

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

**1**

9:00 ■ Meditation & QiGong; Workout DVD  
 11:00 ■ Early Morning Movie: Mamma Mia  
 1:30 ■ Balance & Strength Fitness DVD  
 2:30 ■ Merion Matinee: Mamma Mia Here We Go Again  
 5:00 ■ Shiva Rea: Meditation DVD  
 7:00 ■ **Northwestern University Crescendo for a Cause Concerts**  
 7:30 ■ Sunday Night Movie: The Banger Sisters

**2 PURIM**

10:30 ■ Redefining Strength w/ Nichola  
 12:00 ■ Symbria Wellness: Aqua Flow  
 1:00 ■ Poetry Corner w/ Friends of The Merion  
 1:00 ■ Merion Bridge Club  
 1:30 ■ Symbria Wellness: Stretch & Flex  
 2:30 ■ Canvas Creations w/ Charlotta  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Monday Night Movie: GOLDA

**3**

9:15 ■ Integrated Movement for Mind & Body w/ Barbara  
 11:30 ■ **Meet & Greet: For State Senate; Rachel Ruttenberg**  
 11:30 ■ Symbria Wellness: Fitness Training  
 1:00 ■ Mahjong @ The Merion  
 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)  
 1:30 ■ **PURIM CELEBRATION** w/ Megillah Reading  
 2:30 ■ Symbria Wellness: Fitness Fusion  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Tuesday Night Movie: No Mercy

**4**

9:30 ■ Gentle Yoga w/ Leigh  
 10:30 ■ Merion Pool Time  
 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury  
 12:00 ■ NETFLIX / Grace and Frankie Season Three / Episode 9  
 1:00 ■ CHC: Blood Pressure Screening  
 1:00 ■ Fit & Functioning w/ Johnny  
 1:00 ■ Canasta Club @ The Merion  
 3:00 ■ **Open Forum @ The Merion**  
 4:00 ■ Happy Hour @ The Merion  
 7:00 ■ Scrabble Night @ The Merion  
 7:30 ■ Wednesday Night Movie: Little Miss Sunshine

**5**

9:30 ■ Sit and Be Fit Fitness DVD  
 11:00 ■ BeMoved Dance w/ Heidi  
 12:30 ■ **Armchair Travel: Egypt w/ Heidi**  
 1:00 ■ Merion Bridge Club  
 2:00 ■ Tasty Thursdays @ The Merion  
 3:00 ■ **CHC: Getting to Know Your Neighbors Social w / Rachele Blough**  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Thursday Night Movie: 9 to 5

**6**

9:00 ■ Interfaith Musings w/ J. Agne  
 10:00 ■ Symbria: Balance Booster  
 12:30 ■ PRIME: The Book of Negroes Season One/ Episode 3  
 1:00 ■ The Hand & Foot Card Game  
 2:00 ■ **Line Dancing w/ Nichola**  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Friday Night Movie: Million Dollar Baby

**7 WOMEN'S DAY CELEBRATION**

9:30 ■ Women's Club of the Merion: Continental Breakfast  
 11:30 ■ International Expressions w/ Charlotta Koppanyi  
 12:30 ■ Merion Matinee: Maya Angelou; AND STILL, I RISE  
 12:30 ■ Let's Talk Theatre w/ Maura Junius  
 1:30 ■ Celebrating Mind & Body w/ Barbara Meyer  
 2:30 ■ Art Alive: "Artemisia Gentileschi" w/ Debra Levie  
 4:00 ■ Happy Hour & Live Music w/ Ameerah Tatum  
 5:00 ■ International Cuisine @ The Merion  
 7:30/9:30 ■ Saturday Night Movie: Hidden Figures  
 8:00 ■ The Eternal Feminine: Songs Celebrating Women Mezzosoprano Ola Rafalo & Maia Surace

**8 DAYLIGHT SAVINGS TIME**

9:00 ■ Meditation & QiGong; Workout DVD  
 11:00 ■ Early Morning Movie: Funny Lady  
 1:00 ■ Card Creations w/ Pam  
 1:30 ■ Balance & Strength Fitness DVD  
 2:30 ■ Merion Matinee: Funny Girl  
 5:00 ■ Shiva Rea: Meditation DVD  
 7:30 ■ **Women Composers- Chicago/Minnesota Connections with Pianist & Composer Amy Wurtz**  
 7:30 ■ Sunday Night Movie: Annie Hall

