30 Word Teaser Game 1:15 Movie: "Mowgli" 3:00 Bingo
	10:30 Sunday Service Cultural Arts Center 2:15 Bingo & Trivia 3:45 Sunday Matinee: "Quiz Show"	10:00 Bananagrams 11:00 Ted Talks: The Magic Pill 2:00 Drive-in Movie: "The Battle of Midway" 3:00 Bingo	9:30 Get Movin' with Teal 10:00 Catholic Eucharist 10:00 Rummikub 11:00 Taylor & Q Pet Visits! 1:00 In the Air with Amelia Earhart - HS 2:00 Rock Painting 3:00 Entertainment by Tony O-2nd FI	10:00 Morning Chatter 11:00 Craft Morning: Celestial Wind Chime 1:00 Bible Talk with Chaplain Chris-HS 2:00 Ice Cream Social 3:00 Armchair Travels to Scotland	9:30 Comedians in Cars-2nd 10:00 The Science of: Global Warming 11:00 Rummikub 2:00 Craft: Card Making 3:00 You Be the Judge	9:30 Get Movin' with Teal 10:00 Who Am I? 11:00 Darts! 2:00 Technology Talk Getting to Know Your Smart Phone 3:00 Happy Hour-3rd Fl featuring Blu-Tones	10:30 No Sew Blankets For Vets 1:15 Movie: "The Wild Bunch" 3:00 Adult Coloring with Music
V	10:30 Sunday Service Cultural Arts Center 2:15 Bingo & Trivia 3:45 Sunday Matinee: "The Stranger"	10:00 Table Topics 11:00 Ted Talks: Rotten 2:00 Drive-in Movie: "Ghost Busters" 3:00 Bingo	9:30 Get Movin' with Teal 10:00 Catholic Eucharist 11:00 Sequence 11:00 Taylor & Q Visit Pet Visits! 2:00 Card Making Class 3:00 Dave Stevenson Performs-2nd Fl				



MARCH 2020

FITNESS HOURS

6am to 10pm Everyday

MONDAY FITNESS

8:30.....Balance and Coordination 9:30 Chair Yoga 10:30 Meditation 1:30 Stretch Me Out

TUESDAY FITNESS

9:00	lest the Waters
10:30I	Beginner's Balance
11:15	Parkinson's Fitness

WEDNIESDAY EITNIESS

8:30	Straight Back
9:30	. Water Aerobics
10:30	.Resistance Bands
11:30	. Pilates
1:00	Parkinson's Movement

FRIDAY FITNESS

8:30	Balance and Coordination
9:30	Chair Yoga
10:30	Resistance Band Exercises
1:30	Stretch Me Out

8:00 Hatha Yoga	
(Begins March 2	21)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:30 Sunday Service - CAC

11:00-2:00 Sunday Brunch - EXD

Episodes Five & Six

DAYLIGHT SAVINGS BEGINS 8

SET COCKS FORWARD 1 HOUR

10:30 Sunday Service - CAC

11:00-2:00 Sunday Brunch - EXD

3:00 Chamber Concert - CAC

Anniversary of

"Celebrating 250th

Beethoven's Birth"

Live Music by Scott Crowley

2:30 "Anne with an E" - CIN

Season Three

MEDICAL APPOINTMENTS

Mondays & Wednesdays Naples ~ 8:00 AM to 2:30 PM **Tuesdays**

Marco Island ~ 8:00 AM to 12:30 PM **Thursdays** Marco Island ~ 11:30 AM to 2:15 PM

Times listed are the earliest and latest times we will depart The Arlington for appointments.

Call 307-3101 for

2:00 Blackjack - TCR

5:00 Al Fresco Dining

reservations

Call 307-3101 for

7:00 Men's Movie Night - CIN

"A Few Good Men"

Experience at the Fire Pit

SHOPPING

Wednesdays

11:30 AM ~ Publix or Walmart on alternating Wednesdays

Wellness Center

239-307-3018 After Hours Number for non-emergency needs

3

BANKING

1:00 PM ~ Tuesdays 9:00 AM ~ Thursdays

Please sign up with at least 24 hours notice, by calling 307-3039 between the hours of 8:00 AM and 4:00PM, for shopping and banking.

WATCH CHANNEL 196

Keep up-to-date with the daily events happening at The Arlington of Naples by watching Channel 196. A few minutes each day keeps you informed and in-the-know.

5



V١	וטםו	AESP	'Ατ	ЕП	INE 22	
g.	30		Stra	iaht	Back	

THURSDAY FITNESS

9:00Test the Waters
10:30 Beginner's Balance
11:15Parkinson's Fitness

8:30	Balance and Coordination
9:30	Chair Yoga
10:30	Resistance Band Exercises
1.20	Strotch Mo Out

SATURDAY FITNESS

8:00	Hatha Yoga
	(Begins March 21)

	$\boldsymbol{\mathcal{L}}$		3
		7:30	Bible Study Breakfast - BIS
9:30	Resident Town Hall	10:00	Catholic Eucharist - HSC
	Meeting - CAC	10:30	Finding Peace in Change
2:30	Dry Bar Comedy - CIN		Group by Avow - CIN
	"Yep" Ty Barnett	11:00	Oakton Place Tour
5:00	Al Fresco Dining		Call 307-3003 to RSVP
	Experience at the Fire Pit	1:00	Lifestyle Spotlight—CIN

2:30

"Forced Migration and Asylum" - CAC Dinner Music in the Lounge

Bill Colletti 5:00 to 8:00 PM 10 PURIM

Renaissance Academy:

7:30 Bible Study Breakfast - BIS 10:00 Catholic Eucharist - HSC

10:30 Finding Peace in Change Group by Avow - CIN 11:30 Lunch & Learn - DES "Benefits of Cremation" 2:00 Alzheimer's Support Group

with Alzheimer's Support Network—MyTapestry Family Room **Gnome-tastic Leprechauns** Make & Take Workshop -TCR

9:45 The Bridge Club - EXD 11:00 Bible Study - Chapel 11:30 Walmart Shopping - ME 1:00 Gin Rummy - PUB 1:00 Art Class - AS "Masterful Inspiration" 2:30 MediciTV Presents - CIN "Tenor Juan Diego Florez performs Rossini, Donizetti, Verdi, Puccini

& More" 5:30 Joiner's Table - EXD 11

9:45 The Bridge Club - EXD 11:00 Bible Study - Chapel 11:30 Publix Shopping - ME 1:00 Hand & Foot Canasta - PUB 1:00 Art Class - AS "Masterful Inspiration" 2:30 TED Talk - CIN

"A Guide to Collaborative Leadership" 5:00 Wine & Dine Bingo - CAC 5:30 Joiner's Table - EXD

8:00 Men's Coffee Break - PUB 8:45 DEPART: Trip to Naples Zoo & Lunch at **Cheesecake Factory** 2:00 Social Shuffleboard 2:30 Sports Fix Film: "The 24 Hour War" - CIN 3:30 Big Band Afternoon Concert featuring **Stardust Memories**

Band—CAC

8:00 Men's Coffee Break - PUB 10:00 DEPART: Seminole

Casino of Immokalee 1:00 Spiritual Journey Discussion Group - CIN 2:00 Social Shuffleboard 4:30 Happy Hour Experience featuring The Elderly **Brothers - Clubhouse**

4:30 to 7:00 PM 10:00 Renaissance Academy: "Eyewitness to History-The Attack on 9/11" - CAC 10:30 Skilled Nursing Spousal Support Group - Oakton Conference Room

10:00 Catholic Mass—HSC

2:30 Conservancy of Southwest

7:00 Center for Critical Thinking

Presents: "The Electoral

College—Obsolete or

Clubhouse Grill Open

Absolutely Necessary?"

