

Monday	Tuesday	Wednesday	Thursday
<p>**We are again offering evening exercise hours on Mondays and Wednesdays. Monday the exercise room will be open from 6:30 to 8 and Wednesdays from 6 to 8. **</p>	 <p>On Thursday, March 16th we will have our Luck of the Irish St. Patrick's Day Party. We will be eating the congregational lunch but feel free to bring in a side or dessert to share. Please sign up for this party!!</p>	<p>1</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>2</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>6</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Pot Luck Lunch 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>7</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10:30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>8</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>9</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>13</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Lunch (\$2) 1 p.m.- Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>14</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 12:30 p.m. -BP Screenings 1 p.m. – Senior Life Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>15</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m. – Snack Attack (Must Sign Up)</p>	<p>16</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Luck of the Irish Party & Lunch. No Bingo Today due to Party!!</p>
<p>20</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Chatterbug/Lunch (\$2) 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>21</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>22</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>23</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>27</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Ordered Lunch (\$3) 1 p.m. – Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>28</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>29</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>30</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>