

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><b>Fitness Events</b>    <b>Religious Events</b>  <b>Van Trips</b>            <b>Lutheran</b>  <b>Resident's</b>            <b>Manor Events</b>  <b>Association</b>        <b>Holidays/</b>  <b>Events</b>                <b>Observances/</b>                                   <b>Other</b></p>		<p>1  7:00-10:00 Lounge Closed  <b>10:00 Palmer Park Mall &amp; Carrabba's</b>  10:15 Everybody's Yoga  11:00 Tai Chi  1:00 Second Harvest  2:00 Walkers Club</p>	<p>2  8:00 Coffee, Donuts, Bagels &amp; Muffins   12:30 Pinochle</p>
<p>3</p>	<p>4  <b>9:00 Banks &amp; Post Office</b>  9:00 Walkers Club  10:00 Fit For Life  11:30 Stand Up for Strength  <b>1:30 CVS &amp; \$ Store</b>  3:00 Snack Stand  6:00 BINGO</p>	<p>5  8:30 Fastnacht Day  <b>9:00 Tic Toc &amp; Walmart</b>  10:00 Joyful Joints  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 Church</p>	<p>6  <b>Ash Wednesday</b>  9:00 Worship Ashes  9:00 Walkers Club  12:00 Fit For Life  12:30 Bible Study  3:00 Snack Stand  <b>4:00 Dinner @ Red Lobster</b>  5:00 Ice Cream Sale</p>	<p>7  9:00 Zumba Gold  <b>9:30 Shop-Rite</b>  10:00 Chat Room  10:00 Joyful Joints  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 Church (Esp.)  6:00 Blood Pressure Check  6:00 Shuffleboard  7:00 Prayer Time</p>	<p>8  7:00-10:00 Lounge Closed  10:15 Everybody's Yoga  11:00 Tai Chi  <b>12:00 Red Robbin &amp; Movie Class</b>  1:00 Movie #1  2:00 Walkers Club</p>	<p>9  8:30 Breakfast</p>
<p>10  <b>Daylight Saving Time Begins</b>   1:00 Sunday Praise with David</p>	<p>11  9:00 Walkers Club  10:00 Fit For Life  11:30 Stand Up for Strength  <b>12:00 Weis</b>  <b>1:00 Movie #2</b>  1:30 Committee Meeting  3:00 Snack Stand  6:00 BINGO</p>	<p>12  10:00 Joyful Joints  <b>11:00 Ruby Tuesday &amp; LV Mall</b>  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 General Meeting</p>	<p>13  9:00 Walkers Club  12:00 Fit For Life  12:30 Bible Study  3:00 Snack Stand  <b>4:00 Doughboys</b>  5:00 Ice Cream Sale</p>	<p>14  9:00 Zumba Gold  10:00 Chat Room  10:00 Joyful Joints  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 Church  6:00 Shuffleboard  6:30 Angel Study</p>	<p>15  7:00-10:00 Lounge Closed  <b>9:00 Williams Family Rest. &amp; Valley Farms</b>  9:00 Walkers Club  10:15 Everybody's Yoga  11:00 Sandwich Sale Pickup  11:00 Tai Chi  2:00 Walkers Club</p>	<p>16  5:00 Soup &amp; Hot Dogs</p>
<p>17  <b>St. Patrick's Day</b></p>	<p>18  9:00 Walkers Club  10:00 Fit For Life  11:30 Stand Up for Strength  <b>1:30 Art with Pat Pt. 1</b>  3:00 Snack Stand  <b>4:00 Applebee's</b>  6:00 BINGO</p>	<p>19  10:00 Joyful Joints  11:00 Basic Balance  <b>12:00 Giant &amp; Stretch</b>  <b>1:30 Art with Pat Pt. 2</b></p>	<p>20  9:00 Walkers Club  <b>10:00 Kmart &amp; Wind Gap Diner</b>  12:00 Fit For Life  3:00 Snack Stand  5:00 Birthday Party</p>	<p>21  9:00 Zumba Gold  10:00 Joyful Joints  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 Church  6:00 Shuffleboard  7:00 Prayer Time</p>	<p>22  7:00-10:00 Lounge Closed  10:15 Everybody's Yoga  11:00 Tai Chi  1:00 Computer Class  <b>1:00 Movie #2</b>  2:00 Walkers Club  <b>4:00 Marblehead Chowder House</b></p>	<p>23</p>
<p>24</p>	<p>25  9:00 Walkers Club  10:00 Fit For Life  11:30 Stand Up for Strength  <b>1:00 Movie #1</b>  3:00 Snack Stand  <b>4:00 Sewyco's Fire Co.</b>  6:00 BINGO</p>	<p>26  9:00 Walkers Club  10:00 Joyful Joints  11:00 Basic Balance  <b>12:00 Wegmans</b>  1:00 Meditation &amp; Stretch</p>	<p>27  9:00 Walkers Club  12:00 Fit For Life  12:30 Bible Study  2:00 Walkers Club  3:00 Snack Stand  5:00 Ice Cream Sale</p>	<p>28  9:00 Zumba Gold  10:00 Chat Room  10:00 Joyful Joints  11:00 Basic Balance  1:00 Meditation &amp; Stretch  2:00 Church  6:00 Shuffleboard  6:30 Angel Study</p>	<p>29  7:00-10:00 Lounge Closed  10:15 Everybody's Yoga  11:00 Tai Chi  2:00 Walkers Club  <b>4:00 Outback</b></p>	<p>30  <b>2:30 Pig Stomach Dinner</b></p>
<p>31  5:00 Social</p>	<p><i>May your troubles be less and your blessings be more,  and nothing but happiness come through your door.</i></p>					