


Daily Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9 am Ceramics 9:15 a.m. Functional Mobility Class 10 am Oil Painting 10:30 am Line Dancing 1 pm Zumba Gold 2 pm Washer Toss	7:30 a.m. Darts 9 a.m. Table Tennis 10 am Oil Painting 10:15 a.m. Active Fit 50+ 1 pm Bridge Cribbage 5 pm Kripalu Yoga 6:30 pm Pembroke Duplicate Bridge	7:30 am Active Fit 50+ 9:30 am -Let's get fit -Art Discovery - One on one Computer 1 pm - Carpet Bowling - Darts	8:45 a.m. Active Fit 50+ 10 am Qi—Gong & Yoga Watercolour Peer group 1 pm Bid Euchre	10 am Hooks, Needles & Patchwork 10 am Tai Chi 11:30 am Active Fit 50+ 1 pm Bunco	9 a.m. Kripalu Yoga with Lynn

MARCH Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 11 a.m. Euchre Lessons	4	5 Qi-Gong & Yoga cancelled	6	7 Kripalu yoga cancelled
8 Don't forget to "Spring ahead" your clocks	9 2 pm Washer Toss	10 11 a.m. Euchre Lessons	11	12	13	14 Kripalu yoga cancelled
15	16	17 11 a.m. Euchre Lessons 	18 Book Club	19 New Qi-Gong & Yoga 8 week session begins Deadline to order Dafodills	20	21 Kripalu yoga cancelled TRIVIA NIGHT Doors open 6:30
22	23	24 10 a.m. Snowshoe Day	25 1:30 am Chat Café 5:30 p.m. Diner's Delight	26 1 pm Cooking class	27 28 1:30 p.m. 211 Lunch n' Learn seminar	28
29	30 Art registration	31 Art registration	March is Membership renewal month - volunteers are on duty to assist you to renew your membership! Trivia teams are needed! Register before March 16th			