

MARCH 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|
| Classes are subject to change <u>without notice</u> Please call ahead to confirm Day and Time | 1 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 10:00 Knitting 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 2 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 9:00 Wood Carving 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games 1:15 T'ai Chi | 3 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Alyssa 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong 1:30 Better Breathers Support | 4 8:00 Billiards - <i>until 4 pm</i> 8:00 Haircuts Deb 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 5 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 10:00 Chair yoga |
| 7 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 8 7:45 Kathy's Weight Training 9:00 Roberta's Haircuts (By Appt.) 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 10:00 Knitting 12:30 Ping Pong 12:35 Dr Houghton 1:00 cards 1:00 Intermediate Bridge 1:00 Phyllis's Bridge | 9 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games 1:00 Book Chats 1:15 T'ai Chi | 10 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Blood Pressure Screening 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 10:30 Widow / Widowers 12:30 Ping Pong 1:00 Setback & Cards | 11 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 12 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 10:00 Chair yoga |
| 14 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 15 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Cholesterol Screening 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 10:00 Knitting 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 16 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 9:00 Wood Carving 9:00 Hearing with Bob 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games 1:15 T'ai Chi | 17 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Alyssa 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong 1:30 Better Breathers Support | 18 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 12:45 Attorney Stillman 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 19 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 9:30 Stephanie Haircuts - By Appt. 10:00 Chair yoga |
| 21 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 22 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Cholesterol Screening 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 10:00 Knitting 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 23 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 12:45 Select Medical 1:00 Hand & Foot 1:00 Wii Games 1:30 Caregivers Support 1:15 T'ai Chi | 24 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Blood Pressure Screening 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 10:30 Widow / Widowers 12:30 Ping Pong 1:00 Setback & Cards | 25 8:00 Billiards - <i>until 4 pm</i> 8:00 Deb Haircuts 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 26 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 10:00 Chair yoga |
| 28 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 29 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 10:00 Knitting 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 30 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games 1:15 T'ai Chi | 31 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Alyssa 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong | Classes are subject to change <u>without notice</u> Please call ahead to confirm Day and Time | |