Florida Presents: "Wildlife

1:00 Mah-Jongg - LIB

Tales" - CAC

1:00 Poker - TCR

1:00 Mah-Jongg - LIB 1:00 Poker - TCR 2:00 Foreign Film - CAC

"The Other Son" Support for Women with Chronic Disease—CIN Clubhouse Grill Open 4:30 to 7:00 PM

9:00 Morning Social - Lounge 10:00 Social Game Mixer and Munchies - GR

1:00 Party Bridge - LIB 6:00 DEPART: Navy Band **Concert at Cambier Park** 7:00 Feature Film - CAC "The Wife"

Clubhouse Grill Open

14

11:00 AM to 7:00 PM

10:00 Social Game Mixer—GR 1:00 Party Bridge - LIB 1:00 Drum Circle—CAC 7:00 Feature Film - CAC

> Clubhouse Grill Open 11:00 AM to 7:00 PM

"Battle of the Sexes"



MARCH 2020

WEDNESDAY

8:30 Serenity Start - Clubhouse

9:45 The Bridge Club - EXD

10:00 Presentation: "Managing

11:00 Bible Study - Chapel

Art Class - AS "Masterful Inspiration"

5:30 Joiner's Table - EXD

9:45 The Bridge Club - EXD

10:30 Epic Film & Lunch - CAC

"The Godfather"

"Masterful Inspiration"

Topic 1: Climate Change - CIN

1:00 Hand & Foot Canasta - PUB

11:00 Bible Study - Chapel

1:00 Art Class - AS

11:30 Publix Shopping - ME

3:00 Great Decisions Video

1:00

2:00

Stress Naturally" with

Cheryl Korbel - DES

11:30 Walmart Shopping - ME

Gin Rummy - PUB

MediciTV Presents - CIN

"Chopin's Piano Concertos

#1 & #2 with the Orchestra

Symphonique de Montreal"

FITNESS HOURS

6am to 10pm Everyday

8:30	Balance and Coordinatio
9:30	Chair Yoga
10:30	Meditation
1:30	Stretch Me Out

TUESDAY FITNESS

9:00Test the Waters	
10:30 Beginner's Balanc	e
11:15Parkinson's Fitnes	S

WEDNESDAY FITNESS

	711 11111200
8:30	Straight Back
9:30	Water Aerobics
10:30	Resistance Bands
11:30	Pilates
1:00	Parkinson's Movement

THURSDAY FITNESS

9:00	Test the Waters
10:30	Beginner's Balance
11:15	Parkinson's Fitness

FRIDAY FITNESS

8:30	Balance and Coordination
9:30	Chair Yoga
10:30	Resistance Band Exercises
1:30	Stretch Me Out

SATURDAY FITNESS

8:00 Hatha Yoga	
(Begins March 2	21)

15

22

29

10:30 Sunday Service - CAC

11:00-2:00 Sunday Brunch

at the Clubhouse

Episodes Nine & Ten

2:30 "Anne with an E" - CIN

Season Three

10:30 Sunday Service - CAC

2:30 Netflix Original Series

"The Spy" - CIN

11:00-2:00 Sunday Brunch - EXD

Episodes One & Two

10:30 Sunday Service - CAC 11:00-2:00 Sunday Brunch - EXD 2:30 "Anne with an E" - CIN	11—12:30 March Madness Bracket Contest—Bist 1:00 Arlington Book Club - Cl "Normal People" by S			
Season Three Episodes Seven & Eight	Rooney 5:00 Al Fresco Dining Experience at the Fire P			

Expendice at the rife Pi
Call 307-3101 for reservation
7:00 Dr. Jay Wolff presents
"Men Wanted for
Hazardous Duty—The
Story of Ernest
Shackelton" - CAC

2:00 Blackjack - TCR

5:00 Al Fresco Dining

Call 307-3101 for

Performs - CAC

7:00 Entertainer Gregg Clemons

reservations

Experience at the Fire Pit

MediciTV Presents - CIN

Rachmaninov, Scriabin

Experience at the Fire Pit

"Yuja Wang plays

Call 307-3101 for

7:00 Jodie DiSalvo & Students

Concert - CAC

& Prokofiev"

reservations

5:00 Al Fresco Dining

in the Mid-Rise Commons 7:30 Bible Study Breakfast - BIS 10:00 Catholic Eucharist - HSC 10:30 Finding Peace in Change Group by Avow - CIN 3:30 St. Patrick's Day **Celebration with Bob** "O'Leary" & Friends - CAC

16

23

30

24 7:30 Bible Study Breakfast - BIS 10:00 Catholic Eucharist - HSC 10:30 Finding Peace in Change Group by Avow - CIN 10:30 Men's Caregiver Support

TUESDAY

ST. PATRICK'S DAY 17

Find the Leprechauns Treasure

9:00 AM to 5:00 PM



	3
7:30	Bible Study Breakfast - BIS
10:00	Catholic Eucharist - HSC
10:30	Finding Peace in Change
	Group by Avow - CIN

	Group by Avow - CIN
2:00	Lit Lover's Film:
	"The Verdict" - CAC

4:30-7:00 Pub by the Pit -Fire Pit 5:30 Joiner's Table - EXD **APRIL** 9:45 The Bridge Club - EXD 11:00 Bible Study - Chapel

11:30	Walmart Snopping - ME
1:00	Gin Rummy - PUB
1:00	Art Class - AS
1:30	Great Decisions Video
	Topic Two: India &
	Pakistan - CIN
6:00	Arlington Luau at the
	Clubhouse—Reservations
	are required.
	See insert for details.

THURSDAY

FIRST DAY OF SPRING 19

8:00 Men's Coffee Break - PUB

Celebration Park

1:00 Spiritual Journey Discussion

Topic 1: Climate Change-CIN

11:30 DEPART: Lunch at

Group - CIN

2:00 Social Shuffleboard

2:30 Great Decisions Group

4:00 Grape Expectations - CAC

8:00 Men's Coffee Break - PUB

1:00 Spiritual Journey Discussion

2:30 Great Decisions Group

Pakistan - CIN

Topic Two: India &

Group - CIN

2:00

4:45-5

6:30

25

Men's Coffee Break - PUB Social Shuffleboard 5:30 Pong Toss in the Pub DEPART: "Bye Bye Birdie"		Renaissance Academy: iPhone/iPad Apps—Ub- Podcasts, Shopping, Travel, Movies & More" CAC
at Naples Players	12:30	Aromatherapy Group

26

2:30

2:30	Team Trivia - CIN
1:00	Poker - TCR
1:00	Mah-Jongg - LIB
	Wellness Center
12:30	Aromatherapy Group

Clubhouse Grill Open 4:30 to 7:00 PM

10:00 Renaissance Academy:

FRIDAY

27 8:00 Hatha Yoga—CIN 10:00 Social Game Mixer-GR

SATURDAY

9:00 Morning Social - Lounge

10:00 Social Game Mixer—GR

8:00 Hatha Yoga—CIN

1:00 Party Bridge - LIB

7:00 Christian Film - CAC

"October Baby"

Clubhouse Grill Open

11:00 AM to 7:00 PM

28

"A Republic If You Can Keep It" - CAC 1:00 Mah-Jongg - LIB 1:00 Party Bridge - LIB 1:00 Poker - TCR 1:00 Drum Circle—CAC TED Talk - CIN Feature Film - CAC 'How Online Marketplaces "Molly's Game" Can Help Local Economies. Not Hurt Them'

