

March

The Commons, Corewell Health Senior Living - FH ~ March News

- The Snack Cart selling Morrison Dining's sandwiches, hot entrees, salads and desserts are available on Wednesdays from 2:00-3:00pm in the Town Commons, held in The Tarpinian Room. You can also purchase the Morrison dinner meal tickets during this time. Take a look at the attached Tarpinian Room meals schedule for March and new guidelines.
- The General Store is open every Wednesdays from 2 – 3:00 pm. The store is located in The Tarpinian Room and is well stocked ~ snacks, soups, cereal, candy, chips and more ~ please come and check it out!
- Weekly grocery shopping trips are offered for our IL residents on Wednesday at 11:30am. Residents should meet at the front entrance of the apartment building to meet the bus. Once you arrive at the grocery store you have one hour to shop and be back on the bus to return back to campus. Please RSVP for all grocery shopping trips or with any questions by calling Julie at 248-615-2898
- Grocery Coupon Exchange (new program) ~ One of our residents suggested having a "Coupon Box" available for the residents to share coupons that they do not use and to take coupons that they can use. The coupon box is located in the Town Commons Library. There is a list of rules that we hope all will follow to make this a successful program. Please share your coupons for others to use and take what you need! Example – a resident donated a \$5 coupon for Ensure that he does not use – however, we know others can use it.
- Wednesdays at 1:00pm in the Coffee Room ~ "Song Fest & Comedy Hour with Todd B." ~ join us in the Coffee Room each Wednesday to sing-a-long if you choose to with popular music from your and delight in humorous comedy sketches too. This is a great time to get together with your neighbors for some laughter and friendship!
- Saturdays from 11am- 12pm ~ Bible Study – join your neighbors for a time of Bible Study, open discussion, messages of inspiration, singing & prayer. Officiating Minister: Jamie Procknow. Held in the Coffee Room.
- Monday, March 2nd at 1:00pm ~ Book Club ~ If you are interested in learning more about our book club, please contact condo resident Theresa Walker. The campus book club is held in The Tarpinian Room.
- Tuesday, March 3rd at 3:00pm ~ Farmington Community Library Hour & Crafternoon

- Anna Hay, Senior Outreach Coordinator will be back in our Town Commons library to sign up our residents for a library card and is also available to discuss other services that the library offers. Anna restocks the library's shelves with large print books on this day and is also available to deliver and pick up books from your apartment or condo. Please stop by and meet Anna!
- Crafternoon with Anna & Rosie. Everyone is welcome – no rsvp needed
- Thursday, March 5th at 2:00pm ~ Join us for our monthly celebration of our Apartment & Condo residents who are celebrating a March Birthday! If you want to be included and you were left off of the birthday calendar, please let Julie know as we want everyone to join in celebrating you! Held in The Tarpinian Room.
- Friday, March 6th at 2:00pm ~ Movie & Popcorn ~ "Leap Year" ~ When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly, Declan -- an Irishman who may just lead Anna down the road to true love.
- Saturday, March 7th at 6:00pm ~ "Brain Boosters Society Meeting & Trivia" trivia/jeopardy game. Join us for a fun evening where you will be broken into teams to play this fun game. Bring a snack or drink to share. Held in The Tarpinian Room.
- Monday, March 9th & 23rd from 10:30-12:30pm ~ Stitching Group ~ Come to our Stitching Group and make a different little project each time – supplied by the group! Bring what you are working on and share your talents with your neighbors!
- Tuesday, March 10th at 2:00pm ~ "And the Beet Goes On" a presentation for National Nutrition Month presented by Morrison Living. Held in The Tarpinian Room.
- Thursday, March 12th at 11:00am ~ SOAR - Society of Active Retirees Presentation. SOAR Life Long Learning Institute will share the many opportunities available through their program. Please join us in The Tarpinian room to learn about what they have to offer.
- Friday, March 13th at 2:00pm ~ join us for a DSO-Detroit Symphony Orchestra quartet performance courtesy of Corewell Health's *Arts for the Spirit* program. The concert will be held in The Tarpinian Room.
- Monday, March 16th at 1:00pm ~ Join us for Folk Fest with entertainment by Don Spry. Don will throw in a bit of Irish music to go along with a St. Patrick's Day treat to enjoy. Don has graciously offered to entertain our communities with his many musical talents! Join us in the Tarpinian Room to enjoy the entertainment and sing along if you choose to!
- Thursday, March 19th at 12:00pm ~ Join us for Pizza Lunch & Bingo
The cost is \$10 (price includes pizza, salad & pop) and the bingo cards are \$1 each.
*Please RSVP by Tuesday, March 17th in order to purchase enough pizza.
- Friday, March 20th at 12:00pm ~ First Day of Spring Community Luncheon Join us in the IL+ Bistro to enjoy lunch together as a community. Must rsvp to Julie by Monday, March 16th.

- **Saturday, March 21st at 4:00pm ~ [Community Sing-A-Long](#) ~ please join your friends & neighbors in The Tarpinian Room to sing along or just to be entertained by musician Don Spry and your neighbors! Bring a snack or drink to share ~ if you are so inclined. No experience necessary – everyone is welcome!**
- **Monday, March 23rd after 11:00am in the IL apartments and then they head to the Condos.** We have partnered with [Dr. George Gopoian DPM](#), a podiatrist in the Farmington Hills area, to service our campus. Dr. Gopoian will be on our campus monthly. He starts in the IL Plus building and works his way throughout our campus – including apartments and condos. You **must sign up** to see Dr. Gopoian, please call Julie or email her at Julie.Wagner@corewellhealth.org
- **Tuesday, March 24th at 12:30pm ~ [Lunch & Learn](#) ~ “[Living with Edema & Lymphedema](#)” with Select Rehabilitation, Therapy program manager David Sharath, P.T. & OT Arlene from Select Rehab.**
- **Thursday, March 26th at 12:00pm ~ [Angela Hospice ~ Coffee & Connection](#) ~ An hour-long community conversation addressing different issues in our lives with the opportunity to ask questions and speak with the presenter Keely Rhiannon, LLMSW, CGP, CGCS-CA. The program will be held in The Tarpinian Room.**
- **Friday, March 27th at 2:00pm ~ [Classical Music Concert with pianist Maria Meirelles & Clarinetist Norma Keil Shaw](#).** Join us as we welcome back these two talented musicians as they play works by Schumann, Ravel & Chopin. The concert will be held in The Tarpinian Room.
- **Monday, March 30th starting at 11:00am ~ [Game of Sequence Competition](#) held in The Tarpinian Room.** Please register with condo resident Marsha Dreslinski at (313) 363-9443. They are always looking for players and will teach you the game. A great group to join in with for fun, laughter and snacks!
- **Monday, March 30th at 2:00pm ~ [Movie & Popcorn ~ “The Unlikely Pilgrimage of Harold Fry”](#) ~ When a man learns that an old friend is seriously ill, he resolves to walk the length of England to see her, and inspires the nation along the way.**

Reminder that all [RSVP](#) can go in the black mailbox outside of Julie’s office – please put the **red flag up so that we know there is mail in the box. You can also leave a voicemail at 248-615-2898 or email Julie.Wagner@corewellhealth.org**