

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

									
									
<p>9:15-10:15 Dynamic stretching 10:15-11:30 Pancake races 12:30-1:30 3-D Hand project 1:30-2:30 B-I-N-G-O 2:30-3:00 Music Warmup 3:00-4:00 Music with Pat 4:00-5:00 Glamour hour 5:00-5:30 Reminiscing Magazines</p>	4	<p>9:15-10:15 Conductorsize 10:15-11:30 Let the good times roll 12:30-1:30 Mardi Gras Zydeco Dance 1:30-2:30 Music with Laurie Dameron 2:30-3:00 Comedy crumbles 3:00-4:00 Choir practice 4:00-5:00 Jeopardy 5:00-5:30 Conversation Cards</p>	5	<p>9:15-10:15 Tai Bo 10:15-11:30 F w F – Peanut butter Kiss cookies 12:30-1:00 Stretch and Dance 1:00-2:15 Croquet 2:15-2:45 Bistro babble 3:00-4:00 Music with Pat 4:00-5:00 Game Show (IN2L) 5:00-5:30 Reminiscing Magazines</p>	6	<p>9:15-10:15 Deep Stretch 10:15-11:30 Artists Club – Dr. Seuss (Poetry Writing) 12:30-1:00 Flexibility 1:00-2:15 Paint and Sip – Sunflower 2:15-2:45 Stories with Donna 3:00-4:00 Singing with Alex 4:00-5:00 Karaoke 5:00-5:30 Conversation Cards</p>	7	<p>9:15-10:15 Pedal Pushers 10:15-11:30 Discussion on Aretha Franklin 12:30-1 7th Inning Stretch 1:00- 2:15 Veterans Club 2:15-2:45 Nursery Rhymes 3:00-4:00 Music with Pat 4:00-5:00 Hula Competition 5:00-5:30 Family Feud</p>	1
<p>9:15-10:15 Chair yoga 10:15-11:30 Memories in the making 12:30-1:30 Stretching and Art Therapy – Positive Thoughts 1:30-2:30 Presentation on space 2:30-3:00 Bistro babble 3:00-4:00 Music with Pat 4:30-5:00 Memory Games (IN2L) 5:00-5:30 Conversation Cards</p>	11	<p>9:15-10:15 Range of motion 10:15-11:30 Music with Kim Oosters 12:30-1 Simeon Says 1-2:15 Herbalism 101: Sweet potatoes 2:15-2:45 Head/Body/Legs Drawing 3:00-4:00 Choir practice 4:00-5:00 Old Photos (IN2L) 5:00-5:30 Reminiscing Magazines</p>	12	<p>9:15-10:15 Inner Beat 10:15-11:30 Music with Bill Sucke 12:30-1:00 Stretch and Dance 1-2:15 F W F – Springtime Granola Parfait 2:15-2:45 Music Warmup 3:00-4:00 Memories in the making 4:30-5:00 Hangman 5:00-5:30 Conversation Cards</p>	13	<p>9:15-10:15 Freeze Dance 10:15-11:30 Music with Dave Hidalgo 12:30-1:00 Balloon Exercises 1:00-2:15 Images with Judith 2:15-3:00 Stories with Donna 3:00-4:00 Poets Row 4:30-5:00 Karaoke 5:00-5:30 Reminiscing Magazines</p>	14	<p>9:15-10:15 Pedal Pushers 10:15-11:30 Veterans Club 12:30-1:00 7th Inning Stretch 1:00-2:15 Saint Patrick's Day Celebration 2:15-2:45 Leprechaun comedy hour 3:00-4:00 Music with Pat 4:00-5:00 Categories Game 5:00-5:30 Family Feud</p>	15
<p>9:15-10:15 Freeze Dance 10:15-11:30 Music with Frank Lechuga 12:30-1:30 stretching and Gods Eye Yarn Craft 1:30-2:30 B-I-N-G-O 2:30-3:00 Music Warmup 3:00-4:00 Music with Pat 4:00-5:00 Categories Game 5:00-5:30 Reminiscing Magazines</p>	18	<p>9:15-10:15 Conductorsize 10:15-11:30 Ladies Club – Paint and Sip 12:30-1:30 Simeon Says and Coloring Page 1:30-2:30 Don T & The Melodics 2:30-3:00 Name that Tune 3:00-4:00 Choir practice 4:00-5:00 Old Photos (IN2L) 5:00-5:30 Conversation Cards</p>	19	<p>9:15-10:15 Tai Bo 10:15-11:30 F w F – Blueberry Tarts 12:30-1:00 Stretch and Dance 1:00-2:15 First Day of Spring Craft – Cherry Blossom Project 2:15-2:45 Musing morsels 3:00-4:00 Music with Pat 4:00-5:00 Memory Games (IN2L) 5:00-5:30 Reminiscing Magazines</p>	20	<p>9:15-10:15 Deep Stretch 10:15-11:30 Artists Club- Picasso (Collage) 12:30-1:30 Flexibility 1:30-2:30 Curious Dragon Fly 2:15-2:45 Stories with Donna 3:00-4:00 Curtain Call 4:00-5:00 Karaoke 5:00-5:30 Conversation Cards</p>	21	<p>9:15-10:15 Range of motion 10:15-11:30 "What I love" Drawing Project 12:30-1:00- Flexibility 1:00-2:15 Veterans Club 2:15-2:45 Music Warmup 3:00-4:00 Music with Pat 4:00-5:00 Glamour hour 5:00-5:30 Reminiscing Magazines</p>	22
<p>9:15-10:15 Walking Club 10:15-11:30 Music with Steve Ellis 12:30-1:30 stretching and Art Therapy – Wishes 1:30-2:30 B-I-N-G-O 2:30-3:00 Bistro babble 3:00-4:00 Music with Pat 4:00-5:00 Glamour hour 5:00-5:30 Conversation Cards</p>	25	<p>9:15-10:15 Range of motion 10:15-11:30 Bible Study 12:30-1:30 Puzzles 1:30-2:30 Notibles(+26) Choir performance 2:30-3:00 Freeze Dance 3:00-4:00 Choir practice 4:00-5:00 Old Photos (IN2L) 5:00-5:30 Reminiscing Magazines</p>	26	<p>9:15-10:15 Inner Beat 10:15-11:30 F w F – Guacamole 12:30-1:00 Stretch and Dance 1:00-2:15 Watercolor Peacock 2:15-2:45 Game Show (IN2L) 3:00-4:00 Memories in the making 4:00-5:00 Categories Game 5:00-5:30 Conversation Cards</p>	27	<p>9:15-10:15 Freeze dance 10:15-11:30 Music with Maxine 12:30-1 Balloon Exercises 1:00-2:15 Images with Judith 2:15-2:45 Stories with Donna 3:00-4:00 Poets Row 4:00-5:00 Karaoke 5:00-5:30 Reminiscing Magazines</p>	28	<p>9:15-10:15 Pedal Pushers 10:15-11:30 Women in music 12:30-1 7th Inning Stretch 1:00-2:15 Broad minded: Story of a lady jockey 2:15-2:45 Unconventional lives 3:00-4:00 Music with Pat 4:00-5:00 Memory Games (IN2L) 5:00-5:30 Family Feud</p>	29

Activities are subject to change to best meet the needs of our SRC friends.