### UPCOMING COMMUNITY EVENTS

#### MARDI GRAS CELEBRATION

Join us for a festive Mardi Gras Celebration on Tuesday, March 4, from 4:00PM - 5:30PM in the Bistro! Let the lively rhythms of our live music fill the air as we celebrate the spirit of Mardi Gras. Enjoy the fun, delicious treats, and the vibrant atmosphere with friends and neighbors. We can't wait to see you there!



#### THE LION KING



Join us for a special outing to *The Lion King* at The Broward Center for the Performing Arts on Saturday, March 15! The show, which won six Tony Awards including Best Musical, promises to be an unforgettable experience. We'll meet in the Lobby at 1:30 PM. Don't miss this opportunity to enjoy a night of theater with your neighbors!

### MARK YOUR CALENDARS!

4 | ACE ACE Casino from 1:00PM - 2:30PM 5 | Wine Tasting from 2:00PM - 3:00PM 11 | Lecture Series: Fred Astaire from 11:00AM - 12:00PM 12 | Plant A Flower Day from 2:00PM - 3:00PM 18 | ACE ACE Casino from 1:00PM - 2:30PM

**Fort Lauderdale** 

1290 N. Federal Highway Fort Lauderdale, FL 33304 (954) 883-9903



### WHAT'S INSIDE

Pg 2-3 Social Calendar

Pg 4 Upcoming Events + News

> "THE ONLY LIMIT TO OUR REALIZATION OF TOMORROW IS OUR DOUBTS OF TODAY."

