

MARCH ACTIVITIES

MON	TUE	WED	THU	FRI
<p><u>MARCH 16</u> ST PATRICK'S DAY MEAL 5:00 P.M. LONNIE PIITZ POLKA 6:00 P.M.</p>		01	02	03
		<p>9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY</p>	<p>8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI</p>
6	7	8	9	10
<p>9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS</p>	<p>9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. BILL CHRASIL 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY</p>	<p>8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI</p>
13	14	15	BREAKFAST 16	17
<p>9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT</p>	<p>9:00 A.M. QI GONG 1:00 P.M. PINOCHLE 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 9:30 A.M. BREAKFAST-BINGO 10:00 A.M. BODY BASIC 10:30 A.M. TAK ABOUT BOOKS CLUB 1:00 P.M. LIVERPOOL RUMMY</p>	<p>8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI</p>
20	21	22	23	24
<p>9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. NEBRASKA SCAMS 2:00 P.M. DOMINOS</p>	<p>9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00 A.M.-1:00 P.M. POTATO BAKE</p>	<p>8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI</p>
27	28	29	30	31
<p>9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT</p>	<p>9:00 A.M. QI GONG 1:00 P.M. PINOCHLE 2:30 P.M. TAI CHI</p>	<p>9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY</p>	<p>8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI</p>