20

Clubhouse Grill Open 4:30 Welcome Committee's 11:00 AM to 7:00 PM Meet & Greet - Lounge Clubhouse Grill Open

10:00 Renaissance Academy: "Whatever Happened to the World's Fair?" - CAC

4:30 to 7:00 PM

1:00 Party Bridge - LIB 1:00 Mah-Jongg - LIB 7:00 Feature Film - CAC 1:00 Poker - TCR 7:00 Pianist Bobby Van

4:30 to 7:00 PM

Deusen- CAC Clubhouse Grill Open

Clubhouse Grill Open 11:00 AM to 7:00 PM

8:00 Hatha Yoga—CIN

9:00 Morning Social - Lounge

"The Two Popes"

LIFESTYLE UPCOMING EVENTS





Outings:

NAPLES ZOO & LUNCH AT CHEESECAKE FACTORY

THURSDAY, MARCH 5, DEPARTING AT 8:45 AM

Join us for an early morning adventure at the Naples Zoo, to beat the heat and the crowds while exploring the Zoo and the National Geographic's Photo Ark. The National Geographic Photo Ark of images taken by National Geographic photographer Joel Sartore, is comprised of 52, captivating, large-format images of some of the world's most iconic and rare animals. A stunning, traveling exhibition, the Photo Ark is an ambitious project committed to documenting every species living in the world's zoos and wildlife sanctuaries in an effort to inspire, educate, preserve and support conservations efforts around the world. We'll then depart the Zoo to enjoy lunch at The Cheesecake Factory, where you're sure to find something to love on their famously extensive menu. Cost of admission to the Zoo and lunch is on your own. Zoo admission is \$21.95 (senior rate).

NAVY BAND CONCERT AT CAMBIER PARK SATURDAY, MARCH 7, DEPARTING AT 6:00 PM

What a wonderful treat to have the Navy's Band performing for our greater Naples community! We're sure this will be a popular event, so we're leaving extra early to give you time to find a spot to set your lawn chairs in our beautiful Cambier Park. This is an evening adventure with the concert starting at 7:00 PM. The best part, besides wonderful music in a gorgeous setting? It's free! Be sure to reserve your spot on the bus no later than noon on Friday, March 6. Be sure to bring lawn/beach chairs to sit on.

SEMINOLE CASINO, IMMOKALEE THURSDAY, MARCH 12, DEPARTING AT 10:00 AM

Let's head over to the Casino to have some gaming fun. Hit the slots, hone your blackjack skills, catch a hand or so of poker...the time is your own. The bus will depart for home at 2:00 PM, giving you plenty of time to gamble, eat and, once we get back, get ready for cocktail hour.

LUNCH AT CELEBRATION PARK THURSDAY, MARCH 26, DEPARTING AT 11:30 AM

We may be near Celebration Park, but that doesn't make it any easier to get in to this popular destination. So, sign up and let us do the driving to Naples' own food truck park where you can sample the various cuisines available as well as get a sweet bite or two to enjoy. Cost is on your own.

Special Events:

BİG BAND AFTERNOON WITH STARDUST MEMORIES THURSDAY, MARCH 5, AT 3:30 PM Cultural Arts Center

The Stardust Memories Big Band is the vision of founder and band leader Craig Christman, and was created to bring this great music back for the enjoyment of audiences and play it with the quality and energy with which it was originally performed. As we partner with a Marketing effort for this show, it will also be a wonderful opportunity to showcase Living Brightly to some prospects!

CHAMBER CONCERT: CELEBRATING 250TH ANNIVERSARY OF BEETHOVEN'S BIRTH

SUNDAY, MARCH 8, AT 3:00 PM

Cultural Arts Center

Enjoy a lovely afternoon of music by our beloved quartet of Daniela Shtereva, Sania Whitaker, Courtney Filner and Antonio Innamio. The musicians will dazzle you with the first and last quartet Beethoven ever composed... opus 18. No. 3 and opus 135. After researching a number of possibilities (since it's his big 250 year anniversary) the performers thought it's a once in a lifetime opportunity to honor it by featuring him entirely! Listen to how they manage to encapsulate his life in an hour. The contrast in his evolution seems beyond a lifetime and he nearly sounds like another composer at the end of his life! This will be a program that will feel unified and different...all at the same time.

WINE & DINE BINGO

WEDNESDAY, MARCH 11, AT 5:00 PM Cultural Arts Center

It's clear that this particular game is a hit every time we play. You'll have a choice of entrees for dinner. Our menu will feature our famous Arlington Salad, Grilled Salmon with Cucumber Dill Sauce or Filet Mignon with Blue Cheese Crumbles, Garlic Roasted Potatoes, French Baby Carrots, rolls and Key Lime Pie to top it

off. Please indicate your preference when signing up. Wine and other beverages available at house prices. Dinner will then be followed by our crazy, slightly diabolical, bingo games. We play five rounds and bingo cards are \$2.00 cash, so that's \$10.00 total per person. Please bring small bills as we have a winner after each round, and making change can be difficult. Cost of dinner is \$25.00, charged to your meal plan. Please RSVP and share your meal selection by 10:00 AM on Monday, March 9th. This event sold out last time, don't miss out this month!

HAPPY HOUR EXPERIENCE FEATURING THE ELDERLY BROTHERS

THURSDAY, MARCH 12, AT 4:30 PM

Clubhouse

Make plans to join us at this month's Happy Hour Experience, featuring The Elderly Brothers. The event will offer specialty appetizers of Lollipop Lamb Chops, Prime Rib Sliders, Ceviche Toss and a signature cocktail of a White Peach Sangria. As always, you have your choice of two drinks of our Signature Cocktail or one drink of your choice. Additional beverages will be available for purchase. Please Note: Cost is \$20.00 per person, and cannot be billed against the monthly meal allotment. It will instead be billed as a Lifestyle event to Arlington accounts.

MARCH MADNESS BRACKET CONTEST

MONDAY, MARCH 16, 11:00 AM - 12:30 PM

Bistro

It's March Madness y'all and that means it's time to fill in your brackets to see if you can predict the ultimate winners! Stop by the Bistro from 11:00 AM to 12:30 PM to complete your brackets. No fee to enter, but we'll have a prize for the closest bracket. Good luck! Bragging rights are now available... who will claim them this year?!

ST. PATRICK'S DAY CELEBRATION

TUESDAY, MARCH 17, AT 3:30 PM

Cultural Arts Center

Get out your green and join us for an early "happy hour" with Bob "O'Leary" & Friends as we're celebrating all things Irish. There will be beer and other goodies as well as a wonderful time with friends and neighbors...but please, keep the limericks clean!

EPIC FILM & LUNCH: THE GODFATHER

WEDNESDAY, MARCH 25, AT 10:30 AM Cultural Arts Center

Have we got an offer you can't refuse! Join us as we watch The Godfather. One of those extra-long movies, we'll break half way through to enjoy a Sicilian inspired lunch before continuing to watch the rest of the movie. Cost for the event is \$15.95 per person and will be charged as a Lifestyle event. The menu for this event will feature a Mixed Greens Salad with Fresh Berries and Goat Cheese Crumbles topped with your choice of Grilled Marinated Chicken, Sliced Beef Medallions or Poached Salmon. For a sweet finish, enjoy our Chocolate Torte with Raspberry Coulis. Please make your reservation and salad selection by Monday, March 23rd.

