

March 2026

Hillcrest Highlands Fraser Apartments



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Catholic Communion Service (ES)</p> <p>10:30 Gentle Exercise (HS1)</p> <p>1:00 Bridge Card Game - Resident-Led (DL)</p> <p>1:00 Canasta Card Game - Resident-Led (DL)</p> <p>2:00 Movie: Git-R-Done Larry the Cable Guy (BT)</p> <p>3:30 Ladies Coffee & Laughs (HS1)</p>	<p>8:30 YMCA Aqua-Register in Life Loop (B)</p> <p>9:15 Prayer Circle (ES)</p> <p>9:30 Vital & Balance Clinic w/Jacey (HS1)</p> <p>10:00 Chair Tai Chi/Cardio-Lounge</p> <p>10:30 Fun Trivia w/Mike R. (BT)</p> <p>1:00 Bible Study (CS2)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>2:30 Happy Hour in the Pub (HP3)</p> <p>2:30 Pokeno Game - Like Bingo (HP3)</p> <p>3:30 Bowling on the Big Screen</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Let's Shoot Pool (CR3)</p>	<p>10:00 Music & Movement (HS1)</p> <p>10:00 Walmart/Hyvee Shopping-Register (B)</p> <p>11:40 Ribbon Cutting</p> <p>1:00 Blackjack Card Game - Bring Dimes (HH)</p> <p>2:00 Learn Line Dancing (ES)</p> <p>2:30 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA-Register in Life Loop</p> <p>9:00 Men's Coffee Talk - Firemen Visit (CS2)</p> <p>9:30 Tai Chi for Balance (ES)</p> <p>10:00 Chair Yoga/Cardio (HS1)</p> <p>10:30 Bridge Card Game - Resident-Led (DL)</p> <p>10:50 Pet Therapy w/Melody & Zoey (HS1)</p> <p>11:00 Rosary & Communion w/Norm (ES)</p> <p>1:00 Bingo Bonanza (HH)</p> <p>2:00 ENTERTAINMENT: George N the Jr's (HH)</p> <p>6:30 Game Night (CS2)</p>	<p>10:00 Tai Chi & Cardio (HS1)</p> <p>1:00 Dominoes - Resident-Led (DL)</p> <p>3:00 Celebrate Birthdays (HH)</p> <p>4:00 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Discuss Favorite Recipes (CD)</p>	<p>8:30 YMCA Yoga-Register in Life Loop (B)</p> <p>10:00 Ladies Coffee & Laughs (HH)</p> <p>10:00 Yoga & Cardio w/Laura (HS1)</p> <p>11:00 Life Loop Training 101 (HH)</p> <p>1:00 Active Hearing-Sutherland Conference Rm</p> <p>1:00 Bunco Dice Game (HH)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>1:30 Movie: Sixth Sense (BT)</p> <p>4:00 Beverages in Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>10:30 Cribbage - Resident-Led (HS1)</p> <p>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</p> <p>2:30 Bridge Card Game - Resident-Led (HS1)</p> <p>2:30 Dime Black Jack Card Game w/Bob & Jack (HH)</p> <p>2:30 Scrabble Board Game - Resident-Led (DL)</p> <p>3:30 Beverages in the Pub (P)</p> <p>6:00 Movie The Thomas Crown Affair</p>
