


Monday	Tuesday	Wednesday
<p><b>2</b></p> <p>8:45 Keeping Fit 9:00 Foot Care <b>9:00 Coffee Hour with Director</b> <b>10:30 Rendeвер Virtual Reality Experience: History of Chocolate</b> 1:00 Hand and Foot <b>No Great Courses</b></p>	<p><b>3</b></p> <p>9:00-2:00 Foot Reflexology 9:00 Coffee Hour 9:00 Core Strength 9:30 Hometown Helpers 10:00 Caregivers Support &amp; Club 108 1:00 Euchre 1:00/6:00 Stampers Group 2:30 Yoga 5:00 Weight Watchers</p>	<p><b>4</b></p> <p>9:00 Coffee Hour 9:30-1:30 Wellness Nurse: Appointment Needed 9:30-11:00 Knitting Group 10:00 Club 108 11:00 MELT <b>11:30 Lunch and Learn Case Management 101</b> 12:10 MELT 12:30 Bridge 12:45 Mexican Train 4:30/5:00 Tech time with Tim (please call for apt)</p>
<p><b>9</b></p> <p>8:45 Keeping Fit 9:00 Foot Care <b>12:30 St. Patrick's Day Music w/John Duggleby</b> 1:00 Hand and Foot <b>No Great Courses</b> <b>3:30-4:30 NEW LINEDANCING CLASS! Please call Senior Center to sign up!</b></p> 	<p><b>10</b></p> <p>9:00-Noon Chair Massage 9:00 Coffee Hour 9:00 Core Strength <b>10:00-12:00 Digitize Your Photos</b> <b>10:00 Men and Women-Talk: Jims travel presentation to Mt. Rushmore, Badlands, and Devils Tower</b> 10:15 Card Making 1:00 Euchre 2:30 Yoga 5:00 Weight Watchers</p>	<p><b>11</b></p> <p>9:00 Coffee Hour <b>9:30 Board Meeting</b> <b>10:00 Half -Hour Health Talk: UW Pharmacy</b> 9:30-1:30 Wellness Nurse: Appointment Needed 9:30-11:00 Knitting Group 10:00 Club 108 11:00 MELT 12:10 MELT 12:30 Bridge <b>12:30 Book Club: <u>Before We Were Yours</u></b> 12:45 Mexican Train</p>
<p><b>16</b></p> <p>8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 9:00-Noon Foot Reflexology <b>9:00 Coffee with Drivers</b> <b>10:00 Changes in Aging</b> 1:00 Hand and Foot <b>1:00-2:30 New Great Courses: Turning Points in American History #1-3</b> <b>3:30-4:30 NEW LINEDANCING CLASS</b></p>	<p><b>17</b></p> <p>9:00-Noon Chair Massage 9:00 Coffee Hour 9:00 Core Strength <b>10:00 OTS: Hy-Vee/ALDI</b> 10:00 Caregivers Support &amp; Club 108 1:00 Euchre 2:30 Yoga 5:00 Weight Watchers</p>	<p><b>18</b></p> <p>9:00 Coffee Hour 9:30-1:30 Wellness Nurse: Appointment Needed 9:30-11:00 Knitting Group 10:00 Club 108 <b>10:30 Triad Field Trip: Wisconsin Marshal Arts Fitness Center</b> 11:00 MELT 12:10 MELT 12:30 Bridge 12:45 Mexican Train <b>1:00 Nutrition Presentation on Sugar</b> 4:30/5:00 Tech time with Tim (please call for apt)</p>
<p><b>23</b></p> <p>8:45 Keeping Fit 9:00 Coffee Hour <b>10:00 Smoothies with Alasa</b> 1:00 Hand and Foot 1:00-2:30 Great Courses: Turning Points in American History #4-6 <b>3:30-4:30 NEW LINEDANCING CLASS</b></p>	<p><b>24</b></p> <p>9:00-Noon Chair Massage 9:00 Coffee Hour 9:00 Core Strength <b>10:00 Men and Women-Talk: Growing up on an American Farm by Larry Scheckel</b> 1:00 Euchre 2:30 Yoga 5:00 Weight Watchers</p>	<p><b>25</b></p> <p>9:00 Coffee Hour 9:30-1:30 Wellness Nurse: Appointment Needed 9:30-11:00 Knitting Group 10:00 Club 108 <b>10:30 Science of Contentment</b> 11:00 MELT 12:10 MELT 12:30 Bridge 12:45 Mexican Train <b>1:30 Sundaes with Staff</b></p>
<p><b>30</b></p> <p>8:45 Keeping Fit <b>9:00 Coffee Hour: Kindness is Contagious</b> <b>10:30 Rendeвер Virtual Reality Experience: Martin Luther King Junior and African American History</b> 1:00 Hand and Foot 1:00-2:30 Great Courses: Turning Points in American History #7-9 <b>3:30-4:30 NEW LINEDANCING CLASS</b></p>	<p><b>31</b></p> <p>9:00-Noon Chair Massage 9:00 Coffee Hour 9:00 Core Strength 1:00 Euchre 2:30 Yoga 5:00 Weight Watchers</p>	