Entertainment:

DR. WOLFF PRESENTS: MEN WANTED FOR HAZARDOUS JOURNEY—THE STORY OF SHACKLETON

MONDAY, MARCH 16, AT 7:00 PM

Cultural Arts Center

One of the principal figures of the period known as the Heroic Age of Antarctic Exploration, Ernest Shackleton, never actually made it to the South Pole, but yet is 11th on a BBC poll of 100 Greatest Britons. While his exploratory efforts were largely unsuccessful, Shackleton is most famous as a courageous leader who, when their ship was trapped in pack ice, led his crew on a harrowing and arduous journey to survival. Come to learn about this fascinating figure as Dr. Wolff takes us on a historical journey.

ENTERTAINER GREGG CLEMONS PERFORMS

MONDAY, MARCH 23, AT 7:00 PM

Cultural Arts Center

Motown is alive and thriving at The Arlington of Naples, as entertainer Gregg Clemons brings his brand of vocal stylings to our stage. A recording artist as well as an entertainer, Gregg is a sure bet for be-bopping and toe-tapping. And, just like last time Gregg was here, don't be afraid to take to the aisles and dance as the boogie-woogies take you away!

JODIE DESALVO & STUDENT CONCERT

MONDAY, MARCH 30, AT 7:00 PM

Cultural Arts Center

We are again very pleased to host Jodie DeSalvo, an Artis-Naples piano favorite,

and her students in a night of eclectic music as the students showcase the growth of their musical talents and abilities. Come on out to support these young musicians in their pursuits.

PIANIST BOBBY VAN DEUSEN RETURNS

FRIDAY, APRIL 3, AT 7:00 PM

Cultural Arts Center

Travelling from the panhandle, we're always glad when Bobby Van Deusen travels our way and stops to wow us with his wonderful piano playing. We say it every time, but it's as though his fingers flow like water over the keys and, combined with his improvisational skills, musical magic happens. Bobby's visits are always delightful, and if you've not caught him before, make a point to check

Lectures & Presentations:

DRY BAR COMEDY: YEP... WITH TY BARNETT MONDAY, MARCH 2, AT 2:30 PM Cinema

See insert for details.

RENAISSANCE ACADEMY: FORCED MIGRATION & ASYLUM TUESDAY, MARCH 3, AT 2:30 PM Cultural Arts Center

This lecture will explore the challenges facing refugees and their host countries. Coming from Venezuela, Central America and elsewhere, they flee lawlessness, persecution and abject poverty. Are economic migrants complicating the plight of those fleeing persecution? What effect do they have on our country and what might be done? Our lecturer was Minister-Counselor for Consular Affairs in Mexico City, which involved supervising the Consuls and Consuls General throughout Mexico and being closely involved with the various Mexican and U.S. entities involved with the border. He has also worked many years in refugee protection in Southeast Asia and the Balkans. Instructor: Bruce Beardsley

MEDICITY PRESENTS: TENOR JUAN DIEGO FLOREZ IN RECITAL

WEDNESDAY, MARCH 4, AT 2:30 PM

See insert for details.

CONSERVANCY OF SOUTHWEST FLORIDA: WILDLIFE TALES

FRIDAY, MARCH 6, AT 2:30 PM

Cultural Arts Center

The Conservancy's von Arx Wildlife Hospital plays an important role in preserving Southwest Florida's environment through the rescue, rehabilitation, and release of sick, injured, or orphaned wildlife. Each year, the Wildlife Hospital cares for over 3,500 animal patients. From habitat loss, to car collisions and domestic pet attacks, find out how humans impact native species and what you can do to prevent injury to wildlife. Discover how the hospital veterinarian and staff care for their unique patients and hear amazing stories of survival. Features a live animal encounter.

CENTER FOR CRITICAL THINKING PRESENTATION: THE ELECTORAL COLLEGE—OBSOLETE OR ABSOLUTELY NECESSARY?

FRIDAY, MARCH 6, AT 7:00 PM

Cultural Arts Center

Presented by Carole Leher, Vice President of the Center for Critical Thinking will be on hand with a timely topic: The Electoral College—Obsolete, or Absolutely Necessary? Many may know of Carole as co-author, along with her husband, Robert; of the book Naples Beach Homes, Cottages, Castles and the Families Who Built Them. The Electoral Colleges is not a place, but a process. It was a hard-fought compromise in 1787, but are the reasons for which the framers created the Electoral College still relevant today? Controversial at times because many do not understand how the Electoral College works to protect the voices of those voting in lesser populated areas of the country, come to learn more.

LUNCH & LEARN: THE BENEFITS OF CREMATION

TUESDAY, MARCH 10, AT 11:30 AM Destination Dining Room

See the "In Good Hands" section of the March newsletter for more information.

RENAISSANCE ACADEMY: EYEWITNESS TO HISTORY— THE ATTACK ON 9/11

FRIDAY, MARCH 13, AT 10:00 AM

Cultural Arts Center

On September 11, 2001, Catherine Underhill Fitzpatrick, a fashion columnist for a Midwest daily newspaper, traveled to New York City to cover glamorous designer runway shows. At first word of the World Trade Center attacks, she raced toward Ground Zero to cover the unfolding tragedy at close range. Very close. A reading of excerpts from the real-time dispatches she filed from the streets of Lower Manhattan and from subsequent published essays she wrote will be shared. Richly descriptive, filled with gripping detail and supplemented with photographs, Fitzpatrick's award-winning account chronicles 9/11 as it was experienced by those who ran into harm's way to bring out the story of a tragedy that changed the world. Instructor: Catherine Fitzpatrick

MEDICITY PRESENTS: CHOPIN'S PIANO CONCERTOS NO. 1 & NO. 2

WEDNESDAY, MARCH 18, AT 2:00 PM

See insert for details.

RENAISSANCE ACADEMY: IPHONE/IPAD APPS: UBER, PODCASTS, SHOPPING, TRAVEL, MOVIES & TV AND MORE

FRIDAY, MARCH 20, AT 10:00 AM

Cultural Arts Center

Join this lecture-style presentation as we explore some of the most useful and important lifestyle apps on your Apple devices including: Uber, so you can go anywhere without driving; Podcasts so you can stay informed and entertained; Shopping Apps so you can have everything from food to groceries delivered to your home; Movie and TV apps so you can stream just about any content you wish from Netflix, Amazon Prime, Hulu and more; Stock Market apps to track your investments; and Texting Apps to stay in touch with family and friends around the world for free. Instructor: John Guerra

RENAISSANCE ACADEMY: A REPUBLIC IF YOU CAN KEEP IT FRIDAY, MARCH 27, AT 10:00 AM Cultural Arts Center

This lecture will examine the Constitutional Convention of 1787, the ratification process and the history of the major amendments. How did the Founding Fathers reach accord on a new and unique national charter? What were the major challenges facing the delegates in Philadelphia? How did they reach agreement? More than two hundred years later, can the American Republic survive the new challenges unforeseen by the Founders? Instructor: Jeff Steinberg

MEDICITY PRESENTS: YUJA WANT PLAYS RACHMANINOV & MORE IN RECITAL WITH THE BERLINER PHILHARMONIE

MONDAY, MARCH 30 AT 1:30 PM

See insert for details.

RENAISSANCE ACADEMY: WHATEVER HAPPENED TO THE **WORLD'S FAIR?**

FRIDAY, APRIL 3, AT 10:00 AM

Cultural Arts Center

The first World's Fair in the U.S. was in Philadelphia in 1876 to commemorate America's Centennial. Over the next century, Americans marveled at the inventions introduced in Chicago, St. Louis and New York. This program will examine the highlights of these famous expositions and why we don't hear about these events anymore. Instructor: Jeffrey Margolis

Health & Wellness Programs:

DRUM CIRCLE WITH KEN

SATURDAYS, MARCH 14 & 28, AT 1:00 PM Cultural Arts Center

Join Ken Straub, certified music therapist at our relaxing, stress-free Drum Circle. This is an exercise in wellness that is easy for everyone to participate in and has the added benefit of being very therapeutic. Not to mention, it's a lot of fun.

