

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>5</p> <p>10:45 St. Mary's Catholic Communion (CR)</p> <p>2:00 Worship Service with Trinity UCC (CR)</p>	<p>6</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:30 Devotions (CR)</p> <p>1:00 Water Aerobics (SUR) (WC)</p> <p>2:00 Golden Agers (AL Only) Nails (SG)</p> <p>5:15 Movie and Popcorn- <i>The Sting</i> (AL Lounge)</p> <p>Purim Begins</p>	<p>7</p> <p>9:00 Tai Chi (ALAN)</p> <p>9:30 Upper Body Exercise (AR)</p> <p>10:15 Chair Dancing (ALAN)</p> <p>1:00 Circuit Class (WC)</p> <p>1:30 Music with Peggy & Birthday Treats (HFG)</p>	<p>8</p> <p>9:30 Stretch (AR)</p> <p>10:15 Tai Chi (AR)</p> <p>10:15 Golden Agers (AL Only) Card Games (ALAN)</p> <p>2:30 Lenten Service (CR)</p> <p>3:15 Video Lecture-How to Stay Fit as You Age (CR)</p>	<p>9</p> <p>9:00 Devotions (CR)</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:15 Lower Body Exercise (AR)</p> <p>1:00 Water Aerobics & Open Aquatics (SUR)(WC)</p> <p>5:30 BINGO – w/ Dean (HFG)</p>	<p>10</p> <p>9:30 Standing Strength & Balance (AR)</p> <p>10:00 Golden Agers (AL Only) Coffee and Current Events (ALAN)</p> <p>1:00 Meet Your Neighbor (HFG)</p> <p>2:00 Traveling with Pastor Justin (HFG)</p>	<p>4</p> <p>March Birthdays</p> <p>Terrace, Vista & Townhomes</p> <p>3/1 Russ R.</p> <p>3/12 Janice T.</p> <p>3/15 Richard B.</p> <p>3/16 Chuck D.</p> <p>3/23 Keith T.</p> <p>3/27 Norma W.</p> <p>3/29 Jodi B.</p> <p>3/29 Jane A.</p> <p>Gables</p> <p>3/6 Shirley P.</p> <p>3/8 Alta W.</p> <p>3/16 Rosemary M.</p> <p>3/19 Myrt G.</p> <p>3/24 Arlene Z.</p> <p>3/25 Margaret C.</p> <p>3/25 Larry M.</p> <p>3/28 Helen S.</p> <p>3/29 Solveig M.</p> <p>Location Key</p> <p>ALAN- AL First Floor Mailboxes</p> <p>AR-Aerobics Room</p> <p>CR-Crossroads/Chapel</p> <p>HFG-Holden Family Gathering Room</p> <p>LC-Little Chicago</p> <p>SG-Secret Garden</p> <p>WC-Wellness Center</p> <p>SUR-Sign Up Required *3800</p>
<p>12</p> <p>10:45 St. Mary's Catholic Communion (CR)</p> <p>2:00 Worship Service with St. Paul Lutheran (CR)</p> <p>Daylight Saving Time Begins</p>	<p>13</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:30 Devotions (CR)</p> <p>1:00 Water Aerobics (SUR) (WC)</p> <p>2:00 Golden Agers (AL Only) Nails (SG)</p> <p>2:15 Crochet Group (Craft Room)</p> <p>2:30 March Madness Brackets (LC)</p> <p>5:00 Melinda's Dance Studio Performance (HFG)</p>	<p>14</p> <p>9:00 Tai Chi (ALAN)</p> <p>9:30 Upper Body Exercise (AR)</p> <p>10:15 Chair Dancing (ALAN)</p> <p>1:00 Circuit Class (WC)</p> <p>1:00 Music with Dave Smith (HFG)</p> <p>3:00 Crafting (LC)</p>	<p>15</p> <p>9:30 Stretch (AR)</p> <p>10:15 Tai Chi (AR)</p> <p>10:15 Golden Agers (AL Only) Card Games (ALAN)</p> <p>1:00 Tech Time (ALAN) (SUR)</p> <p>2:30 Lenten Service (CR)</p>	<p>16</p> <p>9:00 Devotions (CR)</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:15 Lower Body Exercise (AR)</p> <p>11:00 Lunch Bunch- Cheddar's Scratch Kitchen (SUR)</p> <p>1:00 Water Aerobics & Open Aquatics (SUR)(WC)</p> <p>5:30 BINGO – w/ Pastor Justin</p>	<p>17</p> <p>9:30 Standing Strength & Balance (AR)</p> <p>10:00 Golden Agers (AL Only) Coffee and Current Events (ALAN)</p> <p>2-3 Library Friday (LC)</p> <p>2:00 Traveling for St. Patrick's Day! (HFG)</p> <p>St. Patrick's Day</p>	<p>18</p>
