



March Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	1 11:15 Gym Walk 1:00 Canasta	2 11:00 Blood Pressure 11:15 Gym Walk 12:15 Dennis Driscoll Piano Music 1:00 Mediation for Healing	3 1:00 Writing for Generations	4 Administrative Day Art in the Den 5:30 p.m. to 7:00 p.m.	5 9:00 Geezers 9:30 Tai Chi Int. 10:00 Stichin' in the Kitchen 11:00 Tai Chi Beg. 11:15 Gym Walk	6
7	8 11:15 Gym Walk 11:30 Seeds of Learning 1:00 Canasta	9 10:00* <u>Chair Massage</u> 10:30 Sudoku with Gloria Smith 11:15 Gym Walk 12:15 Dennis Driscoll Piano Music 1:00 Mediation for Healing	10 10:00 Dance for Health 1:00 - 5:00 p.m. AARP Driver's Safety Program March Nutrition Education	11 Administrative Day	12 9:00 Geezers 9:30 Tai Chi Int. 10:00 Stichin' in the Kitchen 11:00 Tai Chi Beg. 11:15 Gym Walk 1:00 ASI Board Meeting Senior Center 1:00 - 5:00 p.m. AARP Driver's Safety Program	13
14	15 11:15 Gym Walk 1:00 Canasta 1:30 Library Day! Over 50 Things to Do	16 11:15 Gym Walk 12:15 Dennis Driscoll Piano Music 1:00 Mediation for Healing	17 10:00 Dance for Health 11:00 Blood Pressure 1:00 <u>Sky Ute Casino</u>	18 Administrative Day	19 9:00 Geezers 9:30 Tai Chi Int. 10:00 Stichin' in the Kitchen 11:00 Tai Chi Beg. 11:15 Gym Walk	20
21	22 11:15 Gym Walk 1:00 Canasta	23 11:15 Gym Walk 12:15 Dennis Driscoll Piano Music 1:00 Mediation for Healing	24 10:00 Dance for Health 12:45 Arbor-glyphs with Peggy Bergon 1:00 Alzheimer's Support	25 Administrative Day	26 9:00 Geezers 9:30 Tai Chi Int. 10:00 Stichin' in the Kitchen 10:30 Book Club 11:00 Tai Chi Beg. 11:15 Gym Walk BIRTHDAY LUNCH!!!	27
28	29 11:15 Gym Walk 1:00 Canasta	30 11:15 Gym Walk 12:15 Dennis Driscoll Piano Music 1:00 Mediation for Healing	31 10:00 Dance for Health 1:00 Poker		* asterisk indicates by appointment <i>Underlining Indicate's registration required</i>	