<p>AD Daylight Saving Time - Spring Forward</p> <p>9:45 Catholic Communion Service (ES)</p> <p>10:30 Gentle Exercise (HS1)</p> <p>1:00 Bridge Card Game - Resident-Led (DL)</p> <p>1:00 Canasta Card Game - Resident-Led (DL)</p> <p>2:00 Movie: Along Came Polly (BT)</p> <p>3:30 Ladies Coffee & Laughs (HS1)</p>	<p>8:30 YMCA Aqua- Register in Life Loop (B)</p> <p>9:15 Prayer Circle (ES)</p> <p>9:45 CONFESSION w/Father Vince-Sutherland Conference Rm.</p> <p>10:00 Chair Tai Chi/Cardio (HS1)</p> <p>10:30 Catholic Mass w/ Father Vince (ES)</p> <p>10:30 Fun Trivia w/Mike R. (BT)</p> <p>1:00 Bible Study (CS2)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>1:30 Jacey Presentation Women's Bladder Control-Sutherland Conference Room</p> <p>2:00 Jacey to Discuss Types of Assist Tools for Mobility (BT)</p> <p>2:30 Happy Hour in the Pub (HP3)</p> <p>2:30 Pokeno Game - Like Bingo (HP3)</p> <p>3:00 Shadow Lake Shopping Trip-Register (B)</p> <p>3:30 Bowling on the Big Screen</p> <p>3:30 Pet Therapy w/Sandy & Darby (HS1)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Let's Shoot Pool (CR3)</p>	<p>10:00 Music & Movement (HS1)</p> <p>10:00 Walmart Shopping-Register (B)</p> <p>10:00 Walmart/Hyvee Shopping-Register (B)</p> <p>11:40 Ribbon Cutting</p> <p>1:00 Blackjack Card Game - Bring Dimes (HH)</p> <p>1:00 Monthly Book Club (DL)</p> <p>2:00 Learn Line Dancing (ES)</p> <p>2:30 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA-Register in Life Loop</p> <p>9:00 Men's Coffee Talk - Firemen Visit (CS2)</p> <p>9:30 Tai Chi for Balance (ES)</p> <p>10:00 Chair Yoga/Cardio (HS1)</p> <p>10:30 Bridge Card Game - Resident-Led (DL)</p> <p>10:50 Pet Therapy w/Melody & Zoey (HS1)</p> <p>11:00 Rosary & Communion w/Norm (ES)</p> <p>1:00 Bingo Bonanza (HH)</p> <p>2:00 Bible Study w/Pastor Quandt (HH)</p> <p>3:00 Stuff Candy in Plastic Eggs (HH)</p> <p>6:30 Game Night (CS2)</p>	<p>9:30 Men's Outing-Sapp Brothers Restaurant-Register (B)</p> <p>10:00 Tai Chi & Cardio (HS1)</p> <p>10:30 Make a Craft (HS1)</p> <p>1:00 Dominoes - Resident-Led (DL)</p> <p>1:00 Lifelong Learning (Mike Talk): Religions of the World (BT)</p> <p>4:00 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA Yoga-Register in Life Loop (B)</p> <p>10:00 Ladies Coffee & Laughs (HH)</p> <p>10:00 Yoga & Cardio w/Laura (HS1)</p> <p>11:00 Life Loop Training on Devices (BT)</p> <p>1:00 Bunco Dice Game (HH)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>1:30 Movie: Race to Witch Mountain (BT)</p> <p>4:00 Beverages in Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>4:30 FISH FRY- St Patrick's Church-Register (B)</p> <p>6:30 UNO Card Game-Resident Led (HS1)</p>	<p>10:30 Cribbage - Resident-Led (HS1)</p> <p>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</p> <p>2:30 Bridge Card Game - Resident-Led (HS1)</p> <p>2:30 Dime Black Jack Card Game w/Bob & Jack (HH)</p> <p>2:30 Scrabble Board Game - Resident-Led (DL)</p> <p>3:30 Beverages in the Pub (P)</p> <p>6:00 Movie Battle: Los Angeles</p> <p>6:30 Shuffleboard (SAR)</p>