SERENITY START

WEDNESDAY, MARCH 18, AT 8:30 AM

Clubhouse

Start your morning with a Chair Yoga and meditation session at the Clubhouse with our very own Mona Ceurvels. Take in the peaceful views while you center yourself and begin your day anew. After nourishing your mind and soul, treat your body to a healthy breakfast, an aqua fresca station and coffee. Should the weather impact the event, we will move our plans indoors. There is a \$7 cost attached to this event and will be billed to your meal plan account.

PRESENTATION: MANAGING STRESS NATURALLY

WEDNESDAY, MARCH 18, AT 10:00 AM Destination Dining Room See the "In Good Hands" section of the March Newsletter for more information.

Discussions & Groups:

LIFESTYLE SPOTLIGHT WITH SIOBHAN MANGAN

TUESDAY, MARCH 3, AT 1:00 PM

Cinema

Stop in at this informal gathering where Lifestyle Director, Siobhan Mangan, will be on hand to explain and expound upon the events your Lifestyle Department has planned for you this month at The Arlington. It's the perfect time to ask questions and get some details.

TED TALK DISCUSSION: GUIDE TO COLLABORATIVE **LEADERSHIP**

WEDNESDAY, MARCH 11, AT 2:30 PM

Cinema

What's the difference between heroes and leaders? In this insightful talk, Lorna Davis explains how our idolization of heroes is holding us back from solving big problems—and shows why we need "radical interdependence" to make real change happen. What's the difference between heroes and leaders? In this insightful talk, Lorna Davis explains how our idolization of heroes is holding us back from solving big problems—and shows why we need "radical interdependence" to make real change happen.

SPIRITUAL JOURNEY GROUP

THURSDAYS, MARCH 12 & 26, AT 1:00 PM

Cinema

ARLINGTON BOOK DISCUSSION: NORMAL PEOPLE BY **MEG WOLITZER**

MONDAY, MARCH 16, AT 1:00 PM

Cinema

In school, Connell and Marianne pretend not to know each other. He's popular and she's lonely, proud and intensely private. But when he comes to pick up his mother from her housekeeping job at Marianne's house, a strange and indelible connection grows—one they hide. A year later, at Trinity College in Dublin, roles are reversed as Marianne blossoms in a new social world, while Connell hangs at the sidelines. Throughout their years in college, the two circle one another, straying away, but always magnetically drawn back together. But when Marianne veers into self-destruction, and Connell begins to search for meaning elsewhere, each must confront how far they are willing to go to save the other.

GRAPE EXPECTATIONS

THURSDAY, MARCH 26 AT 4:00 PM Cultural Arts Center

Ladies, you're invited to enjoy a glass of wine with Jessica Short, Executive Director at our Women & Wine Forum. Be sure to make your reservation on the March Sign-Up Sheet no later than Tuesday, March 24th.

TED TALK DISCUSSION: HOW ONLINE MARKETPLACES CAN HELP LOCAL ECONOMIES, NOT HURT THEM

FRIDAY, MARCH 27, AT 2:30 PM

The growth of online marketplaces like Uber, Airbnb and Amazon can sometimes threaten local businesses such as taxis, hotels and retail shops by taking away jobs or reducing income to the community. But it doesn't have to be this way, says strategy consultant Amane Dannouni. Pointing to examples like Gojek (Indonesia's Uber for motorbikes) and Jumia (Africa's version of Amazon), he explains how some online marketplaces make deliberate trade-offs to include, rather than replace, existing players in local economies—benefiting everyone in the long run.

Games: **BLACKJACK**

MONDAYS, MARCH 9 & 23 AT 2:00 PM

Join Michelle Thieme, and a host of dealers to enjoy an hour or so of testing your wit and luck against Lady Luck and the cards. We'd love to have you join us.

TEAM TRIVIA

FRIDAY, MARCH 20, AT 2:30 PM Cinema

Join us for our regular monthly game of Team Trivia where you play in teams more brains are better than one! The only help not allowed is your smartphone. If the whole "getting a team together" concept intimidates you, please don't let it, we all have a great time recounting the things we didn't know and the fabulous guesses everyone made to get correct answers; not to mention the proud crowing when we got something right. And, yes, prizes are awarded. Join us for a fun afternoon!



S FIX FILM: THE 24 HOUR WAR

THURSDAY, MARCH 5, AT 2:30 PM

Cinema

MEN'S MOVIE NIGHT: A FEW GOOD MEN

MONDAY, MARCH 9, AT 7:00 PM

Cinema

FOREIGN FILM: THE OTHER SON

FRIDAY, MARCH 13, AT 2:00 PM

Cultural Arts Center

CHICK FLICK: EVER AFTER

TUESDAY, MARCH 24, AT 2:00 PM

Cultural Arts Center

Creative Endeavors:

PAINTING WITH SUSAN: MASTERFUL INSPIRATION

WEDNESDAYS IN MARCH, AT 1:00 PM

Art Studio

Inspired by the masters, choose from one of your favorites: Van Gogh, Monet, Cezanne, Gauguin, etc. How did they construct a painting using color, line and form? Bring any size canvas and your other supplies to the art studio and prepare to have fun while you learn. \$20 payable to Susan D. Class size limited to 12.

GNOME-TASTIC LEPRECHAUNS MAKE & TAKE WORKSHOP

TUESDAY, MARCH 10, AT 2:30 PM

Terrace Club Room

Gnomes are trending as an adorable and popular holiday decoration. You can literally create a gnome for any occasion. We thought, why not St. Patrick's Day? Sign up to have a fun afternoon creating two signature "Gnome-tastic" Leprechauns using rice, socks and a selection of embellishments. Everything you'll need will be supplied, you just bring your sense of whimsy and spirit of creativity. Cost is \$25.00 per person all inclusive, billed to your Arlington account as a Lifestyle event.

Regularly Scheduled Games:

WEDNESDAYS AT 9:45 AM

Exhibition Dining Room

Puh

Contact Lee Sherwood at 307-3428 if you are interested in playing.

GIN RUMMY

1ST & 3RD WEDNESDAYS (MARCH 4 & 18) AT 1:00 PM

Please sign up in advance using the Gin Rummy binder in the Terrace Club Room.

HAND & FOOT CANASTA

2ND & 4TH WEDNESDAYS (MARCH 11 & 25) AT 1:00 PM

Please sign up in advance using the Hand & Foot binder in the Terrace Club Room.

