

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**LEGEND**

Seabury  at Friendship Terrace  
Senior Living

FL- Front Lobby, 2nd Floor  
DR- Dining Room, 2nd Floor  
LI- Library, 3rd Floor  
OS- Outside  
2nd-Floor Lounge  
4th-Game Room  
6th-Roof Top Deck  
Activity Color keycode: AD- Green, RSC- Blue, FTRA- Black, FT- Burgundy

BP- Beauty Parlor, 1st Floor  
ER- Exercise Room, 1st Floor  
WC- Wellness Center, 1st Floor  
3rd- Floor Lounge  
5th- Floor Lounge



<b>1</b>	<b>Happy Birthday Lynn, A</b>	
	10:00 Chair yoga (FTRA)	5
	12:00 <b>Brunch</b>	DR
	2:00 Tea & Cookies	4
	6:30 Movie Curated By Ella Kelly	5

<p><b>2</b></p> <p><b>Happy Birthday Robert, F</b></p> <p>8:15 <b>Catholic Communion</b> 2 12:00 <b>Brunch</b> DR 4:30 Movie Curated By Eda 5</p>	<p><b>3</b></p> <p><b>Happy Birthday Mariella S</b></p> <p>12:00 <b>Quick Trivia</b> 2 1:30 Reminiscences (FTRA) 4 5:00 Mints &amp; Music 2</p>	<p><b>4</b></p> <p>10:00 <b>Stretch &amp; Tone w/ Mary</b> 2 11:00 <b>Fat Tuesday Pancakes</b> DR 1:00 <b>Mardi Gras Social</b> DR 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR</p>	<p><b>5</b></p> <p>10:00 <b>Ash Wed Service</b> 3 2:00 Scrabble Club 4 5:00 Mints &amp; Music 2 6:30 Trivial Pursuit (FTRA) 4 7:00 Loss Support Group LI</p>	<p><b>6</b></p> <p>10:00 Chair Yoga (FTRA) 5 11:30 <b>Chaplaincy Service</b> LI 2:00 Echoes from Ethiopia (FTRA) 5 6:30 Bingo (FTRA) DR</p>	<p><b>7</b></p> <p>11:00 <b>Art History Lecture</b> 5 1:00 <b>International Women Day Social</b> 2 2:00 <b>Catholic Mass</b> 3</p>	<p><b>8</b></p> <p>10:00 Chair yoga (FTRA) 5 12:00 <b>Brunch</b> DR 6:30 Movie Curated By Ella Kelly 5</p> 
<p><b>9</b></p> <p><b>Happy Birthday Muhammad &amp; Lisa</b></p> <p>8:15 <b>Catholic Communion</b> 2 12:00 <b>Brunch</b> DR 2:00 <b>Worship Service</b> 5 4:30 Movie Curated By Eda &amp; Martha 5</p> 	<p><b>10</b></p> <p>12:00 <b>Quick Trivia</b> 2 1:00 <b>GDS Pre-K</b> DR 1:30 Jigsaw Puzzles (FTRA) 4 5:00 Mints &amp; Music (FTRA) 2</p>	<p><b>11</b></p> <p>10:00 <b>Stretch &amp; Tone w/ Mary</b> 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR</p>	<p><b>12</b></p> <p>11:00 <b>Prayer Service</b> 2 2:00 Scrabble Club (FTRA) 4 5:00 Mints &amp; Music 2 6:30 Trivial Pursuit (FTRA) 4</p>	<p><b>13</b></p> <p><b>Happy Birthday Cornelia, Robert &amp; Fannie</b></p> <p>6:30 Bingo (FTRA) DR</p>	<p><b>14</b></p> <p><b>Happy Birthday Mary, B</b></p> <p>3:30 <b>Shabbat Gathering</b> 3</p>	<p><b>15</b></p> <p>10:00 Chair Yoga (FTRA) 5 12:00 <b>Brunch</b> DR 2:00 Tea &amp; Cookies 4 6:30 Movie Curated By Ella Kelly 5</p>
<p><b>16</b></p> <p><b>Happy Birthday Yonas, B</b></p> <p>8:15 <b>Catholic Communion</b> 2 12:00 <b>Brunch</b> DR 4:30 Movie Curated By Eda &amp; Martha 5</p>	<p><b>17</b></p> <p><b>Happy Birthday Ella, K</b></p> <p>1:00 <b>St. Paddy's Day Social</b> 2 1:30 Reminiscences 4 5:00 Mints &amp; Music (FTRA) 2</p> 	<p><b>18</b></p> <p><b>Happy Birthday Johnny, R</b></p> <p>10:00 <b>Stretch &amp; Tone w/ Mary</b> 5 1:30 <b>Greenbelt Wind Band</b> DR 2:30 Current Events (FTRA) LI 6:30 Bingo (FTRA) DR</p>	<p><b>19</b></p> <p>11:00 <b>Coffee Chat</b> 2 2:00 Scrabble Club (FTRA) 4 5:00 Mints &amp; Music 2 6:30 Trivial Pursuit (FTRA) 4 7:00 Loss Support Group LI</p>	<p><b>20</b></p> <p>10:00 Chair Yoga (FTRA) 5 11:00 <b>Chaplaincy Service</b> LI 2:00 <b>Episcopal Eucharist</b> 3 6:30 Bingo (FTRA) DR</p>	<p><b>21</b></p> <p>1:00 <b>Spring Social</b> 2 6:30 Wine &amp; Cheese Hour (FTRA) 4</p> 	<p><b>22</b></p> <p>10:00 <b>Chair Yoga w/ Howard U volunteers</b> 5 12:00 <b>Brunch</b> DR 1:00 <b>Seabury Book Club</b> 5 6:30 Movie Curated By Ella Kelly 5</p>
<p><b>23</b></p> <p>8:15 <b>Catholic Communion</b> 2 12:00 <b>Brunch</b> DR 4:30 Movie Curated By Eda &amp; Martha 5</p>	<p><b>24</b></p> <p>12:00 <b>Quick Trivia</b> 2 5:00 Mints &amp; Music (FTRA) 2</p>	<p><b>25</b></p> <p>10:00 <b>Stretch &amp; Tone w/ Mary</b> 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR</p>	<p><b>26</b></p> <p>1:00 Book Buzz 4 2:00 Scrabble Club (FTRA) 4 5:00 Mints &amp; Music 2 6:30 Trivial Pursuit (FTRA) 4</p>	<p><b>27</b></p> <p>10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR</p>	<p><b>28</b></p> <p><b>Happy Birthday John T</b></p> <p>1:00 <b>Terrace Talks</b> DR 3:30 <b>Shabbat Gathering</b> 3</p>	<p><b>29</b></p> <p>10:00 Chair Yoga (FTRA) 5 12:00 <b>Brunch</b> DR 2:00 Tea &amp; Cookies 4 6:30 Movie Curated By Ella Kelly 5</p>
<p><b>30</b></p> <p>8:15 <b>Catholic Communion</b> 2 12:00 <b>Brunch</b> DR 4:30 Movie Curated By Eda &amp; Martha 5</p>	<p><b>31</b></p> <p>1:30 Reminiscences (FTRA) 4 5:00 Mints &amp; Music (FTRA) 2</p>					