

Address:  
 Arapaho Gardens  
 1121 Rockingham Dr.  
 Richardson TX 75080  
 972-379-9904

# PLAN @ 1121 ROCK

People Living Active Now



March Birthdays: Cathryn B. 3/1, Kevin G. 3/4, Holland M. 3/4, Chris O. 3/8, Richard S. 3/14, Yann S. 3/15, Tiffany G. 3/17, Liz B. 3/20, Sharon Z. 3/20

## ~ March 2023 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Sunshine & Shadows Comm. 2-3p	2 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Newsletter Comm. 2-3p	3 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Gardening Comm. 2-3p	4 <b>FIELD TRIP!</b> In-Sync Cat Sanctuary 11a in Wylie - \$15 Sign up to go!
			5	6 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	7 Morning Mtg 10a Lunch 12:30p <b>HOUSE CALL 1p*</b> Afternoon Meeting 2:15p	
12	13 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	14 Morning Mtg 10a Lunch 12 Noon <b>NO HOUSE MEETING</b> UTSW Psychiatry Residents Visit 1-5p	15 Morning Mtg 10a. Lunch 12:30p Afternoon Unit Mtgs 1:15p Sunshine & Shadows Comm. 2-3p	16 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Newsletter Comm. 2-3p	17 Morning Mtg 10a Lunch 12:30p Accreditation Exhalation Celebration	18 <b>Supper Club</b> 5p at Olive Burger 451 Arapaho Rd
19	20 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p <b>SPRING IS HERE!</b>	21 Morning Mtg 10a Lunch 12:30p <b>HOUSE CALL 1p*</b> Afternoon Meeting 2:15p	22 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Advocacy Comm. 2-3p	23 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p New Member Comm. 2-3p	24 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Events Comm. 2-3p	25 <b>Coffee House Jam</b> Starts at 5p
26	27 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	28 Morning Mtg 10a <b>BIRTHDAY BASH 12:30p</b> <b>HOUSE CALL 1p*</b> Afternoon Meeting 2:15p	29 Morning Mtg 10a. Lunch 12:30p Afternoon Unit Mtgs 1:15p Sunshine & Shadows Comm. 2-3p	30 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Newsletter Comm. 2-3p	31 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Gardening Comm. 2-3p	

### Special Events Recap for March

- In-Sync Cat Sanctuary "Field Trip" - 3/11 @ 11am in Wylie
- St. Paddy's Day Accreditation "Exhalation" Celebration - 3/17
- Supper Club - 3/18 @ 5p; Restaurant: Olive Burger
- Coffee House Jam - 3/25 @ 5p (4<sup>th</sup> Saturday this month!!)
- Birthday Bash - 3/28 @ 12:30p

**\*PLAN @ 1121 ROCK**  
**Conference Call Access**  
**214-380-0303 code 1234**

Note NEW Time Changes due to Accreditation Recommendations.

Join AV Committee as part of the Work-Ordered Day on Monday, Wednesday & Friday!