

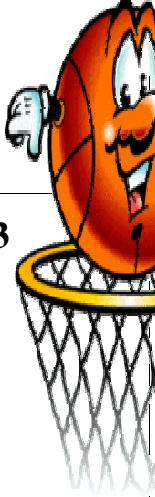




March



2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The van goes on shopping expeditions to Stop and Shop every Tuesday	Van to Walmart, is available, speak with our driver for details.		Coloring group meets at 12:30 on the 6th, 13th and 27th in the classroom.		1 10:00 Book Discussion-Milne Library 9:00 Yoga 10:30 Exercise 1:00 Bingo	2
3	4 9:00 Yoga 10:30 Exercise 1:00 Tai Chi 2:30 Balance	5 9:00 Oil Painting 1:30 Spinning Group 6:00 AARP Tax Aid	6 9:00 Yoga 10:30 Exercise 1:00 Bridge	7 9:00 Walking Group 9:45 Tai Chi 11:15 Balance class 5:00 WW	8 9:00 Yoga 10:30 Exercise 12:00 Luncheon 1:00 Elvis	9 
10	11 9:00 Yoga 10:30 Exercise 1:00 Tai Chi 2:30 Balance	12 9:00 Oils 10:30 Coffee hour 1:00 Bingo 6:00 AARP Tax Aid	13 9:00 Yoga 10:30 Exercise 1:00 Bridge 4:00 Pizza 4:30 Isabel Benjamin	14 9:00 Walking 9:45 Tai Chi 11:15 balance 1:00 AMP 5:00 WW	15 9:00 Yoga 10:30 Exercise 1:00 Music with special snacks!	16 
17 	18 9:00 Yoga 10:30 Exercise 11:30 Corned beef 1:00 Tai Chi 2:30 Balance	19 8:30 Foot care 9:00 Oil Painting 1:30 Spinning Group 6:00 AARP	20 9:00 Yoga 10:30 Exercise 1:00 Bridge	21 9:00 Walking Group 9:45 Tai Chi 11:15 Balance 1:00 AMP 5:00 Weight Watchers	22 9:00 Yoga 10:30 Exercise 1:00 Bingo Brown Bag	23 
24	25 9:00 Yoga 10:30 Exercise 12:00 Tacos 1:00 Tai Chi 2:30 Balance	26 9:00 Oil Painting 10:30 Coffee hour 1:00 Bingo	27 9:00 Yoga 10:30 Exercise 1:00 Bridge 2:00 BP Clinic	28 9:00 Walkers 9:45 Tai Chi 11:15 Balance 11:30 Roast pork 1:00 AMP 5:00 Weight Watchers	29 9:00 Yoga 10:30 Exercise 1:00 TBA	30 