

## ACTIVITIES CALENDAR FOR March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 8:45 – Tai Chi <b>10-11:30 – Blood Pressure &amp; Glucose Testing</b> 10 – Forever Learning 10 – Yoga <b>11 – Second Story Band</b> 11 – Creative Writing <b>12:30 – Free Bingo from Dignity Home Health &amp; Hospice</b> 12:30 – Learn to Crochet 12:40 – Pinochle <b>1 – Podiatrist</b> 1:30 – Spanish Class</p>	<p><b>2</b> 9 – Ceramics 9:30 – PACE “People With Arthritis Can Exercise” 10 – Bowling – Wii Sports 10 – Art Class 10 – Creative Crafts 10:30 – Sit ‘n Be Fit 12:40 – Pinochle 1 – Choir</p> 	<p><b>3</b> 8:45 – Tai Chi 9-2 – Hair Care 9-2 – Massages by Ricky <b>9:30-12:00 – Living Well</b> 10 – Digital Photography 10 – Wii Fit 10 – Leather Crafts <b>11 – Gene Knadle / Singer</b> 12:30 – Dominos 12:45 – Bingo 1:30 – Spanish Class</p>	<p><b>4 Game Day</b> 10 – Golf – Wii Sports 10 – Ceramics 10 – Beginning Computer Class 10 – Sharing Mothballs In My Attic 12:30 – Harmonica Class 12:40 – Pinochle 1 – Intermediate Computer Class</p>  <p><b>Letters to Pen Pals</b></p>	<p><b>5 Wear a Kearns Shirt 9:30-3:00 – AARP Driver Safety Class</b> 9-2 – Hair Care 9-2 – Massages by Ricky 9:30 – PACE “People With Arthritis Can Exercise” 9:30 – Scrap Booking 10 – Beginning Internet Computer Class 10:30 – Sit ‘n Be Fit <b>11 – Jill Roberts / Singer &amp; Guitar Player</b> 12:30 – Movie Matinee 12:45 – Bingo 2:30 – Yoga</p>
<p><b>8 Birthday Monday Wendover Trip Bus leaves at 9:00 A.M.</b> 8:45 – Tai Chi 10 – Forever Learning 10 – Yoga 11 – Creative Writing 12:30 – Learn to Crochet 12:40 – Pinochle 1:30 – Spanish Class</p> 	<p><b>9 Christmas Box School</b> 9 – Ceramics 9:30 – PACE “People With Arthritis Can Exercise” 10 – Bowling – Wii Sports 10 – Art Class 10 – Creative Crafts 10:30 – Sit ‘n Be Fit 12:40 – Pinochle 1 – Choir</p> 	<p><b>10 Wear Red &amp; Purple 12:00 Red Hat Luncheon 1:00 Meeting Wii Bowling Tournament</b> 8:45 – Tai Chi 9-2 – Hair Care 9-2 – Massages by Ricky <b>9:30-12:00 – Living Well</b> 10 – Digital Photography 10 – Wii Fit 10 – Leather Crafts <b>11 – Young at Heart / Line Dancing</b> 12:30 – Dominos 12:45 – Bingo 1:30 – Spanish Class</p>	<p><b>11 Game Day</b> 10 – Golf – Wii Sports 10 – Ceramics 10 – Beginning Computer Class 10 – Sharing Mothballs In My Attic 12:30 – Harmonica Class 12:40 – Pinochle 1 – Intermediate Computer Class</p>  <p><b>Letters from Pen Pals</b></p>	<p><b>12 Wear Plaid</b> 9-2 – Hair Care 9-2 – Massages by Ricky 9:30 – PACE “People With Arthritis Can Exercise” 9:30 – Scrap Booking 10 – Beginning Internet Computer Class 10:30 – Sit ‘n Be Fit <b>11 – Jim Reilly &amp; His Accordion</b> 12:30 – Movie Matinee 12:45 – Bingo <b>2:15-3:45 – LY’nKS</b> 2:30 – Yoga</p>
<p><b>15</b> 8:45 – Tai Chi <b>10-11:30 – Blood Pressure &amp; Glucose Testing</b> 10 – Forever Learning 10 – Yoga 11 – Creative Writing 12:30 – Learn to Crochet 12:40 – Pinochle 1:30 – Spanish Class</p> 	<p><b>16</b> 9 – Ceramics 9:30 – PACE “People With Arthritis Can Exercise” 10 – Bowling – Wii Sports 10 – Art Class 10 – Creative Crafts 10:30 – Sit ‘n Be Fit 12:40 – Pinochle 1 – Choir</p> 	<p><b>17 St Patrick's Day Party Wear GREEN</b> 8:45 – Tai Chi 9-2 – Hair Care 9-2 – Massages by Ricky <b>9:30-12:00 – Living Well</b> <b>10 – Advisory Council Mtg.