POKER

FRIDAYS AT 1:00 PM

Terrace Club Room

MAH-JONGG

FRIDAYS AT 1:00 PM

Library

SATURDAY'S PARTY BRIDGE

SATURDAYS AT 1:00 PM

Library

LIFESTYLE SIGN UP SHEET

NAME(S): UNIT #:					
	ble-check that	your name is filled			
PROGRAM TITLE	COST	VENUE	TIME	DATE	СНЕСЬ
OUTINGS:					
NAPLES ZOO & LUNCH					
NAVY BAND CONCERT AT CAMBIER PARK					
SEMINOLE CASINO, IMMOKALEE	\$\$	•••••	10:00 AM	.THURSDAY, MAR.	12
"BYE BYE BIRDIE" NAPLES PLAYERS			6:00 PM	.THURSDAY, MAR.	19 SEASON HOLDERS
LUNCH AT CELEBRATION PARK	\$\$		11:30 AM	.THURSDAY, MAR.	26
SPECIAL EVENTS:					
BIG BAND AFTERNOON WITH STARDUST MEMOI					
CHAMBER CONCERT—BEETHOVEN'S 250TH		CAC	3:00 PM	.SUNDAY, MAR, 8	
WINE & DINE BINGO					
HAPPY HOUR EXPERIENCE					
MARCH MADNESS BRACKET CONTEST					
ST. PATRICK'S DAY CELEBRATION					
EPIC FILM & LUNCH: THE GODFATHER	\$15.95	CAC	10:30 AM	.WEDNESDAY, MA	R. 25
ENTERTAINMENT:					
DR. JAY WOLFF PRESENTS: THE STORY OF SHA					
ENTERTAINER GREGG CLEMONS PERFORMS					
JODIE DESALVO & STUDENT CONCERT					0
PIANIST BOBBY VAN DEUSEN		CAC	7:00 PM	.FRIDAY, APRIL 3	
LECTURES & PRESENTATIONS:					
DRY BAR COMEDY: YEP WITH TY BARNETT					
RENAISSANCE ACADEMY: FORCED MIGRATIONS &					
MEDICITY: TENOR JUAN DIEGO FLOREZ					
CONSERVANCY OF SOUTHWEST FLORIDA: WILDLIF					
CENTER FOR CRITICAL THINKING: THE ELECTORAL					
LUNCH & LEARN: THE BENEFITS OF CREMATION					
RENAISSANCE ACADEMY: THE ATTACK ON 9/11					
MEDICITV: CHOPIN'S PIANO CONCERTOS #1 & #2					2. 18
RENAISSANCE ACADEMY: IPHONE/IPAD APPS					
RENAISSANCE ACADEMY: A REPUBLIC IF YOU CAN					
MEDICITY: YUJA WANG PLAYS RACHMANINOV & M					
RENAISSANCE ACADEMY: THE WORLD'S FAIR		CAC	10:00 AM	FRIDAY, APRIL 3	
HEALTH & WELLNESS PROGRAMS:					
DRUM CIRCLE WITH KEN					
SERENITY START					
PRESENTATION: MANAGING STRESS NATURALLY					
DRUM CIRCLE WITH KEN		CAC	1:00 PM	.SATURDAY, MAR.	28

PROGRAM TITLE	COST	VENUE	TIME	DATE	CHECK
DISCUSSIONS & GROUPS:					
LIFESTYLE SPOTLIGHT		CIN	1:00 PM	TUESDAY, MAR. 3	<u></u> _
TED TALK: GUIDE TO COLLABORATIVE LEADERS					
SPIRITUAL JOURNEY GROUP					
ARLINGTON BOOK DISCUSSION: NORMAL PEOPL					
GREAT DECISIONS DISCUSSION GROUP					
SPIRITUAL JOURNEY GROUP		CIN	1:00 PM	THURSDAY, MAR.	26
GRAPE EXPECTATIONS					26
TED TALK: ONLINE MARKETPLACES & LOCAL EC	ONOMIES	CIN	2:30 PM	FRIDAY, MAR. 27	
CREATIVE ENDEAVORS:		T 05	0.00.014		
BLACKJACKTEAM TRIVIA		ICR	2:00 PM	MONDAY, MAR. 9	
BLACKJACK		ICR	2:00 PM	MONDAY, MAR. 2	3
FILMS:					
SPORTS FIX FILM: THE 24 HOUR WAR		CIN	2:30 PM	THURSDAY, MAR.	5
MEN'S MOVIE NIGHT: A FEW GOOD MEN					
FOREIGN FILM: THE OTHER SON		CAC	2:00 PM	FRIDAY, MAR. 13	
CHICK FILM: EVER AFTER					4
CREATIVE ENDEAVORS:					
PAINTING WITH SUSAN					
MAKE & TAKE: GNOME-TASTIC LEPRECHAUNS	\$25.00	TCR	2:30 PM	TUESDAY, MAR. 10	0

\$ indicates a cost you will be responsible for *indicates a cost that will be charged to your meal plan

Thank you for returning this sheet to the Lifestyle Department.

We welcome Lifestyle suggestions and ideas to help us all "live brightly!"



7900 Arlington Circle • Naples, Florida 34113 • (239) 307-3000 • www.ArlingtonNaples.org

Hearthstone | Oakton Place

8000 Arlington Circle • Naples, Florida 34113 • (239) 307-3100 • www.ArlingtonNaples.org







Al Fresco Dining

Every Monday in March 5:00—7:30 PM

This month, we will continue to offer al fresco dining around the fire pit and on the fire pit deck.

Reservations are required, please call 307-3101.

Please bring a light jacket as needed.

Poolside Brunch

Sunday ~ March 22nd 11:00 AM—2:00 PM

Join us poolside for Sunday Brunch. No reservations are required for this special event. Your Culinary team is delighted for this special dining experience at The Arlington of Naples. Guests are welcome to join us. Guest charge for Poolside Brunch is \$23.95 per person.

Tables are available under cover and outside (umbrella tables), first come, first serve. The Exhibition Dining Room will be closed on this day, unless we experience inclement weather. Any cancellations will be announced the day before, to the best of our ability when watching the weather.





Pubby the Pit

Wednesday March 25th 4:30—7:00 PM



No reservations required for this evening by the fire pit.

The Pub bar will be closed and relocated to the Fire Pit deck.

Dinner seating (with the Pub menu) will be available outside.

Please note, the Pub "indoor" operations will be completely closed for this evening.

April 1 at 6:00 PM at the Clubhouse April 2 April

	Contact for the group:
	Phone number for contact:
	I
1)	2
¥	3
	4
1	5

Enjoy this Hawaiian inspired buffet, followed by a show with Polynesian dancers poolside!

Lomi Lomi Salmon Salad * Kalua Pig Island Baked Chicken * Teriyaki Beef Aloha Sweet Potato * White Rice Vegetable Stir Fry * Pineapple Cole Slaw Sweet Dinner Rolls Pineapple Coconut Cake

Price will include one of the drinks below:

Mai Tai

* Pina Coladas

\$29.95 per person (Billed to Meal Plan)

Reservations are required as space is limited.

Tables are up to parties of 6. Smaller parties will be combined.

Please clip the section to the left and return this to the

Lifestyle Department no later than

Wednesday, March 25th at 5:00 PM.

The Exhibition Dining Room will be closed.

The Pub will be open.



Fitness Schedule

March 2020

Ν	lο	nc	lay

Tuesday

Wednesday 7

Thursday

Friday

Saturday

Balance

Coordination

8:30 AM 30 min.

Test the Waters

9:00 AM 30 min.

(Indoor Pool)

Straight Back

8:30 AM *30 min.*

(Fitness Studio)

Test the Waters

9:00 AM 30 min.

(Indoor Pool)

Balance &

Coordination

8:30 AM 30 min.

*Hatha Yoga

8AM 1 hour

(Cinema Room)

Chair Yoga

9:30 AM 45 min.

(Cultural Arts Ctr.)

Beginner Balance

10:30 AM 30 min.

(Cultural Arts Ctr.)

Water Aerobics

9:30 AM *30 min.*

(Indoor Pool)

Beginner Balance

10:30 AM *30 min*.

(Cultural Arts Ctr.)

Chair Yoga

9:30AM *30 min.*

(Fitness Studio)

Gym Hours:

5:30 A to 10:00 P

Everyday

Meditation

10:30 AM 30 min.

(Cinema Room)

Parkinson's Fitness

11:15AM *30 min.*

(Fitness Studio)

Colorectal

Awareness

Month

Resistance Bands

10:30AM 30 min.

(Fitness Studio)

Parkinson's Fitness

11:15AM 30 min.

