

MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are subject to change <u>without notice</u> Please call ahead to confirm Day and Time</p>	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 Phylis'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 Kathy's Senior Fitness 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	<p>Classes are subject to change <u>without notice</u> Please call ahead to confirm Day and Time</p>	