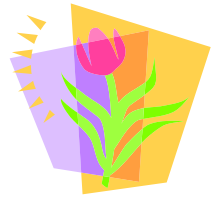




# Activities March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	<b>2</b> 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	<b>3</b> 9:00 Foot Clinic 10:30 Senior Fitness  <b>1:00 Movie Day:            Ring of Fire</b>  3:00 Tai Chi Class	<b>4</b> 9:00 Super Stretch 9:30 Living Healthy Workshop #1  10:30 Sit & Be Fit  1:00 Bunco  <b>1:00 Providence</b>	<b>5</b> 9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	<b>9</b> 8:30 Trip-Spirit Mt. 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle <b>1:00 BINGO</b>	<b>10</b> 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider 1:00 Legal Assistance 1:00 Board Meeting <b>1:00 Movie Day:            Nature's Great African Moments</b> 3:00 Tai Chi Class	<b>11</b> 9:00 Super Stretch  9:30 Living Healthy Workshop #2 10:30 Sit & Be Fit  1:00 Bunco 1:00 Computer Safety Class	<b>12</b> 9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	<b>13</b>
<b>14</b>	<b>15</b> 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	<b>16</b> 9:30 Trip: Brownsville 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	<b>17 St. Patrick's Day</b>  10:30 Senior Fitness  <b>1:00 Movie Day:            Brigadoon</b>  1:00 Canby Physical Therapy 3:00 Tai Chi Class	<b>18</b> 9:00 Super Stretch 9:30 Living Healthy Workshop #3  10:30 Sit & Be Fit  1:00 Bunco 1:00 Line Dancing	<b>19</b> 9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	<b>20</b> First Day of Spring
<b>21</b>	<b>22</b> 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	<b>23</b> 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	<b>24</b> 10:00 HealthNet 10:00 Newsletter Fldrs 10:30 Senior Fitness 11:00 Bob Cooper-rider-Special Music <b>1:00 Movie Day:            Glacier &amp; Rock Mtn National Parks</b> 1:30 HealthNet 3:00 Tai Chi Class	<b>25</b> 9:00 Super Stretch  9:30 Living Healthy Workshop #4  10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	<b>26</b> 9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle 1:00 Fitness Assessment	<b>27</b>
<b>28</b>	<b>29</b> 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	<b>30</b> 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	<b>31</b> 10:30 Senior Fitness <b>1:00 Movie Day: The Great Depression</b>  3:00 Tai Chi Class			