(Fitness Studio)

Resistance Bands

10:30AM 30 min.

(Fitness Studio)

Stretch Me Out

1:30 PM 30 min.

(Fitness Studio)

Pilates

11:30 AM 30 min.

(Fitness Studio)



Stretch Me Out

1:30 PM *30 min*.

(Fitness Studio)

Pool Hours:

6:00 A to 8:00 P

Everyday

*Hatha Yoga

will Begin on

March 21st, will run for 6 weeks.



Class Descriptions

- <u>Balance & Coordination</u>: This is a self paced class to help gain and maintain great balance. Increase coordination which requires good balance. If you desire the ability to stand on one foot for more than ten seconds, then this class is for you. Balance don't leave home without it!
- <u>Beginner Balance</u>: A beginner's level strength training to increase in areas of balance, and posture. Helps to decrease the chance of falls. All levels welcome.
- <u>Chair Yoga</u>: This chair-based class focuses on improving your range of motion, help strengthen your core and maintain join flexibility as well as learning breathing techniques. Monday's class is 45 mins. long and located in the CAC except for the third Monday of the month because of Town Hall it's in the Fitness Studio. Friday's class is 30 mins. long and located in the Fitness Studio. All levels are welcome.
- <u>Hatha Yoga</u>: Certified Instructor Stephanie McKinley is excited to become part of the Lifestyle program to bring yoga practice to our community. This is a one hour floor based Hatha style class. You may bring a mat or towel, and water. <u>Classes Begin on March 21st and run 6 weeks</u>.
- <u>Meditation</u>: This class will help you learn how to relax your mind, sharpen your concentration, and generally begin feeling more energized and refreshed. Class will be cancelled on Mondays during Town Hall meetings. All levels welcome.
- <u>Parkinson's Fitness:</u> Seated exercises focus on building flexibility, fine movement control, and strength for those with Parkinson's disease. Even if you DO NOT have Parkinson's but are in need of a slower paced class or have other diseases and/or conditions you ALL are welcome.
- Pilates: A floor mat based class using your own body weight for resistance to strengthen the core. Mats provided. Intermediate level.
- Resistance Bands: Lifting weights is great, but to get the most out of resistance training, sometimes you need to mix it up! This class is very effective at toning your muscles using resistance bands. Please wear sneakers or closed toed active footwear. All levels welcome.
- Straight Back: This 30 minute class will focus on improving the strength and flexibility of the muscles that support your posture which in turn will straighten your back. All levels welcome.
- Stretch Me Out: A floor mat based class geared towards increasing flexibility & range of motion. This class requires the ability to get up and down onto the floor, and chairs may not be substituted. Mats provided.
- <u>Test the Waters</u>: Come test the waters in these fun and heart healthy aquatics classes. This class is virtually an impact free workout focusing on toning, balance, and stretching. You do not need proficient swimming skills for this class. Towels are provided for use at the pool only. All levels welcome.
- <u>Water Aerobics</u>: A 30 minutes fast paced cardio water program. You do not need proficient swimming skills for this class. Towels are provided for use at the pool only. All levels welcome.



Sundays in March: Netflix Original Series - ""Anne with an E" & "The Spy"

2:30 PM in the Cinema Not Rated

- March 1: "Anne with an E" Episodes Five & Six at 2:30 PM
- March 15: "Anne with an E" Episodes Seven & Eight at 2:30 PM
- March 22: "Anne with an E" Episodes Nine & Ten at 2:30 PM
- March 29: "The Spy" Episodes One & Two at 2:30 PM
 - Netflix original series "The Spy" is the account of Mossad master spy, Eli Cohen.

Thursday, March 5: Sports Fix Film - "The 24 Hour War"

2:30 PM in the Cinema Rated TV-14: 1 hr. & 39 min.

RSVP with Lifestyle Required

In the early 1960s, Henry Ford II and Enzo Ferrari went to war on the battlefield of Le Mans. This epic battle saw drivers lose their lives, family dynasties nearly collapse and the development of a new race car that changed racing.

Saturday, March 7: Feature Film - "The Wife"

7:00 PM in the CAC Rated R: 1 hr. & 41 min.

Joan and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as the great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is about to be awarded the Nobel Prize, Joan thinks about the shared compromises, secrets and betrayals. **Please Note:** Film is Rated R for language and some sexual content.

Monday, March 9: Men's Movie Night - "A Few Good Men"

RSVP with Lifestyle Required

7:00 PM in the CAC

Rated R: 2 hr. & 18 min.

Starring Tom Cruise, Jack Nicholson and Demi Moore, the plot revolves around a military lawyer defending two U.S. Marines charged with killing a fellow Marine at the Guantanamo Bay Naval Base in Cuba. Although Kaffee is known for seeking plea bargains, a fellow lawyer convinces him that the accused marines were most likely carrying out an order from a commanding officer. As the case wears on, the stakes get higher and higher. **Please Note:** Film is Rated R for language. ** Ladies, we ask that you respect this event as a gentlemen only event. Thank you.

Friday, March 13: Foreign Film - "The Other Son"

**RSVP with Lifestyle Required*

2:00 PM in the CAC

Rated PG-13: 1 hr. & 50 min.

Complex repercussions face two families—one Israeli, one Palestinian—after learning that their sons were accidentally switched at birth.

Saturday, March 14: Feature Film - "Battle of the Sexes"

7:00 PM in the CAC Rated PG-13: 2 hr. & 2 min.

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides of a binary argument, but off-court each was fighting more personal and complex battles.

Saturday, March 21: Christian Film - "October Baby"

7:00 PM in the CAC Rated PG-13: 1 hr. & 47 min.

Stunned and angered by the truth of her birth, college freshman Hannah sets out on a spring break road trip with her best friend Jason and a band of misfits to discover who she is, where she came from and where she will go from here.

Tuesday, March 24: Chick Flick - "Ever After"

RSVP with Lifestyle Required

2:00 PM in the CAC Rated PG: 2 hr. & 1 min.

In this updated adaptation of the classic Cinderella fairytale, Danielle (Drew Barrymore), is a vibrant young woman who is forced into servitude after the death of her father by her heartless step mother, (Anjelica Huston). But Danielle's life takes a wonderful turn when she meets the charming Prince Henry.

Saturday, March 28: Feature Film - "Molly's Game"

7:00 PM in the CAC Rated R: 2 hr. & 21 min.

The true story of Molly Bloom, a beautiful, young, Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknown to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned there was much more to Molly than the tabloids led people to believe. **Please Note:** Film is Rated R for language, drug content and some violence

Tuesday, March 31: Lit Lover's Film - "The Verdict"

2:00 PM in the CAC Rated R: 2 hr. & 9 min.

Starring Paul Neman. Boston lawyer Frank Galvin takes his face out of the shot glass for one last shot at redemption, taking a medical negligence case against powerful attorney Edward Concannon. **Please Note:** Rated R for moderate language and moderate drug/alcohol content.

Saturday, April 4: Feature Film - "The Two Popes"

7:00 PM in the CAC Rated PG-13: 2 hr. & 6 min.

Inspired by true events, at a key turning point for the Catholic Church, Pope Benedict XVI forms an unlikely friendship with future Pope Francis.

Dry Bar Comedy & MediciTV Presentations

Dry Bar Comedy: Yep... with Ty Barnett

Monday, March 2, at 2:30 PM in the Cinema

RSVP with Lifestyle Required

A Chicago native, Ty Barnett got his start at Seattle's Comedy Underground. Whoopi Goldberg is certainly a fan, saying Ty is "hilarious." Reviewers have said he is "thought provoking and edgy." Come on in to the Cinema to see for yourself as Ty gives us his comic view on bears, baggage claim, GPS, dogs, night clubs and strip clubs and teens in scary movies. It's a laugh-packed half an hour, but that's enough for a good belly workout, yes?