**9**

10:30 ■ Redefining Strength w/ Nichola  
 12:00 ■ Symbria Wellness: Aqua Flow  
 1:00 ■ Current Events w/ H. Voeks  
 1:00 ■ Merion Bridge Club  
 1:30 ■ Symbria Wellness: Stretch & Flex  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Monday Night Movie: IRIS

**10**

9:15 ■ Integrated Movement for Mind & Body w/ Barbara  
 11:30 ■ Symbria Wellness: Fitness Training  
 12:30 ■ NETFLIX / Blue Moon  
 1:00 ■ Mahjong @ The Merion  
 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)  
 2:00 ■ **Meet & Greet 9th District Congress w/Bushra Amiwala**  
 2:30 ■ Symbria Wellness: Fitness Fusion  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Tuesday Night Movie: August Osage County

**11**

9:30 ■ Gentle Yoga w/ Leigh  
 10:30 ■ Merion Pool Time  
 12:00 ■ NETFLIX / Grace and Frankie Season Three / Episode 10  
 1:00 ■ CHC: Blood Pressure Screening  
 1:00 ■ Fit & Functioning w/ Johnny  
 1:00 ■ Canasta Club @ The Merion  
 2:00 ■ **CHC: Amazing, Aging, Grace Spiritual and Aging**  
 4:00 ■ Happy Hour @ The Merion w/ Jerry Tiberi Trio  
 7:00 ■ Poker Night @ The Merion  
 7:30 ■ Wednesday Night Movie: Selena

**12**

9:30 ■ Balance, Mobility, & Wellness w/ Mike  
 11:00 ■ BeMoved Dance w/ Heidi  
 12:00 ■ **Merion Field Trip: Luella's Southern Kitchen**  
 1:00 ■ Merion Bridge Club  
 1:00 ■ Mindful Movement & Breathe w/ Barbara  
 2:00 ■ Tasty Thursdays @ The Merion  
 3:00 ■ Let's Talk: "HAIR" The Musical & the Reality w/ Greg S.  
 4:00 ■ Happy Hour @ Live Music w/ S. Aaron  
 7:30 ■ Thursday Night Movie: Painted Lady

**13**

9:00 ■ Interfaith Musings w/ J. Agne  
 10:00 ■ Symbria: Balance Booster  
 11:30 ■ Merion Short Story Discussion  
 12:30 ■ PRIME: The Book of Negroes Season One/ Episode 4  
 1:00 ■ The Hand & Foot Card Game  
 2:30 ■ Museums of the World w/ Debra L. Presents: Gardner Museum, Boston  
 4:00 ■ Shabbat Services w/ Carol G. & Suzy F.  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Friday Night Movie: The Devil Wears Prada

**14**

10-12 ■ Billiards @ The Merion  
 11:00 ■ Bingo & Prizes w/ Friends  
 11:00 ■ Balance Booster Fitness DVD  
 12:30 ■ NETFLIX / HOMELAND Season One / Episode 10  
 1-3 ■ Rummikub @ The Merion  
 6:00 ■ Focused Reflection w/ Mui  
 7:30 ■ Saturday Night Movie: Guarding Tess

**15**

9:00 ■ Meditation & QiGong; Workout DVD  
 11:00 ■ Early Morning Movie: National Velvet  
 1:30 ■ Balance & Strength Fitness DVD  
 2:30 ■ Merion Matinee: Pretty in Pink  
 5:00 ■ Shiva Rea: Meditation DVD  
 7:30 ■ Sunday Night Movie: Georgia Rule

**16**

10:30 ■ Redefining Strength w/ Nichola  
 12:00 ■ Symbria Wellness: Aqua Flow  
 1:00 ■ Poetry Corner w/ Friends of The Merion  
 1:00 ■ Merion Bridge Club  
 1:30 ■ Symbria Wellness: Stretch & Flex  
 2:30 ■ Canvas Creations w/ Charlotta  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Monday Night Movie: The Proposal