> > -FRANKLIN D. ROOSEVELT

# FLOURISH MARCH 2025



10:00 L Walking Club

7:15 **T** Movie Night

2:15 **T** Movie & Popcorn

Allegro			raili		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
March 30 9:45 B Lifestyle Weekly Update 10:00 L Local Church Shuttle 10:00 L Walking Club 11:00 B Coffee and Conversation 1:30 L Trip: Barnes & Noble 2:15 T Movie & Popcorn 3:00 GR Billiards and Board Games 7:15 T Movie Night	March 31 9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 CR Crossword Puzzle 1:30 CR DIY Bunny-Shaped Coaster 2:15 T Movie & Popcorn 3:00 CR Big Money Bingo 7:15 T Movie Night	1290 N. Fed Fort Lauderda	u <b>derdale</b> eral Highway ale, FL 33304 83-9903 or-living-fort-lauderdale.html		
<ul> <li>9:45 B Lifestyle Weekly Update</li> <li>10:00 L Local Church Shuttle</li> <li>10:00 L Walking Club</li> <li>11:00 B Coffee and Conversation</li> <li>12:30 L Trip: J. Mark's</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 GR Billiards and Board Games</li> <li>4:00 B Oscar Trivia</li> <li>7:00 T Oscar Night: The Academy Awards Show</li> </ul>	<b>3</b> 9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 CR Crossword Puzzle 1:30 CR DIY Mardi Gras Mask 2:15 T Movie & Popcorn 3:00 CR Big Money Bingo 7:15 T Movie Night	4 10:00 CR PT by Design Fitness Class 11:00 CR Brain Power Hour 1:00 L Trip: Fresh Market 1:00 CR ACE ACE Casino 2:15 T Movie & Popcorn 3:00 CR Mardi Gras Trivia 4:00 B Mardi Gras Celebration + Live Music 7:45 T Movie Night	5 9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 CR Words in a Word 2:00 SK Wine Tasting 2:15 T Movie & Popcorn 3:00 CR Dominoes 7:00 B Karaoke Night 7:45 T Movie Night	<b>6</b> 10:00 <b>CR</b> PT by Design Fitness Class 11:00 <b>CR</b> Trivia Challenge 2:00 <b>CR</b> Activity Planning Meeting 2:15 <b>T</b> Movie & Popcorn 3:00 <b>CR</b> Card Games Group 6:00 <b>B</b> Rummikub Lesson 7:45 <b>T</b> Movie Night	7 10:00 Y Chair Yoga - All Levels 11:00 CR Spanish Lessons 1:30 CR Poker Games 2:15 T Movie & Popcorn 3:00 CR Chain Reaction Word Game 4:00 CR Play Game Show Classics 7:15 T Movie Night
<ul> <li>9 Daylight Saving</li> <li>9:45 B Lifestyle Weekly Update</li> <li>10:00 L Local Church Shuttle</li> <li>10:00 L Walking Club</li> <li>11:00 B Coffee and Conversation</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 GR Billiards and Board Games</li> <li>7:15 T Movie Night</li> </ul>	<ul> <li>10</li> <li>9:00 L Trip: CVS/Walgreens</li> <li>10:00 Y Chair Yoga - All Levels</li> <li>11:00 C Jewelry Repair Service</li> <li>1:30 CR DIY Pressed Flower Craft</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Big Money Bingo</li> <li>7:15 T Movie Night</li> </ul>	<ul> <li>11</li> <li>10:00 CR PT by Design Fitness Class</li> <li>11:00 T Lecture: Fred Astaire</li> <li>1:00 L Trip: Coral Ridge Mall</li> <li>2:00 Cooking Demonstration with Chef</li> <li>2:00 FA Technology Q&amp;A Session</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 A Open Art Studio</li> <li>7:45 T Movie Night</li> </ul>	<ul> <li><b>12</b></li> <li>9:00 L Trip: Publix</li> <li>10:00 Y Chair Yoga - All Levels</li> <li>11:00 CR Words in a Word</li> <li>2:00 CR Plant a Flower Day</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Dominoes</li> <li>7:00 B Karaoke Night</li> <li>7:45 T Movie Night</li> </ul>	<ul> <li><b>13</b></li> <li>10:00 CR PT by Design Fitness Class</li> <li>11:00 CR Trivia Challenge</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Card Games Group</li> <li>4:00 B Happy Hour with Live Music</li> <li>5:00 L Trip: Sea Watch On the Ocean</li> <li>6:00 B Rummikub Lesson</li> <li>7:45 T Movie Night</li> </ul>	<ul> <li>14</li> <li>10:00 Y Chair Yoga - All Levels</li> <li>11:00 CR Town Hall Meeting</li> <li>1:30 CR Poker Games</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Wordle Word Game</li> <li>4:00 B New Resident Meet-and-Greet</li> <li>7:15 T Movie Night</li> </ul>
<ul> <li>9:45 B Lifestyle Weekly Update</li> <li>10:00 L Local Church Shuttle</li> <li>10:00 L Walking Club</li> <li>11:00 B Coffee and Conversation</li> <li>1:30 L Trip: Local Library</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 GR Billiards and Board Games</li> <li>7:15 T Movie Night</li> </ul>	<ul> <li>17 St. Patrick's Day</li> <li>9:00 L Trip: CVS/Walgreens</li> <li>10:00 Y Chair Yoga - All Levels</li> <li>11:00 CR Crossword Puzzle</li> <li>1:30 CR DIY Spring Bouquet</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Big Money Bingo</li> <li>4:00 B St. Patrick's Day Happy Hour</li> <li>7:15 T Movie Night</li> </ul>	<b>18</b> 10:00 <b>CR</b> PT by Design Fitness Class 11:00 <b>CR</b> Food Committee Meeting 1:00 <b>L</b> Trip: Fresh Market 1:00 <b>CR</b> ACE ACE Casino 2:15 <b>T</b> Movie & Popcorn 3:00 <b>A</b> Open Art Studio 7:45 <b>T</b> Movie Night	<ul> <li><b>19</b></li> <li>9:00 L Trip: Publix</li> <li>10:00 Y Chair Yoga - All Levels</li> <li>11:00 CR Words in a Word</li> <li>2:15 T Movie &amp; Popcorn</li> <li>3:00 CR Dominoes</li> <li>7:00 B Karaoke Night</li> <li>7:45 T Movie Night</li> </ul>	20 10:00 CR PT by Design Fitness Class 11:00 CR Trivia Challenge 2:15 T Movie & Popcorn 3:00 CR Card Games Group 4:00 B Happy Hour & Live Music 6:00 B Rummikub Lesson 7:45 T Movie Night	21 10:00 Y Chair Yoga - All Levels 11:00 T Majic Show 1:30 CR Poker Games 2:15 T Movie & Popcorn 3:00 CR Wordle Word Game 4:00 CR Play Game Show Classics 7:15 T Movie Night
<b>23</b> 9:45 B Lifestyle Weekly Update	<b>24</b> 9:00 L Trip: CVS/Walgreens	<b>25</b> 10:00 <b>CR</b> PT by Design Fitness Class	<b>26</b> 9:00 L Trip: Publix	<b>27</b> 10:00 <b>CR</b> PT by Design Fitness Class	<b>28</b> 10:00 Y Chair Yoga - All Levels
10.00 L Logal Church Churth	10.00 V Chair Vara All Laurela	11.00 CD Drain Davier Hour	10.00 V Chair Vana All Laurela	11.00 CD Trivia Challonga	11.00 CD Chamich Langang

