



# MARCH - 2020















SPRING



DON'T FORGET TO  
SPRING FORWARD

REMEMBER TO SET YOUR  
CLOCKS AHEAD 1 HOUR  
SUNDAY MARCH 8



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 10:00/M Worship Service-in Ballroom	2 9:30M ARTHRITIS EXERCISE 11 - 12:30/D Martha Murray 1:30/O BRIDGE GAME 2:30G MINDFUL BREATHING CLASS WITH IGOR 6:15/M ORCHARD PRAYER With BILL LASH	3 9:00/M 40 Minute Chair Exercise 9:50/M ONE HOUR BINGO (DON WEST calling) 10:00/O FBC BIBLE STUDY 2—4/G Men's Spinner 6:15M BIBLE STUDY Teacher — BILL LASH	4 9:30M ARTHRITIS EXERCISE 1:45/M MOVIE & A SNACK  3/A Colonial Heights Bapt. Devotional 3:00/O Episcopal Worship Service	5 9:00/M 40 Minute Chair Exercise 10:00/M YOGA WITH JEAN 10:30/G Ridgeland Library Vol 2—4/G Men's Spinner 3:00/L SUPPORT GROUP 6:15-7:15/M BINGO (JOHN PROCTOR calling)	6 9:30/M ARTHRITIS EXERCISE 2:30/M RONNIE BROWN 4:00/O ORCHARD SOCIAL	 7 8:00F Just Go For A Walk 9:00/M 40-Minute Chair Exercise 5:00/O MIX & MINGLE SOCIAL 6:15~BOARD BUS FOR MISS. COMMUNITY SYMPHONIC BAND "MISSISSIPPI SWING" **SET YOUR CLOCKS FORWARD 1 HOUR BEFORE GOING TO BED**
 8 10:00/M Worship Service-in Ballroom	9 9:30M ARTHRITIS EXERCISE 9:30/O CIRCLE MEETING 1:00/L BRYAN DOTY HEARING AID REPAIR 1:30/O BRIDGE GAME 3:00/M SERVICE OF HOLY COMMUNION And ALL are Welcome	10 9:00/M 40 Minute Chair Exercise 9:50/M ONE HOUR BINGO (GEORGE FORKIN calling) 10:00/O FBC BIBLE STUDY 2—4/G Men's Spinner 6:15M BIBLE STUDY Teacher — BILL LASH	11 9:30M ARTHRITIS EXERCISE 1:45/M MOVIE & A SNACK  3/A Colonial Heights Bapt. Devotional 3:00/O Episcopal Worship Service	12 9:00/M 40 Minute Chair Exercise 10:00/M YOGA WITH JEAN 2—4/G Men's Spinner 6:15-7:15/M BINGO (SLEEPY GRIME calling)	13 9:30/M ARTHRITIS EXERCISE 3:45/M DAN MICHAEL 4:00/O ORCHARD SOCIAL 5:00/D TODD DERSTINE	14 8:00F Just Go For A Walk 9:30/M 40-Minute Chair Exercise 5:00/O MIX & MINGLE SOCIAL
 15 10:00/M Worship Service-in Ballroom	16 9:30/M ARTHRITIS EXERCISE 1:30/O BRIDGE GAME 2:30G MINDFUL BREATHING CLASS WITH IGOR	17 ST. PATRICK'S DAY 9:00/M 40 Minute Chair Exercise 9:50/M ONE HOUR BINGO (SLEEPY GRIMES calling) 9:30/O FBC MISSION MEETING 2—4/G Men's Spinner 3:45/M DAN MICHAEL 6:15M BIBLE STUDY Teacher — DAVID WATTS	18 9:30M ARTHRITIS EXERCISE 1:45/M MOVIE & A SNACK  3/A Colonial Heights Baptist Devotional 3:00/O Episcopal Worship Service	19 SPRING BEGINS 9:00/M 40 Minute Chair Exercise 10:00/M YOGA WITH JEAN 1:30/O Bridge 2—4/G Men's Spinner 3:00/L SUPPORT GROUP 6:15-7:15/M BINGO (GEORGE FORKIN calling)	20 9:30/M ARTHRITIS EXERCISE 2:30/M CHAMINADE MUSIC 4:00/O ORCHARD SOCIAL	21 8:00F Just Go For A Walk 9:30/M 40-Minute Chair Exercise 5:00/O MIX & MINGLE SOCIAL
