

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING MEETING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>3</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>4</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 11:30 SS CIRCUIT 1:00 PM: BINGO</p>	<p>5</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>6</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>9</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>10</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>11</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>12</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: SINGLE PAYER HEALTHCARE</p>	<p>13</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERISE WITH MARYANN</p>
<p>16</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:30 BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>17</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 12:00 PM: ST. PATRICK'S DAY PARTY 1:00 PM: GAME DAY/BUNCO</p>	<p>18</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10;30 AM: BLOOD PRESSURE 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>19</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30: OVERCOMING LONELINESS</p>	<p>20</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>23</p> <p>10:30 AM: CHAIR YOGA W/ NANCY 12:00 PM: BOWLING &amp; LUNCH 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>24</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 12:00 PM: HAPPY BDAY LUNCH 1:00 PM: GAME DAY</p>	<p>25</p> <p>8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>26</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MOVIE &amp; POPCORN 5:00 PM DINNER WITH FRIENDS</p>	<p>27</p> <p>9:45 AM: LINE DANCING 11:15 AM: EXERISE WITH MARYANN 12:00 PM: UPMC MEMORY TIPS</p>
<p>30</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>31</p> <p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY 1:00 PM: FLEA MARKET PREP</p>			



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<p><b>2</b>  <i>10:30 AM: CHAIR YOGA</i>  <i>12:30 PM: ACTIVITY PLANNING MEETING</i>  <i>1:00 PM: BRIDGE</i>  <i>1:30 PM: SS ENERCHI</i></p>	<p><b>3</b>  <i>9:00 AM: FIT GROUP DRUMS</i>  <i>10:00 AM: SS STABILITY &amp; BALANCE</i>  <i>11:00 AM: ON THE MOVE</i>  <i>1:00 PM: GAME DAY/BUNCO</i></p>	<p><b>4</b>  <i>8:45 AM: YOGA 1</i>  <i>10:00 AM: SS CIRCUIT</i>  <i>10:00 AM: SIT, KNIT, CROCHET</i>  <i>10:00 AM: CRAFTS</i>  <i>10:30 AM: BLOOD PRESSURE</i>  <i>1:00 PM: BINGO</i></p>	<p><b>5</b>  <i>9:00 AM : CHAIR YOGA</i>  <i>10:30 AM: SOMATICS</i></p>	<p><b>6</b>  <i>9:45 AM: LINE DANCING</i>  <i>11:15 AM: EXERCISE WITH THE DIRECTOR</i></p>
<p><b>9</b>  <i>10:30 AM: CHAIR YOGA</i>  <i>11:00 AM: WALMART</i>  <i>1:00 PM: BRIDGE</i>  <i>1:30 PM: SS ENERCHI</i></p>	<p><b>10</b>  <i>9:00 AM: FIT GROUP DRUMS</i>  <i>10:00 AM: SS STABILITY &amp; BALANCE</i>  <i>11:00 AM: ON THE MOVE</i>  <i>1:00 PM: GAME DAY</i></p>	<p><b>11</b>  <i>8:45 AM: YOGA 1</i>  <i>10:00 AM: SS CIRCUIT</i>  <i>10:00 AM: SIT, KNIT, CROCHET</i>  <i>10:00 AM: CRAFTS</i>  <i>1:00 PM: BINGO</i></p>	<p><b>12</b>  <i>9:00 AM : CHAIR YOGA</i>  <i>10:30 AM: SOMATICS</i>  <i>1:00 PM: LEARNING TO LOVE YOURSELF</i></p>	<p><b>13</b>  <i>9:45 AM: LINE DANCING</i>  <i>10:30 PM: MOONSHOT MUSEUM</i>  <i>11:15 AM: EXERISE WITH MARYANN</i></p>
	<p><b>17</b>  <i>9:00 AM: FIT GROUP DRUMS</i>  <i>10:00 AM: SS STABILITY &amp; BALANCE</i>  <i>11:00 AM: ON THE MOVE</i>  <i>12:00 PM MARDI GRAS PARTY</i>  <i>1:00 PM: GAME DAY/BUNCO</i></p>	<p><b>18</b>  <i>8:45 AM: YOGA 1</i>  <i>10:00 AM: SS CIRCUIT</i>  <i>10:00 AM: SIT, KNIT, CROCHET</i>  <i>10:00 AM: CRAFTS</i>  <i>10:30 AM: BLOOD PRESSURE</i>  <i>1:00 PM: BINGO</i></p>	<p><b>19</b>  <i>9:00 AM : CHAIR YOGA</i>  <i>10:30 AM: SOMATICS</i>  <i>12:00: PREVENT &amp; RESOLVE SENIOR BULLYING</i></p>	<p><b>20</b>  <i>9:45 AM: LINE DANCING</i>  <i>11:15 AM: EXERCISE WITH THE DIRECTOR</i>  <i>12:00: LUNCH WITH FRIENDS</i></p>
<p><b>23</b>  <i>10:30 AM: CHAIR YOGA W/ NANCY</i>  <i>11:00 AM: RIVERS CASINO</i>  <i>11:30 AM: BOOK CLUB</i>  <i>1:00 PM: BRIDGE</i>  <i>1:00 PM: FLEA MKT MTG.</i>  <i>1:30 PM: SS ENERCHI</i></p>	<p><b>24</b>  <i>9:00 AM: FIT GROUP DRUMS</i>  <i>10:00 AM: SS STABILITY &amp; BALANCE</i>  <i>11:00 AM: ON THE MOVE</i>  <i>12:00 PM: HAPPY BDAY LUNCH</i>  <i>1:00 PM: GAME DAY</i></p>	<p><b>25</b>  <i>8:45 AM: YOGA 1</i>  <i>10:00 AM: SS CIRCUIT</i>  <i>10:00 AM: SIT, KNIT, CROCHET</i>  <i>10:00 AM: CRAFTS</i>  <i>1:00 PM: BINGO</i></p>	<p><b>26</b>  <i>9:00 AM : CHAIR YOGA</i>  <i>10:30 AM: SOMATICS</i>  <i>12:30 PM: MOVIE &amp; POPCORN</i>  <i>5:00 PM DINNER WITH FRIENDS</i></p>	<p><b>27</b>  <i>9:45 AM: LINE DANCING</i>  <i>11:15 AM: EXERISE WITH MARYANN</i>  <i>10:00 AM: SILVER SCRIPTS</i></p>
				

