

March 2021 Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	9:00 - Water Aerobics 1 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Movie Matinee: Gifted Hands "World Compliment Day"	8:30 - Yoga with Lee 2 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Water Walking	9:00 - Water Aerobics 3 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Hand and Foot National "I Want You To Be Happy Day"	9:30 - Low Impact Cardio w/ KLove 4 1:00 - Ladder Ball 2:00 Water Walking	9:00 - Water Aerobics 5 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Ping Pong 4:00 - Happy Hour 6:30 - BINGO	6
7 10:30 Bible Study	9:00 - Water Aerobics 8 9:30 - Morning Stretch 10:00 - Group Exercise 10:45 - Activity Committee Meeting 1:00 - Movie Matinee: Premonition	8:30 - Yoga with Lee 9 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Water Walking 2:30 - Trivia Day	9:00 - Water Aerobics 10 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Hand and Foot	9:30 - Low Impact Cardio w/ KLove 11 1:00 - History Club 2:00 - Water Walking	8:30 - Men's Pancake Breakfast 9:00 - Water Aerobics 9:30 - Women's Pancake Breakfast 1:00 - Wii Bowling 4:00 - Happy Hour 6:30 - BINGO	12 13
14 10:30 Bible Study	9:00 - Water Aerobics 15 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Movie Matinee: John Q.	8:30 - Yoga with Lee 16 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Water Walking	9:00 - Water Aerobics 17 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Hand and Foot 2:30 - St. Patrick's Day Social 	9:30 - Low Impact Cardio w/ KLove 18 1:00 - Craft 2:00 - Water Walking	9:00 - Water Aerobics 19 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Wii Bowling 2:30 - Affirmations Group 4:00 - Happy Hour 6:30 - BINGO	20
21 10:30 Bible Study	9:00 - Water Aerobics 22 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Movie Matinee: Bride Wars	8:30 - Yoga with Lee 23 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Water Walking	9:00 - Water Aerobics 24 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Hand and Foot	9:30 - NO EXERCISE 25 2:00 - Water Walking	Closet SALE 8:00am- 12:00pm 9:00 - Water Aerobics 4:00 - Happy Hour 6:30 - BINGO	26 27
28 10:30 Bible Study	9:00 - Water Aerobics 29 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Movie Matinee: The Queen	8:30 - Yoga with Lee 30 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Water Walking	9:00 - Water Aerobics 31 9:30 - Morning Stretch 10:00 - Group Exercise 1:00 - Hand and Foot			