MediciTV Presents: Tenor Juan Diego Florez in Recital

Wednesday, March 4, at 2:30 PM in the Cinema

RSVP with Lifestyle Required

As part of the Dmitri Hvorostovsky Festival, the remarkable Juan Diego Flórez presents a recital in honor of the legendary Russian baritone. Performing alongside pianist Vincenzo Scalera, he offers us beloved arias from masterworks by Rossini, Donizetti, Verdi, Puccini, Bizet, Massenet, and Lehár, as well as a selection of moving Latin-American songs from the nineteenth and twentieth centuries. Length: 59 min.

MediciTV Presents: Chopin's Piano Concertos No. 1 & No. 2

Wednesday, March 18, at 2:00 PM in the Cinema

RSVP with Lifestyle Required

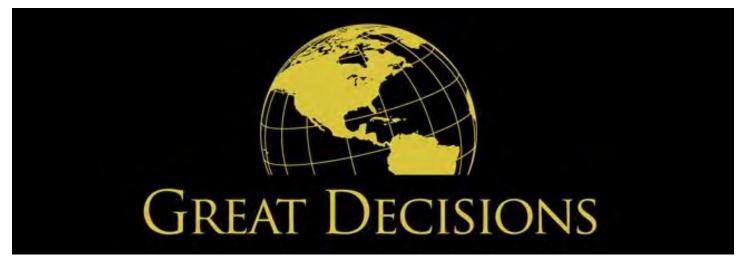
In a 2018 concert marking 100 years of Polish independence, the Orchestre symphonique de Montréal joined the celebration with a program highlighting the pianistic masterpieces of one of Poland's favorite native sons, Chopin! Charles Richard-Hamelin—French Canadian pianist and winner of the 2015 Frédéric Chopin International Competition—joins the OSM under the baton of Kent Nagano for the Chopin's First and Second Piano Concertos. Length: 2 hr & 1 min.

MediciTV Presents: Yuja Wang plays Rachmaninov & More in Recital with the Berliner Philharmonie

Monday, March 30 at 1:30 PM in the Cinema

RSVP with Lifestyle Required

Catch Yuja Wang in a stunning solo recital at the Berliner Philharmonie. Performing 20th century masterpieces for her instrument by Rachmaninov, Scriabin, and Prokofiev, Wang brings all her sensitivity and virtuosity to bear in this remarkable program. Length: 59 min.



Join in America's largest discussion program on America's Foreign Policy and world affairs. Great Decisions is a program developed by the Foreign Policy Association, which involves reading the Briefing Book—which provides background information on each of the eight topics, watching a related video segment and then discussing the topic as a group.

Exciting NEW Changes for 2020

We are pleased to announce that William Korstad, of the Naples Council on World Affairs will be our Moderator.

Mr. Korstad had three distinctive careers. He spent 20-plus years in systems development and corporate planning for a Fortune 500 company; 20-plus years as a serial software entrepreneur; and, for the past five years, he was a volunteer for USAID-sponsored efforts in developing emerging market economies in Eastern Europe, North Africa and the Caucasus in the technology field. In the past ten years, he's completed several humanitarian projects for Rotary in East Africa, the Caucasus and India in the field of water, sanitation and hygiene.

Also new for 2020, our group time will be broken down with the Video Segments shown the Wednesday before Thursday Discussions.

All Great Decisions Meetings held in the Cinema

- Week #1: Climate Change & the Global Order
- Week #2: India & Pakistan
- Week #3: Red Sea Security
- Week #4: Modern Slavery & Human Trafficking
- Week #5: U.S. Relations with the Northern Triangle
- Week #6: China's Road into Latin America
- Week #7: The Philippines & the U.S.
- Week #8: Artificial Intelligence—the Global Race for the New Frontier
- ** Full Schedule Listing and Description of Topics on the Reverse **

Cost is \$30.00 for the Briefing Book, to be charged to your Arlington account. Sign up below no later than Friday, March 20th

Great Decisions Discussion Group Sign Up

Please return to Michelle in Lifestyle no later than Friday ~ March 20

Unit #:	

2020 Great Decisions Topic Descriptions

• Climate Change & the Global Order:

- Video Session Wednesday, March 25th at 3:00 PM in the Cinema
- Discussion Thursday, March 26th at 2:30 PM in the Cinema
 Around the world, sea levels are on the rise. Great Decisions explores how

Around the world, sea levels are on the rise. Great Decisions explores how low-lying nations are fighting to ensure their survival and asks what can be done today to prepare for the crisis on the horizon.

• India & Pakistan:

- Video Session Wednesday, April 1st at 1:30 PM in the Cinema
- Discussion—Thursday, April 2nd at 2:30 PM in the Cinema

With an unprecedented parliamentary majority behind him, can Indian President Narendra Modi deliver on the economic promises that carried him to power, or will his strident brand of Hindu nationalism threaten the world's largest secular democracy?

Red Sea Security:

- Video Session Wednesday, April 8th at 1:30 PM in the Cinema
- Discussion Thursday, April 9th at 2:30 PM in the Cinema

More than one-tenth of global trade passes through a strait just 20 miles wide at the southern entrance to the Red Sea. Great Decisions examines a region where the world's great powers can cooperate to create stability—or allow deepening rivalries to explode into conflict.

Modern Slavery & Human Trafficking:

- Video Session Wednesday, April 15th at 1:30 PM in the Cinema
- Discussion Thursday, April 16th at 2:30 PM in the Cinema

Millions of human trafficking victims are hidden in plain sight. Traffickers coerce their victims into forced labor and prostitution. Great Decisions shares the untold stories of trafficking survivors.

• U.S. Relations with the Northern Triangle:

- Video Session Wednesday, April 22nd at 1:30 PM in the Cinema
- Discussion Thursday, April 23rd at 2:30 PM in the Cinema

Great Decisions examines the Western Hemisphere's migration crisis and the fractured societies at the heart of it: Guatemala, Honduras and El Salvador.

China's Road into Latin America:

- Video Session Wednesday, April 29th at 1:30 PM in the Cinema
- Discussion Thursday, April 30th at 2:30 PM in the Cinema

Until recently, China had little interest in Latin America. Now, its investment is transforming the region. Great Decisions investigates this new alignment and the prospect of direct competition with the United States.

• The Philippines & the U.S.:

- Video Session Wednesday, May 6th at 1:30 PM in the Cinema
- Discussion Thursday, May 7th at 2:30 PM in the Cinema

Voters in the Philippines, fed up with a stagnant political system, opted for an unconventional candidate. Great Decisions examines President Rodrigo Duterte's bloody crackdown on drug crime and investigates how he has upended politics as usual throughout Southeast Asia.

• Artificial Intelligence—The Global Race for the New Frontier:

- Video Session Wednesday, May 13th at 1:30 PM in the Cinema
- Discussion Thursday, May 14th at 2:30 PM in the Cinema

A.I. is transforming economies and societies around the world. Great Decisions assesses the possibilities and dangers of this technology, explores the mounting technological competition between China and the U.S., and asks how the international community can manage the coming wave of digital innovation.



Refresh

with Rejuvenate Salon & Spa

February & Special

Would you like your skin to glow?
Look refreshed and luminous!
Try our Refresh Facial and your skin
will feel and look amazingly radiant!



A facial treatment is something truly wonderful.
A ritual of harmony and pleasure that makes beauty rise to the surface.
Call 239-307-3010 to make an appointment!

Rejuvenate