Thursday	Friday
<p><b>5</b>  8:45 Keeping Fit  9:00 Coffee Hour  <b>10:00 Bead Making anytime from 10:00 AM-2:00 PM</b>  <b>10:00 OTS: Festival Foods</b>  12:30 Bingo  1:45 "500"  2:00 Core Strength  <b>3:30 - 5:00 FREE INTRO Class for Qigong</b>  6:00 Game Night</p>	<p><b>6</b>  8:45 Yoga  9:00 Coffee Hour  <b>10:30 Identity Theft</b>  10:00 Tai Chi II  11:15 Tai Chi I  <b>12:30 Movie: <u>Judy</u></b>   <b>Chicken Salad</b>  <b>We serve salads on Fridays!! Please RSVP by NOON the day before.</b></p>
<p><b>12</b>  8:45 Keeping Fit  <b>9:00-4:00 AARP Tax Services</b>  9:00 Coffee Hour  <b>10:30 Healthy Lifestyles: Kidney Health</b>  12:30 Bingo  1:45 "500"  2:00 Core Strength  3:00 Vets Group  3:30-4:30 Qigong  6:00 Game Night</p>	<p><b>13</b>  8:45 Yoga  <b>10:00-11:00 Conversations about Death and Dying</b>  10:00 Tai Chi II  11:15 Tai Chi I  <b>12:30 Movie: <u>The Intern</u></b>  <b>3:00 DIY Project: Homemade Sugar Scrub with Stephanie</b>   <b>Hummus Platter</b>  <b>We serve salads on Fridays!! Please RSVP by NOON the day before.</b></p>
<p><b>19</b>  8:45 Keeping Fit  9:00 –Noon Foot Reflexology  9:00 Coffee Hour  <b>10:00 OTS: Kohl's</b>  <b>10:00 Parkinson's Group: Tango Class</b>  12:30 Bingo  1:45 "500"  2:00 Core Strength  3:30-4:30 Qigong  6:00 Game Night</p>	<p><b>20</b>  8:45 Yoga  <b>10:00 Computers with Rich: What to look for in buying a computer</b>  10:00 Tai Chi II  11:15 Tai Chi I  <b>11:30 Birthday, Anniversary Lunch -</b>  <b>RSVP by noon March 16</b>  <b>12:30 Four Seasons "Best of Broadway"</b>   <b>Pork Taco Salad</b>  <b>We serve salads on Fridays!! Please RSVP by NOON the day before</b></p>
<p><b>26</b>  :45 Keeping Fit  <b>9:00-4:00 AARP Tax Services</b>  9:00 –Noon Foot Reflexology  9:00 Coffee Hour  <b>10:00 Mind Over Bladder</b>  12:30 Bingo  1:45 "500"  2:00 Core Strength  3:30-4:30 Qigong  6:00 Game Night</p>	<p><b>27</b>  8:45 Yoga  9:00 Coffee Hour  10:00 Tai Chi II  11:15 Tai Chi I  <b>12:30 Movie: <u>Going In Style</u></b>   <b>Chefs Salad</b>  <b>We serve salads on Fridays!! Please RSVP by NOON the day before</b>  <b>Salad?</b></p>

# MARCH Programs Calendar