

March

WEEKLY ACTIVITIES



<p>SUN 3rd</p>	
<p>MON 4th</p>	<p>9:30 – Chair exercise in the Chapel 10:00 – Walking Club (meet in the U.L.) 1:00 – Velcro Darts in the L.L. 2:00 – Name That Tune in the L.L. 3:00 – Rock Painting in the L.L.</p> 
<p>TUE 5th</p>	<p>9:30 – Chair exercise in the Chapel 10:00 – Word in a Word in the U.L. 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel</p>
<p>WED 6th</p>	<p>9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 10:40 – Longevity Exercise Group in the Chapel 12:30 – Walmart Trip (sign up on the bulletin board)</p> 
<p>THU 7th</p>	<p style="text-align: center;">No Chair Exercise Today</p> <p>9:30 – Coffee with Friends in the Dining Room 1:00 – Bingo in the L.L. 3:00 – LADAMA Music Group in the Dining Room</p> <p style="text-align: center;">No Chair Yoga Today</p> 
<p>FRI 8th</p>	<p>9:00 – Vision Center in the Executive Dining Room (sign up on the bulletin board) 9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room</p> <p style="text-align: center;">No Water Aerobics</p> <p>1:00 – Movie Matinee in the Chapel (We will be showing “It Happened In Brooklyn”)</p> 
<p>SAT 9th</p>	<p style="text-align: center;">“The measure of intelligence is the ability to change.” – <u>Albert Einstein</u></p>