<p>19</p> <p>10:45 St. Mary's Catholic Communion (CR)</p> <p>2:00 Worship Service with St. Paul Methodist (CR)</p>	<p>20</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:30 Devotions (CR)</p> <p>1:00 Water Aerobics (SUR) (WC)</p> <p>2:00 Golden Agers (AL Only) Nails (SG)</p> <p>5:15 Movie and Popcorn- <i>Seven Years in Tibet</i> (AL Lounge)</p> <p>Spring Begins</p>	<p>21</p> <p>9:00 Tai Chi (ALAN)</p> <p>9:30 Upper Body Exercise (AR)</p> <p>10:15 Chair Dancing (ALAN)</p> <p>1:00 Circuit Class (WC)</p> <p>1:30 Music with Myrt & Jerry (HFG)</p>	<p>22</p> <p>9:30 Stretch (AR)</p> <p>10:15 Tai Chi (AR)</p> <p>10:15 Golden Agers (AL Only) Card Games (ALAN)</p> <p>2:30 Lenten Service (CR)</p> <p>Ramadan Begins</p>	<p>23</p> <p>9:00 Devotions (CR)</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:15 Lower Body Exercise (AR)</p> <p>1:00 Water Aerobics & Open Aquatics (SUR)(WC)</p> <p>3:00 Trivia (LC)</p> <p>5:30 BINGO – w/ Dean (HFG)</p>	<p>24</p> <p>9:30 Standing Strength & Balance (AR)</p> <p>10:00 Golden Agers (AL Only) Coffee and Current Events (ALAN)</p> <p>2:00 Traveling with Pastor Justin (HFG)</p>	<p>25</p>
<p>26</p> <p>10:45 St. Mary's Catholic Communion (CR)</p> <p>2:00 Worship Service with First Presbyterian Church (CR)</p>	<p>27</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:30 Devotions (CR)</p> <p>1:00 NO WATER AEROBICS</p> <p>2:00 Golden Agers (AL Only) Nails (SG)</p> <p>2:15 Crochet Group (Craft Room)</p> <p>5:15 Movie and Popcorn- <i>Sleepless in Seattle</i> (AL Lounge)</p>	<p>28</p> <p>9:00 Tai Chi (ALAN)</p> <p>9:30 Upper Body Exercise (AR)</p> <p>10:15 Chair Dancing (ALAN)</p> <p>1:00 Circuit Class (WC)</p> <p>3:00 Baking with Cortnie (SG)</p>	<p>29</p> <p>9:00 Catholic Mass (CR)</p> <p>9:30 Stretch (AR)</p> <p>10:15 Tai Chi (AR)</p> <p>10:15 Golden Agers (AL Only) Card Games (ALAN)</p> <p>2:30 Lenten Service (CR)</p> <p>4:00 Raiders on the Ridge (SUR) (SG)</p>	<p>30</p> <p>9:00 Devotions (CR)</p> <p>9:30 "Easy Does It" Exercise (AR)</p> <p>10:15 Lower Body Exercise (AR)</p> <p>1:00 Water Aerobics & Open Aquatics (SUR)(WC)</p> <p>1-3 Weights and BP Checks (ALAN)(SUR)</p> <p>5:30 BINGO – w/ Dean (HFG)</p>	<p>31</p> <p>9:30 Standing Strength & Balance (AR)</p> <p>10:00 Golden Agers (AL Only) Coffee and Current Events (ALAN)</p> <p>2:00 Traveling with Pastor Justin (HFG)</p>	<p>May your troubles be less and your blessings be more And nothing but happiness come through your door.</p>

All activities are subject to change. Monday night movie options are subject to change based on availability. Please see the TV channel for any updates or changes. Thank you!