KEY
A=Atrium
B=Bus
BT=Bravo Theater
CR=Cameron's Restaurant
CR3=Club Room 3rd
CS2=Creation Station 2nd
DL=Drummond's Lounge
DR=Drummond's Restaurant
ES=Exercise Studio
FG=Fitness Gym
HH=Highlands Hall
HP3=Highview Pub 3rd
SAR=St. Andrew's Room

Pub Hours
Sun. Closed
Mon. 2:30p.m.-4:30p.m.
Tues. 2:30p.m.-4:00p.m.
Wed. Closed
Thu. 4:00p.m.-6:30p.m.
Fri. 4:00p.m.-6:30p.m.
Sat. 3:30p.m.-6:00p.m.

Happy Birthday!
Larry T. - 14th
Vern S. - 15th
Karen K. - 22nd

National Days
2-Dr Seuss Day
6-Oreo Day
8-Daylight Saving Time
17- St. Patrick's Day
20-First Day of Spring

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<p>9:45 Catholic Communion Service (ES)</p> <p>10:30 Gentle Exercise (HS1)</p> <p>1:00 Bridge Card Game - Resident-Led (DL)</p> <p>1:00 Canasta Card Game - Resident-Led (DL)</p> <p>2:00 Movie: Wild Hogs (BT)</p> <p>3:30 Ladies Coffee & Laughs (HS1)</p>	<p>8:30 YMCA Aqua- Register in Life Loop (B)</p> <p>9:15 Prayer Circle (ES)</p> <p>10:00 Art Project w/Paula C.-Register (CS2)</p> <p>10:00 Chair Tai Chi/Cardio (HS1)</p> <p>10:30 Fun Trivia w/Mike R. (BT)</p> <p>11:00 Film Committee</p> <p>1:00 Bible Study (CS2)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>2:30 Happy Hour in the Pub (HP3)</p> <p>2:30 Pokeno Game - Like Bingo (HP3)</p> <p>3:30 Bowling on the Big Screen</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Let's Shoot Pool (CR3)</p>	<p>Wear Green</p> <p>10:00 Fraser Community Meeting (HS1)</p> <p>10:00 Music & Movement (HS1)</p> <p>11:00 Christian Service-w/Chaplain Mary (CS2)</p> <p>11:00 Exercise Chair Yoga (HS1)</p> <p>11:30 St. Patrick's Day Celebration (HH)</p> <p>11:40 Ribbon Cutting</p> <p>1:00 Blackjack Card Game - Bring Dimes (HH)</p> <p>2:00 Learn Line Dancing (ES)</p> <p>2:30 Beverages in the Highview Pub (HP3)</p> <p>2:30 ENTERTAINER: Eric Pinkall (HH)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA-Register in Life Loop</p> <p>9:00 Men's Coffee Talk - Firemen Visit (CS2)</p> <p>9:30 Tai Chi for Balance (ES)</p> <p>10:00 Chair Yoga/Cardio (HS1)</p> <p>10:30 Bridge Card Game - Resident-Led (DL)</p> <p>10:30 Equipment Training w/Innovate (FG)</p> <p>10:50 Pet Therapy w/Melody & Zoey (HS1)</p> <p>11:00 Rosary & Communion w/Norm (ES)</p> <p>11:30 El Muchacho Alegre MX Restaurant-Register (B)</p> <p>1:00 Bingo Bonanza (HH)</p> <p>2:00 Sing-Along (HH)</p> <p>3:30 Walking Club-Meet in the Atrium</p> <p>6:30 Game Night (CS2)</p>	<p>10:00 Tai Chi & Cardio (HS1)</p> <p>10:00 Tai Chi & Cardio (HS1)</p> <p>1:00 Dominoes - Resident-Led (DL)</p> <p>1:00 Make Dessert for Fire Dept. (CS2)</p> <p>2:30 Sundae Social (DR)</p> <p>4:00 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Trivia (CD)</p>	<p>8:30 YMCA Yoga-Register in Life Loop (B)</p> <p>9:30 Balloon Volleyball-3rd Fridays (ES)</p> <p>10:00 Ladies Coffee & Laughs (HH)</p> <p>10:00 Yoga & Cardio w/Laura (HS1)</p> <p>11:00 LifeLoop 101 Class (HH)</p> <p>1:00 Bunco Dice Game (HH)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>1:30 Movie: Beaches (BT)</p> <p>4:00 Beverages in Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>10:30 Cribbage - Resident-Led (HS1)</p> <p>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</p> <p>2:30 Bridge Card Game - Resident-Led (HS1)</p> <p>2:30 Dime Black Jack Card Game w/Bob & Jack (HH)</p> <p>2:30 Scrabble Board Game - Resident-Led (DL)</p> <p>3:30 Beverages in the Pub (P)</p> <p>6:00 Movie Run Down</p> <p>6:30 Shuffleboard (SAR)</p>
