



# MARCH ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Paper Crafts 9:00 Hand & Foot 9:00 Bible History 10:00 Bingo 12:30	2 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30 Popcorn & Movie 12:00	3 Hand & Foot 9:00 Bingo 12:30
6 Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	7 Knit/Crochet 9:00 Zumba 9:30 Bingo 12:30	8 Paper Crafts 9:00 Hand & Foot 9:00 Bible History 10:00 Bingo 12:30	9 Knit/Crochet 9:00 Zumba 9:30 Genealogy 10:00 Mexican Train 11:30	10 BP Checks 8:30 Hand & Foot 9:00 Bingo 12:30
13 Hand & Foot 9:00 Hair Cuts by Donna 10:00 Chair Exercise 12:00 Bunko 1:00	14 Knit/Crochet 9:00 Zumba 9:30 Bingo 12:30	15 Paper Crafts 9:00 Hand & Foot 9:00 Eye Exam 10:00 Bible History 10:00 Bingo 12:30	16 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	17 Hand & Foot 9:00 Arm Chair Travel "Ireland" 10:15 Bingo 12:30
20 Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	21 Knit/Crochet 9:00 Zumba 9:30 Bingo 12:30	22 Paper Crafts 9:00 Hand & Foot 9:00 Bible History 10:00 Bingo 12:30	23 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	24 BP Checks 8:30 Hand & Foot 9:00 Bingo 12:30
27 Hand & Foot 9:00 Computer 101 10:00 Chair Exercise 12:00 Bunko 1:00	28 Knit/Crochet 9:00 Zumba 9:30 Bingo 12:30	29 Paper Crafts 9:00 Hand & Foot 9:00 Bible History 10:00 Bingo 12:30	30 Knit/Crochet 9:00 Zumba 9:30 Genealogy 10:00 Mexican Train 11:30	31 BP Checks 8:30 Hand & Foot 9:00 Bingo 12:30

## Activity Descriptions

### RECREATIONAL

**Bingo**

Let's play!!

**Hand & Foot**

Card game related to Canasta

**Mexican Train**

A fun dominos game

**Bunko**

Dice game played in groups of 4's

**Crafting**

- **Knit/Crochet** for beginners to advanced. Project focused.
- **Paper Crafting**-Making cards and other speciality items.

**Genealogy**

Trace your family background and explore your roots with Fern Carlson

**Arm Chair Travel**

Travel without the hassle, Sit back and relax as you take adventures to distant lands

### EDUCATIONAL

**Bible History**

Rev. Nathan White, Ph.D. takes you on the historical journey of "The Ages" as viewed from different standpoints.

**Computer 101 Series w/Paul Gray**

Beginning class focusing on using you computer/tablet with confidence and ease.

### HEALTH SUPPORT

**Blood Pressure Checks**

Keeping track of your BP is essential. Bill Jacks, our licensed Practical Nurse, will be here checking BP's.

**Zumba**

A low impact and slower version of Zumba to get you moving

**Chair Exercise**

A low impact routine done sitting in a chair. Georgia McFadden has been teaching chair exercise for many years.

**Hair Cuts by Donna**

Hair cuts and beard trims done by our retired hair stylist.

### BIRTHDAY CELEBRATION

Genelle Wilburn, Gene Bridgman,  
Donna Fuller, Eva Schween



## Special Events

**March 1st @10:30am**  
Cricket Wireless "Phone Tips & Tricks"

**March 4th 9am-3pm**  
Rummage Sale Fundrasier

**March 15th @ 10am**  
Eye Exams by the Lions Club

**March 27th @ 10:30am**  
Carrie Ann with SHINE

## Holidays this Month

**Daylight Savings Time - March 12th**

**St Patty's Day - March 17th**

**1st Day of Spring - March 20th**

## Site Management

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