- 9:00 L Trip: CVS/Walgreens 10:00 L Local Church Shuttle 10:00 Y Chair Yoga - All Levels 11:00 CR Crossword Puzzle 11:00 **B** Coffee and Conversation 1:30 **CR** DIY Ceramic Succulent Pot 2:15 **T** Movie & Popcorn 3:00 **GR** Billiards and Board Games 3:00 CR Big Money Bingo 7:15 **T** Movie Night
- 10:00 **CR** PT by Design Fitness Class 11:00 **CR** Brain Power Hour 1:00 L Trip: The Galleria at FTL 2:15 **T** Movie & Popcorn 3:00 A Open Art Studio 7:45 **T** Movie Night
- 9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 CR Words in a Word 2:15 **T** Movie & Popcorn 3:00 CR Book Club 7:00 **B** Karaoke Night 7:45 **T** Movie Night

11:00 **CR** Trivia Challenge

2:15 **T** Movie & Popcorn

3:00 CR Card Games Group

6:00 **B** Rummikub Lesson

7:45 **T** Movie Night

2:00 FA Cooking Demonstration

with Lifestyles

March 2025

10:00 Y Chair Yoga - All Levels 11:00 **CR** Spanish Lessons 1:30 **CR** Poker Games 2:15 **T** Movie & Popcorn 3:00 **CR** Wordle Word Game 4:00 **B** Birthday Celebration Happy Hour 7:15 **T** Movie Night

# Saturday

#### 1

10:00	L	Trip: Trader Joe's & More
11:00	Т	Documentaries + Docuseries
11:30	CR	Bingo
1:00	В	Rummikub Games
2:00	CR	Drama Club
2:15	Т	Movie & Popcorn
7:15	Т	Best Picture Oscar
		Nominated: "Wicked" (2024)

#### 8

10:00	L	Trip: Trader Joe's & More
11:00	Т	Documentaries + Docuseries
11:30	CR	Bingo
1:00	В	Rummikub Games
1:00	L	Trip: Las Olas Boulevard
2:00	CR	Drama Club
2:15	Т	Movie & Popcorn
7 <b>:</b> 15	Т	Movie Night

### 15

10:00	L	Trip: Trader Joe's & More
11:00	Т	Documentaries + Docuseries
11:30	CR	Bingo
1:00	В	Rummikub Games
1:15	L	Trip: The Lion King
		@ The Broward Center
2:00	CR	Drama Club
2:15	Т	Movie & Popcorn
7:15	Т	Movie Night

### 22

10:00	L	Trip: Trader Joe's & More
11:00	Т	Documentaries + Docuseries
11:30	CR	Bingo
1:00	В	Rummikub Games
1:00	L	Trip: Casino @ Dania Beach
2:00	CR	Drama Club
2:15	Т	Movie & Popcorn
7:15	Т	Movie Night

### 29

		Trip: Trader Joe's & More Documentaries + Docuseries
11:30		
1:00	В	Rummikub Games
2:00	CR	Drama Club
2:15	Т	Movie & Popcorn
7 <b>:</b> 15	Т	Movie Night

# Around our Community

### Mark your calendars!

Lecture Series: Fred Astaire

Join us Tuesday, March 11, for the next exciting installment in our monthly Lecture Series, where we'll explore the legendary Fred Astaireiconic American dancer, actor, and singer. Discover his groundbreaking contributions to film and dance, including his innovative choreography and unforgettable performances with Ginger Rogers.

Did you know that Astaire was famously told he had "no rhythm" early in his career? He certainly proved them wrong, becoming one of the greatest dancers in cinematic history! Don't miss this fascinating sessionbring your questions and love for the classics!

