







March 2011

Dates to Remember

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 6	7 Yoga 8:30 Arthritis Ex 9:30	8 Sew What 9:00 Exercise 9:30 GAC mtg. 11:00 GAC Raffle-after lunch	9 TAX-AIDE by appt. T'ai Chi 4:00	10 Exercise 9:30 Fallon Info 10:00 Line Dancing 1:30	11 Silver Needles 1:00	12 Silver Needles 1:00
13 Spring Begins!!! 	14 Yoga 8:30 Arthritis Ex 9:30	15 Sew What 9:00 Exercise 9:30	16 St. Patrick's Party Entertainment 11:00 T'ai Chi 4:00 	17 Exercise 9:30 B.P. Clinic 10:30 Line Dancing 1:30 HAPPY ST. PATRICK'S DAY	18 Silver Needles 1:00	19 Silver Needles 1:00
20	21 Yoga 8:30 Arthritis Ex 9:30	22 Sew What 9:00 Exercise 9:30	23 TAX-AIDE by appt. T'ai Chi 4:00	24 Exercise 9:30 Line Dancing 1:30	25 Silver Needles 1:00	26 Silver Needles 1:00
27	28 Yoga 8:30 Arthritis Ex 9:30	29 Sew What 9:00 Exercise 9:30	30 TAX-AIDE by appt. T'ai Chi 4:00	31 Exercise 9:30 Line Dancing 1:30		* Programs Subject to Change 