**17 ELECTION DAY ST. PATRICK'S DAY**

9:15 ■ Integrated Movement for Mind & Body w/ Barbara  
 11:30 ■ Symbria Wellness: Fitness Training  
 1:00 ■ Mahjong @ The Merion  
 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)  
 2:30 ■ Symbria Wellness: Fitness Fusion  
 3:00 ■ History in Perspective w/ Eugene F. The Patron Saint of Ireland & probably Amway  
 4:00 ■ **St. Patrick's Day Happy Hour & Live Music w/ The Maracujaz Band**  
 7:30 ■ Tuesday Night Movie: Thelma & Louise

**18**

9:30 ■ Gentle Yoga w/ Leigh  
 10:30 ■ Merion Pool Time  
 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury  
 12:00 ■ NETFLIX / Grace and Frankie Season Three/ Episode 11  
 1:00 ■ CHC: Blood Pressure Screening  
 1:00 ■ Fit & Functioning w/ Johnny  
 1:00 ■ Canasta Club @ The Merion  
 3:00 ■ **Open Forum @ The Merion**  
 4:00 ■ Happy Hour @ The Merion  
 7:00 ■ Scrabble Night @ The Merion  
 7:30 ■ Wednesday Movie: Erin Brockovich

**19**

9:30 ■ Sit and Be Fit Fitness DVD  
 11:00 ■ BeMoved Dance w/ Heidi  
 11:00 ■ **Merion Field Trip: Walking Trip The Chicago Botanic Garden**  
 12:30 ■ NETFLIX / BREAKDOWN: 1975  
 1:00 ■ Merion Bridge Club  
 1:00 ■ Merion Book Club Meet Up  
 2:00 ■ Tasty Thursdays @ The Merion  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Thursday Night Movie: SABRINA

**20 FIRST DAY OF SPRING**

9:00 ■ Interfaith Musings w/ J. Agne  
 11:30 ■ Merion Short Story Discussion w/ C. Garner  
 12:30 ■ PRIME: The Book of Negroes Season One/ Episode 5  
 1:00 ■ The Hand & Foot Card Game  
 3:00 ■ **11th Annual Spring Time Resident & Staff Meet & Greet**  
 4:00 ■ Shabbat Services w/ Carol G. & Suzy F.  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Friday Night Movie: BLACKBIRD

**21**

10-12 ■ Billiards @ The Merion  
 11:00 ■ Bingo & Prizes w/ Friends  
 11:00 ■ Balance Booster Fitness DVD  
 12:30 ■ NETFLIX / HOMELAND Season One / Episode 11  
 1-3 ■ Rummikub @ The Merion  
 2:30 ■ Music Appreciation Lecture w/ Kurt Presents: "Irish Music"  
 7:30 ■ Saturday Night Movie: The Women

**22**

9:00 ■ Meditation & QiGong; Workout DVD  
 11:00 ■ Early Morning Movie: Imitation of Life (1934)  
 1:30 ■ Balance & Strength Fitness DVD  
 2:30 ■ Merion Matinee: Imitation of Life (1959)  
 5:00 ■ Shiva Rea: Meditation DVD  
 7:00 ■ **The Music Institute of Chicago Ensemble**  
 7:30 ■ Sunday Night Movie: A Ballerina's Tale

**23**

10:30 ■ Redefining Strength w/ Nichola  
 12:00 ■ Symbria Wellness: Aqua Flow  
 1:00 ■ Current Events w/ H. Voeks  
 1:00 ■ Merion Bridge Club  
 1:30 ■ Symbria Wellness: Stretch & Flex  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Monday Night Movie: There's Something About Mary

**24**

9:15 ■ Integrated Movement for Mind & Body w/ Barbara  
 11:30 ■ Symbria Wellness: Fitness Training  
 1:00 ■ Mahjong @ The Merion  
 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)  
 2:30 ■ Symbria Wellness: Fitness Fusion  
 3:00 ■ Let's Talk: Robert Lewine has a Question w/ Greg S.  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Tuesday Night Movie: Hope Floats