# LOCATION ΚΕΥ

- **L** Meet in Lobby
- **T** Movie Theater
- **CR** Community Room
- В Bistro
- GR Game Room
- Υ Yoga/Exercise Room
- **SK** Sky Lounge
- **C** Conference Room
- **FA** Family Room
- **A** Art Room



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 IS Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 AR Let's Get Physical! 2:00 TR Outdoor Time 3:00 AR Group Word Games/Puzzles 6:00 AR Evening Program w/ Talia	9:30ISVirtual Church Service10:00ISChair Exercise10:30ISFlex & Relax Class10:30ISInteractive Game11:00ISIN2L Games11:00ISSing-a-Long Songs1:00ARLet's Get Physical!1:00AR0utdoor Walk2:00TROutdoor Time2:00ARDrink of the Day3:00ARGroup Word Games/Puzzles3:30ARKeep Your Brain Young		eral Highway ale, FL 33304 33-9903 r-living-fort-lauderdale.html		st. patrick's DAY	
2 9:30 IS Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 AR Let's Get Physical! 2:00 TR Outdoor Time 3:00 AR Group Word Games/Puzzles 6:00 AR Evening Program w/ Talia	<b>3</b> 10:00 IS Chair Exercise 10:30 IS Interactive Game 11:00 IS Sing-a-Long Songs 1:00 AR Outdoor Walk 2:00 AR Coffee & Tea Social 3:30 AR Famous People Born/March 6:00 AR Evening Movie	<b>4</b> 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 11:30 TR Outdoor Time 1:00 PD Outdoor Walk 2:00 AR Arts-n-Crafts-Collage 3:30 AR Putt-Putt Golf Challenge 6:00 IS Evening Program w/ Talia	5 10:00 IS Exercise Class 10:30 AR 4 Leaf Clovers 11:30 TR Outdoor Time 2:00 T Movie Theater Reserved 3:00 AR Group Word Search 4:00 QR Reminiscing, Short Stories 6:00 AR Evening Movie	6 10:00 IS Sit & Stretch 10:30 Y Work-Out at The Gym! 11:00 IS Interactive Games 1:30 L Scenic Bus Ride 2:00 LI Library Time 4:00 B Happy Hour w/ Live Music 6:00 IS Evening Movie	7 10:00 IS Chair Yoga 10:30 TR Outdoor Time 11:00 AR Dominoes 1:00 AR Let's Get Physical! 2:00 AR Bingo For Chocolates! 3:30 AR Afternoon Musical, Choice 6:00 IS Evening Movie	
9:30 IS Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 AR Let's Get Physical! 2:00 TR Outdoor Time 3:00 AR Group Word Games/Puzzles 6:00 AR Evening Program w/ Talia	<b>10</b> 10:00 IS Chair Exercise 10:30 IS Interactive Game 11:00 IS Sing-a-Long Songs 1:00 AR Outdoor Walk 2:00 AR Golden Girls Salon 3:30 AR March Word Game 6:00 AR Evening Movie	<b>11</b> 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 11:30 TR Outdoor Time 1:00 PD Outdoor Walk 2:00 AR Arts-n-Crafts-St. Patty's 3:30 AR Pokeeno! 6:00 IS Evening Program w/ Talia	<b>12</b> 10:00 IS Exercise Class 10:30 AR Pet Therapy Visit 1:30 L Scenic Bus Ride 2:00 AR Trivia Game on TV 3:00 AR Group Word Search 4:00 QR Reminiscing, Short Stories 6:00 AR Evening Movie	<b>13</b> 10:00 IS Sit & Stretch 10:30 Y Work-Out at The Gym! 11:00 IS Interactive Games 1:00 PD Outdoor Walk 2:00 LI Library Time 3:45 AR The Drake Irish Dancers 6:00 IS Evening Movie	<b>14</b> 10:00 IS Chair Yoga 10:30 TR Outdoor Time 11:00 AR UNO 1:00 AR Let's Get Physical! 2:00 AR Group Word Games 3:30 AR Afternoon Musical, Choice 6:00 IS Evening Movie	
<ul> <li>9:30 IS Virtual Church Service</li> <li>10:30 IS Flex &amp; Relax Class</li> <li>11:00 IS IN2L Games</li> <li>1:00 AR Let's Get Physical!</li> <li>2:00 TR Outdoor Time</li> <li>3:00 AR Group Word Games/Puzzles</li> <li>6:00 AR Evening Program w/ Talia</li> </ul>	<b>17</b> 10:00 IS Chair Exercise 10:30 IS Interactive Game 11:00 IS Sing-a-Long Songs 1:00 PD Outdoor Walk 2:00 AR St. Patty's Day Party 3:30 AR St. Pat's Word Game 6:00 AR Evening Movie	<b>18</b> 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 11:30 TR Outdoor Time 1:00 PD Outdoor Walk 2:00 AR Flower Arranging 3:30 AR Bean Bag Toss 6:00 IS Evening Program w/ Talia	<b>19</b> 10:00 IS Exercise Class 11:00 AR Arts-n-Crafts 2:00 T Movie Theater Reserved 3:00 AR Group Word Search 4:00 QR Reminiscing, Short Stories 6:00 AR Evening Movie	20 10:00 IS Sit & Stretch 10:30 Y Work-Out at The Gym! 11:00 IS Interactive Games 1:30 L Outing to the Beach 2:00 LI Library Time 4:00 B Happy Hour w/ Live Music 6:00 IS Evening Movie	21 10:00 IS Chair Yoga 10:30 TR Outdoor Time 11:00 AR Dominoes 1:00 AR Let's Get Physical! 2:00 AR Bingo For Chocolates! 3:30 AR Afternoon Musical, Choice 6:00 IS Evening Movie	
<ul> <li>9:30 IS Virtual Church Service</li> <li>10:30 IS Flex &amp; Relax Class</li> <li>11:00 IS IN2L Games</li> <li>1:00 AR Let's Get Physical!</li> <li>2:00 TR Outdoor Time</li> <li>3:00 AR Group Word Games/Puzzles</li> <li>6:00 AR Evening Program w/ Talia</li> </ul>	24 10:00 IS Chair Exercise 10:30 IS Interactive Game 11:00 IS Sing-a-Long Songs 1:00 AR Outdoor Walk 2:00 AR Golden Girls Salon 3:30 AR Group Crossword Puzzle 6:00 AR Evening Movie	25 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 11:30 TR Outdoor Time 1:00 PD Outdoor Walk 2:00 AR Arts-n-Crafts 3:30 AR Bingo Time! 6:00 IS Evening Program w/ Talia	26 10:00 IS Exercise Class 10:30 AR Pet Therapy Visit 1:30 L Scenic Bus Ride 2:00 AR Trivia Game on TV 3:00 AR Group Word Search 4:00 QR Reminiscing, Short Stories 6:00 AR Evening Movie	27 10:00 IS Sit & Stretch 10:30 Y Work-Out at The Gym! 11:00 IS Interactive Games 1:30 L Scenic Bus Ride 2:00 LI Library Time 4:00 B Happy Hour w/ Live Music 6:00 IS Evening Movie	28 10:00 IS Chair Yoga 10:30 TR Outdoor Time 11:00 AR UNO 1:00 AR Let's Get Physical! 2:00 AR Group Word Games 3:30 AR Afternoon Musical, Choice 6:00 IS Evening Movie	

