
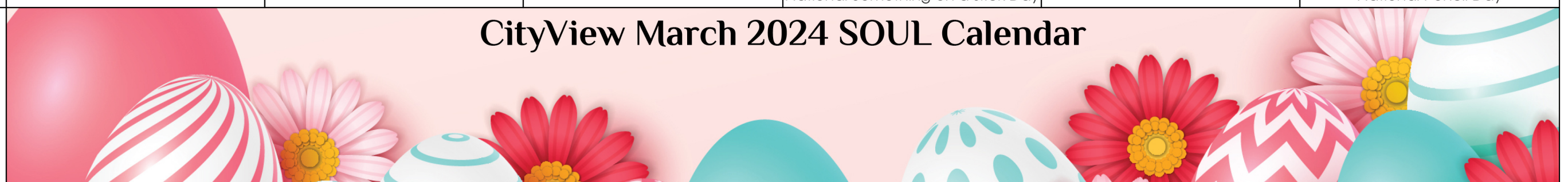


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Power Up Hour 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Soccer - Champions League 2:00 Lemon cupcakes & Tea 3:00 SOUL Ultimate Spa Day 6:00 "I Love Lucy" TV Series	9:30 Local Daily News Updates 10:30 Morning Massages 1:00 Studio Music Session w/Our Drumbeats & Tambourines 2:00 DIY: My Lucky Horseshoe 3:00 Music Appreciation: Elton John 6:00 Movie based on a true story National Marching Band Day	9:30 Shake it off Zumba. 10:30 Sound Meditation & Tea 1:00 Self Love Floral Arrangements 2:00 DIY: My Own Ice Cream Topping 3:00 Hello, Yellow Happy Bingo! 6:00 Romantic Comedy	9:30 Stationary Cycling 10:30 Paint with Friends: Green Meadows 1:00 YUM! Ultimate Frozen Sorbet 2:00 Comedy Improv Hour: Entertainer: Polly Wolly 3:00 Ted Talk & Tea Discussions 6:00 Classic Love Film National Oreo Cookie Day	9:30 Morning Meditation 10:30 Breathe Right Exercise 1:00 Soul Self Love Refreshments 2:00 Soul Adventures: Neighborhood Library 3:00 Game Hour: Table Games 6:00 Musical Theatre Movie	9:30 Morning Refreshments 10:30 Dance Aerobics 1:00 Admiring and Feeding Soul Birds 2:00 Freshly Crafted SOUL Lemon Pies 3:00 Card Game Tournament: Blackjack 21 6:00 Classic Television Marathon	9:30 Inhale & Exhale Affirmations 10:30 Inhale & Exhale 1:00 SOUL: Pen Pal Hour 2:00 Short Stories Book Club 3:00 Loving Our Beautiful Garden: Edible Gardening 6:00 Hollywood Blockbuster Movie National Outside Day
9:30 Joint Therapy Massage 10:30 Sending Positive Blessings 1:00 Ultimate Sports Recap: Soccer - Champions League 2:00 Cheerful Side: Peanut Butter Rolls 3:00 Volunteers Tournament Hour: Charades 6:00 "I Love Lucy" TV Series Ramadan Begins Daylight Saving Time Begins	9:30 Health-Focused Affirmations 10:30 Morning Facials 1:00 Bird walking Club 2:00 Cream filled Sugar Free Rolls & Shoot the Hoops! Basketball Tournament 3:00 Art Appreciation: Peter Blake 6:00 Movie Based on a true story	9:30 Soul Morning Affirmations 10:30 Pilates Workout 1:00 Soul Scavenger Hunt 2:00 SOUL Pet Therapy: Play with Me! 3:00 Soul Outdoor Survival Tips: Loving Our Pets 6:00 Romantic Comedy National Girl Scouts Day	9:30 Morning Meditation 10:30 Paint with Friends: Pot of Luck 1:00 Funny Lucky Stories: Happy Memories 2:00 DIY Jewelry: My Lucky Charm 3:00 Tournament: HD Word Search 6:00 Classic Love Film	9:30 Stationary Cycling 10:30 Local News: Los Angeles 1:00 Poetry in the Courtyard 2:00 Soul Adventures: Echo Park - Feed the Ducks! 3:00 Soul Happy Hour: Entertainer: Manee Valentine 6:00 Musical Theatre Movie	9:30 Inhale & Exhale Warm Up 10:30 Joint Therapy Massage 1:00 SOUL Tournament: Tennis 2:00 Panda Pictionary with Friends 3:00 Top 10 Exotic Animals in the World 6:00 Classic Television Marathon National Panda Day	9:30 Breathe Right Yoga 10:30 Soul Breakfast Warm up. 1:00 Leprechaun Memory Chair Game 2:00 Dessert Parlor: Nutty Pistachio Turnovers 3:00 SOUL Brain Teaser: HD Word Search 6:00 Hollywood Blockbuster Movie
