



MARCH

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	Nature Outing 7	1/29
	10:00 Fitness 11:00 Sittercize 1;30 Shuffleboard 2:00 Balance	10:00 Yoga 12:00 Doc Talk 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing 2:00 CELL PHONE ASSIST	9:20 Tai Chi 10:00 Fitness 11:00 Sittercize TV 1:30 Shuffleboard 2:00 Card Game	11:00 TV Yoga 3:00 Chair Volleyball
9	10	11	12	13	14	15
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance	10:00 Yoga 11:00 Balance 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 2:00 NEW RESIDENT SOCIAL/HAPPY HOUR	11:00 TV Yoga 3:00 Chair Volleyball
16	17	18	19	20	21	22
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Balance	10:00 Yoga 11:00 BRAIN GAMES 1:00 Aerobics 2:00 LAUGHTER YOGA	10:00 Fitness 11:00 Sittercize 1:00 VOLLEYBALL TOURNAMENTS	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 1:00 Card Game \$\$	11:00 Yoga TV 3:00 Chair Volleyball
23	24	25	26	27	28	29
	11:00 Sittercize 1:30 Shuffleboard 2:00 Silverwheels 3:00 Wellness Committee Meeting	10:00 Yoga 11:00 BRAIN GAMES 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31	11:00 Yoga TV 3:00 Chair Volleyball
30	31	1	2	3	4	5
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 ALC Laughter	10:00 Yoga TV 12:00 DOC TALK 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31	