<p>9:45 Catholic Communion Service (ES)</p> <p>10:30 Gentle Exercise (HS1)</p> <p>1:00 Bridge Card Game - Resident-Led (DL)</p> <p>1:00 Canasta Card Game - Resident-Led (DL)</p> <p>2:00 Movie: Saving Private Ryan (BT)</p> <p>3:30 Ladies Coffee & Laughs (HS1)</p>	<p>8:30 YMCA Aqua- Register in Life Loop (B)</p> <p>9:15 Prayer Circle (ES)</p> <p>10:00 Chair Tai Chi/Cardio (HS1)</p> <p>10:30 Catholic Mass w/ Father Vince (ES)</p> <p>10:30 Fun Trivia w/Mike R. (BT)</p> <p>1:00 Bible Study (CS2)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>2:30 Happy Hour in the Pub (HP3)</p> <p>2:30 Pokeno Game - Like Bingo (HP3)</p> <p>3:30 Bowling on the Big Screen</p> <p>3:30 Pet Therapy w/Sandy & Darby (HS1)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Let's Shoot Pool (CR3)</p>	<p>10:00 Music & Movement (HS1)</p> <p>10:30 Walmart Shopping (B)</p> <p>11:40 Ribbon Cutting</p> <p>1:00 Blackjack Card Game - Bring Dimes (HH)</p> <p>2:00 Learn Line Dancing (ES)</p> <p>2:30 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA-Register in Life Loop</p> <p>9:00 Men's Coffee Talk - Firemen Visit (CS2)</p> <p>9:30 Tai Chi for Balance (ES)</p> <p>10:00 Chair Yoga/Cardio (HS1)</p> <p>10:30 Bridge Card Game - Resident-Led (DL)</p> <p>10:50 Pet Therapy w/Melody & Zoey (HS1)</p> <p>11:00 Rosary & Communion w/Norm (ES)</p> <p>1:00 Bingo Bonanza (HH)</p> <p>2:00 Bible Study w/Pastor Quandt (HH)</p> <p>2:00 Sing-Along (HH)</p> <p>3:00 Sorry Board Game (HS1)</p> <p>3:30 Learn Line Dancing (ES)</p> <p>6:30 Game Night (CS2)</p>	<p>10:00 Tai Chi & Cardio (HS1)</p> <p>10:00 Tai Chi & Cardio (HS1)</p> <p>1:00 Bunco (HH)</p> <p>1:00 Dominoes - Resident-Led (DL)</p> <p>1:00 War Horse Casino-Register (B)</p> <p>2:30 Pet Therapy w/Sandy & Darby (HS1)</p> <p>4:00 Beverages in the Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p>	<p>8:30 YMCA Yoga-Register in Life Loop (B)</p> <p>10:00 Ladies Coffee & Laughs (HH)</p> <p>10:00 Yoga & Cardio w/Laura (HS1)</p> <p>11:00 Life Loop Training on Devices (HH)</p> <p>1:00 Bunco Dice Game (HH)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>2:00 BY REQUEST: Music w/ Lindsey & Mike (HH)</p> <p>4:00 Beverages in Highview Pub (HP3)</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>4:30 Fish Fry-St Charles-Register (B)</p>	<p>10:30 Cribbage - Resident-Led (HS1)</p> <p>11:30 Family Easter Egg Hunt (HH)</p> <p>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</p> <p>2:30 Bridge Card Game - Resident-Led (HS1)</p> <p>2:30 Dime Black Jack Card Game w/Bob & Jack (HH)</p> <p>2:30 Scrabble Board Game - Resident-Led (DL)</p> <p>3:30 Beverages in the Pub (P)</p> <p>6:00 Movie: A Wrinkle in Time</p>
<p>9:45 Catholic Communion Service (ES)</p> <p>10:30 Gentle Exercise (HS1)</p> <p>1:00 Bridge Card Game - Resident-Led (DL)</p> <p>1:00 Canasta Card Game - Resident-Led (DL)</p> <p>2:00 Movie: Anger Management (BT)</p> <p>3:30 Ladies Coffee & Laughs (HS1)</p>	<p>8:30 YMCA Aqua- Register in Life Loop (B)</p> <p>9:15 Prayer Circle (ES)</p> <p>10:00 Chair Tai Chi/Cardio (HS1)</p> <p>10:30 Fun Trivia w/Mike R. (BT)</p> <p>1:00 Bible Study (CS2)</p> <p>1:00 Pitch Card Game - 3rd Floor (CR3)</p> <p>2:30 Happy Hour in the Pub (HP3)</p> <p>2:30 Pokeno Game - Like Bingo (HP3)</p> <p>3:30 Bowling on the Big Screen</p> <p>4:00 Resident Rosary Prayer (ES)</p> <p>6:30 Let's Shoot Pool (CR3)</p>	<p>10:00 Music & Movement (HS1)</p> <p>10:30 Jewelry Making (HS1)</p> <p>11:40 Ribbon Cutting</p> <p>1:00 Blackjack Card Game - Bring Dimes (HH)</p> <p>2:00 Learn Line Dancing (ES)</p> <p>2:30 Beverages in the Highview Pub (HP3)</p> <p>2:30 Making Decorative Pens w/Laurie R. (CS2)</p> <p>4:00 Resident Rosary Prayer (ES)</p>				

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Wed. Closed
Thu. 4:00p.m.-6:30p.m.
Fri. 4:00p.m.-6:30p.m.
Sat. 3:30p.m.-6:00p.m.

Happy Birthday!
Larry T. - 14th
Vern S. - 15th
Karen K. - 22nd

National Days
2-Dr Seuss Day
6-Oreo Day
8-Daylight Saving Time
17- St. Patrick's Day
20-First Day of Spring