</b> 10 – Digital Photography 10 – Wii Fit 10 – Leather Crafts <b>11 – Irish Dancers</b> <b>12-2 – Legal Services / with Jim Baker</b> 12:30 – Dominos 12:45 – Bingo 1:30 – Spanish Class</p>	<p><b>18 Game Day</b> 10 – Golf – Wii Sports 10 – Ceramics 10 – Beginning Computer Class 10 – Sharing Mothballs In My Attic 12:30 – Harmonica Class 12:40 – Pinochle 1 – Intermediate Computer Class</p>  <p><b>Good Luck!</b></p> <p><b>Letters to Pen Pals</b></p>	<p><b>19 Wear Blue Jeans</b> 9-2 – Hair Care 9-2 – Massages by Ricky 9:30 – PACE “People With Arthritis Can Exercise” 9:30 – Scrap Booking 10 – Beginning Internet Computer Class 10:30 – Sit ‘n Be Fit <b>11 – Bill Stidd / Singer</b> 12:30 – Movie Matinee 12:45 – Bingo 2:30 – Yoga <b>4 – Nite Time Party – Pork Noodles.</b></p>
<p><b>22</b> 8:45 – Tai Chi 10 – Forever Learning 10 – Yoga 11 – Creative Writing 12:30 – Learn to Crochet 12:40 – Pinochle 1:30 – Spanish Class</p> 	<p><b>23</b> 9 – Ceramics 9:30 – PACE “People With Arthritis Can Exercise” 10 – Bowling – Wii Sports 10 – Art Class 10 – Creative Crafts 10:30 – Sit ‘n Be Fit 12:40 – Pinochle 1 – Choir</p> 	<p><b>24 Red Hat Anniversary Pot Luck</b> 8:45 – Tai Chi 9-2 – Hair Care 9-12 – Massages by Ricky <b>9:30-12:00 – Living Well</b> 10 – Digital Photography 10 – Wii Fit 10 – Leather Crafts <b>11 – Ron Archibald / Piano &amp; String Quartet</b> 12:30 – Dominos 12:45 – Bingo 1:30 – Spanish Class</p>	<p><b>25 Game Day</b> 10 – Golf – Wii Sports 10 – Ceramics 10 – Beginning Computer Class 10 – Sharing Mothballs In My Attic <b>12:30 – White Elephant Bingo</b> 12:40 – Pinochle 1 – Intermediate Computer Class 2:00 – Harmonica Class <b>Letters from Pen Pals</b></p>	<p><b>26 Wear Stripes</b> 9-2 – Hair Care 9-2 – Massages by Ricky 9:30 – PACE “People With Arthritis Can Exercise” 9:30 – Scrap Booking 10 – Beginning Internet Computer Class 10:30 – Sit ‘n Be Fit <b>11 – Rita Kane / Singer</b> 12:30 – Movie Matinee 12:45 – Bingo <b>2:15-3:45 – LY’nKS</b> 2:30 – Yoga</p>
<p><b>29 Slot Machine Monday</b> 8:45 – Tai Chi 10 – Forever Learning 10 – Yoga 11 – Creative Writing 12:30 – Learn to Crochet 12:40 – Pinochle 1:30 – Spanish Class</p> 	<p><b>30</b> 9 – Ceramics 9:30 – PACE “People With Arthritis Can Exercise” 10 – Bowling – Wii Sports 10 – Art Class 10 – Creative Crafts 10:30 – Sit ‘n Be Fit 12:40 – Pinochle 1 – Choir</p>	<p><b>31</b> 8:45 – Tai Chi 9-2 – Hair Care 9-12 – Massages by Ricky <b>9:30-12:00 – Living Well</b> 10 – Digital Photography 10 – Wii Fit 10 – Leather Crafts <b>12 – Book Club / Fried Green Tomatoes</b> 12:30 – Dominos 12:45 – Bingo 1:45 – Spanish Class</p>	<p><b>Classes, programs and entertainment are subject to change.</b> <b>Every day at the Center:</b> Lunch at 12:00; \$2.50 donation age 60+; \$5.25 under 60. Reserve your lunch by 11:30 the day before. Pool, Quilting, Darts, Computer Lab <b>Off-site activities:</b> Easy does it Water Aerobics: Tues. Thurs. &amp; Sat. 10:15; Weight Training: Mon., Wed., &amp; Sat. 10:30 am Kearns Oquirrh Park Fitness Center, 5624 South 4800 West, 966-5555. Bowling: Tuesday 1:00 Valley Bowling. <b>Monday – Friday: Breakfast 10 A.M.</b> Continental Breakfast Daily Tuesday-Oatmeal; Wednesday-French Toast; Thursday-Hard-boiled eggs; Friday-Pancakes &amp; Scrambled Eggs. Donations are appreciated.</p>	