



MARCH 2023

SAVE THE DATES!

09

THURSDAY

CASINO NIGHT

LET'S EAT, DRINK AND PLAY! JOIN US FOR AN EVENING OF CASINO GAMES, PRIZES, COCKTAILS AND LIGHT BITES.

(NO RSVP REQUIRED)

PH III RESIDENT LOUNGE | 6:30PM-8:00PM

29

WEDNESDAY

WINE & CHEESE NIGHT

WINE + CHEESE + PEOPLE = PARTY
WE WILL HAVE A LARGE GRAZING TABLE WITH MEATS & CHEESES TO PAIR WITH THE WINES OF THE NIGHT.

(NO RSVP REQUIRED)

PH III RESIDENT LOUNGE | 6:30PM-8:00PM

FOR ANY QUESTIONS, PLEASE REACH OUT TO: RESIDENTSERVICESMGR@LINCOLNAPTS.COM

DISCLAIMER: ALL EVENTS ARE PHOTOGRAPHED/VIDEOED FOR SOCIAL MEDIA PURPOSES. BY ATTENDING EVENTS, YOU ARE CONSENTING TO THE USE OF THESE PHOTOS AND VIDEOS.

2023 March



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 	28	01 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	02 7:00 PM Burn Melinda	03	04
05	06 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	07 7:00 PM Bootcamp Melinda	08 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	09 7:00 PM Burn Melinda	10	11
12	13 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	14 7:00 PM Bootcamp Melinda	15 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	16 7:00 PM Burn Melinda	17	18
19	20 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	21 7:00 PM Bootcamp Melinda	22 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	23 7:00 PM Burn Melinda	24	25
26	27 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	28 7:00 PM Bootcamp Melinda	29 6:00 PM Metcon Cameron 7:00 PM Yoga Carrie	30 7:00 PM Burn Melinda	31	01
02	03	Classes are held in the Gym in Phase 2. For more information, use the QR code or email emily@kotawellness.com				