22 10:00/M Worship Service-in Ballroom	23 9:30/M ARTHRITIS EXERCISE 1:00/L BRYAN DOTY HEARING AID REPAIR 1:30/O BRIDGE GAME 	24 9:00/M 40 Minute Chair Exercise 10:00/O FBC BIBLE STUDY 9:50/M ONE HOUR BINGO (GEORGE FORKIN calling) 2:30/M THREE FOR THE ROAD (FEATURING SCOTTY T- BONE) 2—4/G Men's Spinner 6:15M BIBLE STUDY Teacher —DAVID WATTS	25 9:30M ARTHRITIS EXERCISE 1:45/M MOVIE & A SNACK  3/A Colonial Heights Baptist Devotional 3:00/O Episcopal Worship Service	26 9:00/M 40 Minute Chair Exercise 10:00/M YOGA WITH JEAN 1:30/O Bridge 2—4/G Men's Spinner 2:30/L BOOK REVIEW CLUB 6:15-7:15/M BINGO (SLEEPY GRIME calling)	27 9:30M ARTHRITIS EXERCISE 2:30/M JERRY PUCKETT 4:00/O ORCHARD SOCIAL 5:00/D TODD DERSTINE	28 8:00F Just Go For A Walk 9:30/M 40-Minute Chair Exercise 5:00/O MIX & MINGLE SOCIAL 6:45~ BOARD BUS TO THALIA MARA HALL FOR BRAVO'S "ODE TO JOY"
 29 10:00/M Worship Service—in Ballroom	30 9:30/M ARTHRITIS EXERCISE 1:30/O BRIDGE GAME 2:00 LET'S MAKE SOME ART (ACTIVITY ROOM 2ND FLOOR)	31 9:00/M 40 Minute Chair Exercise 9:50/M ONE HOUR BINGO (MARIE MCGREW calling) 10:00/O FBC BIBLE STUDY 3:00/ M J.E.S TRIO 6:15M BIBLE STUDY Teacher—BILL LASH	Our exercise programs here at The Orchard: •Arthritis program—led by Bob Haltom on M-W-F at 9:30 a.m. •Chair exercise—led by Caroline Tannehill on Tues (9:00)-Th(9:30) Sat(9:30) Both programs held in BALL — ROOM (on 2nd floor		AC= Azalea Ct. Lounge-1st Floor N. C= Conference Rm. D= Main Dining Room off Foyer F= Foyer near Receptionist G= Game Room-1st fl-middle hallway H= HealthRoom-2nd fl near ballroom L= Library - beside elevator-2nd floor M= Multi-purpose Ballroom-2nd floor O= ORCHARD Lounge—1st floor PD= Private Dining Room-1st Floor	
YOU ARE NEEDED TO PARTICIPATE IN ACTIVITIES! 	\$\$ BANKS IN THE LIBRARY \$\$ Thursdays—TRUSTMARK 10—10:30	DOCTOR APPOINTMENTS MONDAYS AND WEDNESDAYS 8:30 a.m.—2:30 p.m. 	*New Shopping Hours* (FALL/WINTER) TUESDAYS and THURSDAYS Kroger—1:30 PM Walmart/Northpark— 2:30 PM	HALLMARK CLEANERS 601 956-9295 Delivery and Pick-ups TUESDAYS and FRIDAYS	NEED MADISON COUNTY CAR TAG????? HWY 51—Right on 117 Cobblestone (across from Mama Hamil's Restaurant) OR DIAL 601- 856-4472 (30 days to get Madison Co. Tag)	WELCOME We're Glad You're Here MARCH BIRTHSTONE — BLOODSTONE FLOWER — JONQUIL COLOR — WHITE 