

March

WEEKLY ACTIVITIES

SUN 9 th	2:30 – Church Service in the Chapel
MON 10 th	9:30 – Chair exercise in the Chapel 10:00 – Walking Club in the U.L. 1:00 – Bean Bag Toss in the L.L. 2:00 – Boggle in the U.L. 3:00 – Charades in the L.L.
TUE 11 th	9:30 – Chair exercise in the Chapel 9:30 – Coffee with Friends in the Dining Room 10:00 – Catholic Service in the Chapel 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel
WED 12 th	9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 1:00 – Kick the Ball in the L.L. 2:00 – Scattegories in the U.L.
THU 13 th	9:30 – Chair exercise in the Chapel 10:00 – Puzzle Club in the U.L. 10:00 – Bible Study in the Chapel 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel 5:00 – NASA Webinar in the Chapel
FRI 14 th	9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 10:30 – Water Aerobics in the Pool Room 12:30 – Walmart Trip (Sign up on the Bulletin)

****Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!****

(turn page over for weekly menu)

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SAT 15th	1:00 – Cards (313) Hosted by Frances in the U.L.
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