**March 2025** 

# Saturday

1

10:00 IS Sit & Stretch
10:30 IS All About March
11:00 TR Outdoor Time
1:00 AR Let's Get Physical!
2:00 AR Movie Matinee
3:30 AR Table Top Game
6:00 AR Evening Movie

#### 8

10:00	IS	Sit & Stretch
10:30	IS	What's Missing?
11:00	TR	Outdoor Time
1:00	AR	Let's Get Physical!
2:00	AR	Movie Matinee
3:30	AR	Table Top Game
6:00	AR	Evening Movie

### 15

10:00	IS	Sit & Stretch
10:30	IS	Brain Teasers
11:00	TR	Outdoor Time
1:00	AR	Let's Get Physical!
2:00	AR	Movie Matinee
3:30	AR	Table Top Game
6:00	AR	Evening Movie

### 22

10:00	IS	Sit & Stretch
10:30	IS	The Family Feud
11:00	TR	Outdoor Time
1:00	AR	Let's Get Physical!
2:00	AR	Movie Matinee
3:30	AR	Table Top Game
6:00	AR	Evening Movie

### 29

10:00	IS	Sit & Stretch
10:30	IS	The Wheel of Fortune
11:00	TR	Outdoor Time
1:00	AR	Let's Get Physical!
2:00	AR	Movie Matinee
3:30	AR	Table Top Game
6:00	AR	Evening Movie

# Around our Community

### TITLE

March Happenings:

Happy Birthday to: Froma S.-3/30

Pet Therapy Visits 3/12 3/26

Movie Theater Reserved 3/5 3/19

The Drake Irish Dancers 3/13

St. Patty's Day Party w/ Steve M. 3/17

Scenic Bus Rides

Wednesdays & Thursdays

LOCATION K E Y

- **IS** Interactive Screen
- TR Terrace
- **AR** Activity Room
- PD Pool Deck
- T Movie Theater
- **QR** Quiet Room
- Y Yoga/Exercise Room
- L Meet in Lobby
- LI Library
- **B** Bistro