**25**

9:30 ■ Gentle Yoga w/ Leigh  
 10:30 ■ Merion Pool Time  
 12:00 ■ NETFLIX / Grace and Frankie Season Three/ Episode 12  
 1:00 ■ CHC: Blood Pressure Screening  
 1:00 ■ Fit & Functioning w/ Johnny  
 1:00 ■ Canasta Club @ The Merion  
 4:00 ■ **March Resident Birthday Celebration**  
 4:00 ■ Happy Hour @ The Merion w/ Jerry Tiberi Trio  
 7:00 ■ Poker Night @ The Merion  
 7:30 ■ Wednesday Night Movie: Eat Pray Love

**26**

9:30 ■ Balance, Mobility, & Wellness w/ Mike  
 11:00 ■ BeMoved Dance w/ Heidi  
 12:30 ■ NETFLIX / Queen of Chess  
 1:00 ■ Merion Bridge Club  
 2:00 ■ Tasty Thursdays @ The Merion  
 3:00 ■ **Merion Reader's Theatre Production**  
 4:30 ■ **Merion Reader's Theatre Reception**  
 4:30 ■ **Happy Hour & Live Music w/ S. Aaron**  
 7:30 ■ Thursday Night Movie: Sister Act

**27**

9:00 ■ Interfaith Musings w/ J. Agne  
 10:00 ■ Symbria: Balance Booster  
 11:30 ■ Merion Short Story Discussion  
 12:30 ■ PRIME: The Book of Negroes Season One / Episode 6  
 1:00 ■ The Hand & Foot Card Game  
 2:30 ■ Art Alive Programming w/ Debra L. "The Phillips Collection, WDC"  
 4:00 ■ Happy Hour & Live Music w/ Ameerah Tatum  
 5:00 ■ **Italian Night @ The Merion**  
 7:30 ■ Friday Movie: Bridget Jones Diary

**28**

10-12 ■ Billiards @ The Merion  
 11:00 ■ Bingo & Prizes w/ Friends  
 11:00 ■ Balance Booster Fitness DVD  
 12:30 ■ NETFLIX / HOMELAND Season One / Episode 12  
 1-3 ■ Rummikub @ The Merion  
 2:00 ■ **Merion Field Trip: The Writers Theater Presents: "Two Sisters and a Piano"**  
 2:30 ■ Music Appreciation Lecture w/ Kurt Presents: "The Women of Country"  
 7:30 ■ Saturday Night Movie: POMS

**29**

9:00 ■ Meditation & QiGong; Workout DVD  
 11:00 ■ Early Morning Movie: Tammy and the Bachelor  
 1:30 ■ Balance & Strength Fitness DVD  
 2:30 ■ Merion Matinee: Tammy Tell Me True  
 5:00 ■ Shiva Rea: Meditation DVD  
 7:00 ■ **The Music Institute of Chicago Ensemble**  
 7:30 ■ Sunday Night Movie: Tammy & The Doctor

**30**

10:30 ■ Redefining Strength w/ Nichola  
 12:00 ■ Symbria Wellness: Aqua Flow  
 1:00 ■ Poetry Corner w/ Friends of The Merion  
 1:00 ■ Merion Bridge Club  
 1:30 ■ Symbria Wellness: Stretch & Flex  
 2:30 ■ **Symbria Wellness w/ Herman Presents: Metabolic Disorders**  
 4:00 ■ Happy Hour @ The Merion  
 6:00 ■ Focused Reflection w/ Mui  
 7:30 ■ Monday Movie: Miss Juneteenth

**31**

9:15 ■ Integrated Movement for Mind & Body w/ Barbara  
 11:30 ■ Symbria Wellness: Fitness Training  
 1:00 ■ Mahjong @ The Merion  
 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)  
 2:30 ■ Symbria Wellness: Fitness Fusion  
 3:00 ■ History in Perspective w/ E. Finerman Presents: How Rome Became and Empire  
 4:00 ■ Happy Hour @ The Merion  
 7:30 ■ Tuesday Night Movie: The Bodyguard



- Arts & Culture
- Health & Fitness
- Life Long Learning
- Music
- Social Activities
- Spiritual Wellness