

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10 Joint Rotation Exercise 11 Silver Sneakers 2 Movie Matinee 4 Catholic Church Service	1:30 DrumFit 2:30 Dice BINGO
1:30 Silver Sneakers 2:30 Cribbage	10 Resistance Band Exercise 11 Silver Sneakers 1 BINGO 2:30 50/50	10 Standing Balance Exercise 11 Chopsticks 1 Up town Errands 1 Craft with Lynn	10: Tele Rehab (Sign Up Required) 11:30 am Lunch @ The Smokey River Grill	10 Dumbbell Exercise 11 Library Program 1 Yoga Stretch 2 Happy Hour and Yahtzee	International Women's Day 10 Seated Balance Exercise 11 Silver Sneakers 2: Influential Women in History Jeopardy 4 Catholic Church Service	1:30 DrumFit 2:30 Name 10
1:30 Silver Sneakers 2:30 Wheel of Fortune	10 Gentle Exercise 11 Silver Sneakers 1 BINGO 2:30 50/50	10 Hand Strength Exercise 11 Dominoes 1 Up Town Errands 2:30 Hand Massage and Manicures (Sign Up Required)	10: Tele Rehab (Sign Up Required) 1: Mall Errands and Coffee 2:30 Learn and Play Trivial Pursuit	10 Joint Rotation Exercise 11 Library Program 1 Yoga Stretch 2 Connections 4: St Patrick's Day Craft with Youth Connections	10 Standing Balance Exercise 11 Silver Sneakers 2 Happy Hour and St Patrick's Day Party 4 Catholic Church Service 5 Irish Supper	1:30 DrumFit 2:30 Card BINGO
1:30 Silver Sneakers 2:30 Leprechaun Scavenger Hunt	10 Dumbbell Exercise 11 Silver Sneakers 1 BINGO 2:30 50/50	Marissa Away 10 Seated Balance Exercise 11 Ladder Ball 1 Up Town Errands 1 Craft with Lynn	Spring Equinox Marissa Away 10 Gentle Exercise 11:30 Lunch @ The Big Horn	Marissa Away 10 Hand Strength Exercise 11 Library Program 1 Yoga Stretch 2 Happy Hour and Cribbage	10 Joint Rotation Exercise 11 Silver Sneakers 2 Movie Matinee 4 Catholic Church Service	1:30 DrumFit 2:30 Cornhole
1:30 Silver Sneakers 2:30 Connect 4	10 Standing Balance Exercise 11 Silver Sneakers 1 BINGO 2:30 50/50	10 Dumbbell Exercise 11 Toss and Talk Time 1 Up Town Errands 2:30 Hand Massage and Manicures (Sign Up Required)	10: Tele Rehab (Sign Up Required) 1: Mall Errands and Coffee 2:30 WPL Bucks Ball	10 Seated Balance Exercise 11 Library Program 1 Yoga Stretch 2 Happy Hour and Easter Mix N' Mingle	Good Friday Stat No Admin Staff	1:30 DrumFit 2:30 Jenga

Easter  
1:30 Silver Sneakers  
2:30 Easter BINGO

Add Text