



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<i>1</i> 10:00AM Fitness Center 1:30 PM Book Club 3:00 PM Coffee Time 6:30 PM Bingo	<i>2 Darvin Ruggles</i> 10:30 AM Exercise with Frances 1:30PM A Game of Cards 3:00 PM Coffee Time	<i>3</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:00 PM Bingo 3:00 PM Coffee Time	<i>4 Bill Dobias</i> 9:00 AM Arm Chair Exercises 2:00 PM RSVP Craft 3:00 PM Coffee Time 7:00 PM Church Service	<i>5</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:30PM Resident Council 3:00 PM Coffee Time	<i>6</i> 2:00 PM Bingo 3:00 PM Coffee Time	
<i>7</i> 3:00PM Coffee Time	<i>8</i> 10:00AM Fitness Center 3:00 PM Coffee Time 6:30 PM Bingo	<i>9</i> 10:30 AM Exercise with Frances 1:30 PM Rau Elementary Visit 3:00 PM Coffee Time	<i>10</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:00 PM Bingo 3:00 PM Coffee Time	<i>11</i> 9:00 AM Arm Chair Exercises 2:00 PM RSVP Craft 3:00 PM Coffee Time 7:00 PM Church Service	<i>12</i> 9:00 AM Arm Chair Exercises 9:30 AM Coffee with Kathy 10:00 AM Fitness Center 3:00 PM Coffee Time	<i>13</i> 2:00 PM Bingo 3:00 PM Coffee Time Turn Clocks Ahead at Bedtime!	
<i>14 Daylight Savings Time</i> 3:00PM Coffee Time	<i>15</i> 10:00AM Fitness Center 3:00 PM Coffee Time 6:30 PM Bingo 7:00 PM Gideons	<i>16</i> 8-4 SHC Health Fair 10:30 AM Exercise with Frances 1:30 PM St. Patrick's Craft 3:00 PM Coffee Time	<i>17 St. Patrick's Day</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:00 PM Bingo 3:00 PM Coffee Time	<i>18</i> 9:00 AM Arm Chair Exercises 2:00 PM St. Patrick's Party 7:00 PM Church Service	<i>19</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 11:30 AM Lunch Bunch 3:00 PM Coffee Time	<i>20</i> 2:00 PM Bingo 3:00 PM Coffee Time	
<i>21 First Day of Spring</i> 3:00PM Coffee Time	<i>22</i> 10:00AM Fitness Center 10:00 AM Writing Club 3:00 PM Coffee Time 6:30 PM Bingo	<i>23</i> 10:30 AM Exercise w/ Frances 1:30 PM Easter Craft 3:00 PM Coffee Time 5:00 PM Early Supper 6:30 PM SHC Doctor's Day Dinner	<i>24</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:00 PM Bingo 3:00 PM Coffee Time	<i>25</i> 9:00 AM Arm Chair Exercises 2:00 PM Staff Meeting 3:00 PM Coffee Time 7:00 PM Church Service	<i>26</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:30 PM Happy Hour	<i>27 Bud Atchison</i> 2:00 PM Bingo 3:00 PM Coffee Time	
<i>28 Palm Sunday</i> Spring Family Buffet <i>11 a.m. -1 p.m.</i>	<i>29</i> 10:00AM Fitness Center 1:30 PM Meditation Exercise 3:00 PM Coffee Time 6:30 PM Bingo	<i>30</i> 10:30 AM Exercise with Frances 1:30 PM Easter Eggs 2:30 PM Monthly Birthday Party 3:00 PM Coffee Time	<i>31</i> 9:00 AM Arm Chair Exercises 10:00 AM Fitness Center 2:00 PM Bingo 3:00 PM Coffee Time				