March 2024 SUNDAY MONDAY THURSDAY SATURDAY TUESDAY WEDNESDAY FRIDAY 10 Joint Rotation Exercise 1:30 DrumFit 11 Silver Sneakers 2:30 Dice BINGO 2 Movie Matinee **Calendar Subject to Change** 4 Catholic Church Service 1:30 Silver Sneakers 3 10 Resistance Band Exercise 10 Standing Balance Exercise 5 10: Tele Rehab (Sign Up 6 10 Dumbbell Exercise International Women's Day **8** 1:30 DrumFit 2:30 Cribbage Required) 10 Seated Balance Exercise 11 Silver Sneakers 11 Chopsticks 11 Library Program 2:30 Name 10 11:30 am Lunch @ The Smokey 1 BINGO 1 Up town Errands 1 Yoga Stretch 11 Silver Sneakers River Grill 2:30 50/50 1 Craft with Lynn 2 Happy Hour and Yahtzee 2: Influential Women in History Jeopardy 4 Catholic Church Service 12 10: Tele Rehab (Sign Up13 1:30 Silver Sneakers 10 Gentle Exercise 10 Hand Strength Exercise 10 Joint Rotation Exercise 10 Standing Balance Exercise 15 1:30 DrumFit 16 2:30 Wheel of Fortune Required) 11 Silver Sneakers 11 Silver Sneakers 2:30 Card BINGO 11 Dominoes 11 Library Program 1: Mall Errands and Coffee 1 BINGO 1 Yoga Stretch 2 Happy Hour and St Patrick's 1 Up Town Errands 2:30 Learn and Play Trivial Pursuit 2:30 50/50 2:30 Hand Massage and 2 Connections Day Party Manicures (Sign Up Required) 4 Catholic Church Service 4: St Patrick's Day Craft with Youth Connections 5 Irish Supper 17 10 Dumbbell Exercise **19** Spring Equinox 10 Joint Rotation Exercise 22 1:30 DrumFit 1:30 Silver Sneakers **18** Marissa Away Marissa Away 23 11 Silver Sneakers 10 Seated Balance Exercise 10 Hand Strength Exercise 2:30 Cornhole 2:30 Leprechaun Scavenger Hunt Marissa Away 11 Silver Sneakers 1 BINGO 11 Ladder Ball 10 Gentle Exercise 11 Library Program 2 Movie Matinee 2:30 50/50 1 Up Town Errands 11:30 Lunch @ The Big Horn 1 Yoga Stretch 4 Catholic Church Service 2 Happy Hour and Cribbage 1 Craft with Lynn 1:30 Silver Sneakers 24 10 Standing Balance Exercise 25 10 Dumbbell Exercise 10: Tele Rehab (Sign Up 27 10 Seated Balance Exercise 28 Good Friday 29 1:30 DrumFit 30 Required) 2:30 Connect 4 11 Silver Sneakers 11 Toss and Talk Time 11 Library Program Stat No Admin Staff 2:30 Jenga 1: Mall Errands and Coffee 1 BINGO 1 Up Town Errands 1 Yoga Stretch

2:30 WPL Bucks Ball

2:30 Hand Massage and Manicures (Sign Up Required) 2 Happy Hour and Easter Mix N'

Mingle



2:30 50/50