9:30 Mindful Meditation 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Soccer - Europa League 2:00 Go Green, Be Green: Environment Talk 3:00 Holiday Tournament: Mix Match Potato Sacks 6:00 "I Love Lucy" TV Series St. Patrick's Day	9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 St. Patrick's Day Entertainment: Howie Levine 3:00 Music Appreciation: Neil Young 6:00 Movie Based on a true story	9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. 1:00 Self Love Floral Arrangements 2 2:00 Nourishing our Bodies: Hydration Hour 3:00 Chef Demo: Soul Easter Cake Pops 6:00 Romantic Comedy Spring Begins	9:30 Morning Refreshments 10:30 Paint with Friends: Sunsets 1:00 SOUL Band: Beat of the Drums & Karaoke Hour. 2:00 HAPPY HOUR: Residents Birthday Celebration 3:00 Craft Hour: Six Step Easter Bunny Drawing 6:00 Classic Love Film	9:30 Zen Friendship Yoga 10:30 Bagels & Hot Coffee 11:00 Fast of Queen Ester 1:00 Game On! Dominoes 2:00 Soul Adventures: Rodeo Dr. Scenic Drive 3:00 Easter Entertainer: Gypsy Folk Ensemble 6:00 Musical Theatre Movie	9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Personalized Flower Fans. 2:00 Chef Demo: Yummy Deviled Eggs 3:00 Soul Friendship Bowling 6:00 Classic Television Marathon	9:30 Coffee & Bagel 10:30 Bird watching Club. 1:00 Soul Pampered Hair Salon 2:00 Delicious Soul Nachos 3:00 Soul Snack & Juice Bar 6:00 Hollywood Blockbuster Movie National Chip & Dip Day
9:30 Cheerful Morning Walk 10:30 Sending Positive Blessings to All 11:00. Purim Megillah Reading 1:00 Sports: March Madness NCAA 2:00 Mint & Berry Snack Cart 3:00 Volunteers Tournament Hour: Heads Up Charades 5:00. Purim Celebration Dinner 6:00 "I Love Lucy" TV Series Palm Sunday	9:30 Aromatherapy Massage 10:30 Fab, Fit, Fun Workout 1:00 SOUL Sing Along: POP Songs! 2:00 Studio Music Session w/Our Drumbeats & Tambourines 3:00 Art Appreciation: Sol Lewitt 6:00 Movie Based on a true story	9:30 Soul Breakfast & Power Up Pilates Body Stretches 10:30 Short Stories Book Club 1:00 SOUL Sing-Along Karaoke 2:00 Soul Entertainment Singer: Sharon Scott 3:00 Poems from The Heart 6:00 Romantic Comedy	9:30 Morning Warm Up 10:30 Soul Paint with Friends: Easter Desserts 1:00 WELCOME: New Residents Happy Hour 2:00 Holy Communion 3:00 DIY: Soul Tasty Healthy Smoothies 6:00 Classic Love Film	9:30 Positive Morning Affirmations 10:30 Heart to Heart Hour 1:00 Soul Adventures: Griffith Park Observatory 2:00 Cocktail Happy Hour Soul Strawberry & Peach Mocktails 3:00 SOUL Family Game Night: Family Feud 6:00 Musical Theatre Movie National Something on a stick Day	9:30 Spring Bling Shake It Off! 10:00 Soul Self Care Wellness Hour. 1:00 Sports Hour: Colorful Balloon Volleyball 2:00 Power UP Hour 3:00 Brain HQ Word Unscramble 6:00 Classic Television Marathon	9:30 Breathe Right Yoga 10:30 Soul Breakfast Warm up. 1:00 Leprechaun Memory Chair Game 2:00 Dessert Parlor: Nutty Pistachio Turnovers 3:00 SOUL Brain Teaser: HD Word Search 6:00 Hollywood Blockbuster Movie National Pencil Day
9:30 Mindful Meditation 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: March Madness - NCAA Basketball 2:00 Acrylic Painting: Easter Eggs 3:00 Residents Pick: Tasty Dessert 6:00 "I Love Lucy" TV Series Easter Sunday						

CityView March 2024 SOUL Calendar