

# MARCH 2017 Active Adult Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CARDS AND GAMES:</b>  Mon. through Fri, 9:30am - 4:30pm  Location subject to change		<b>1</b> 10:00 Table Tennis 10:00 Gilah Disc. 10:15 Arts & Crafts 11:00 Exercise 12:00 Lunch	<b>2</b> 10:00 JCC Senior Social Club 10:30 Armchair YOGA 12:00 Lunch 1:00 Movement & Motivation	<b>3</b> 10:00 Table Tennis 10:10 Program on Fraud 11:00 Exercise 12:00 Lunch
<b>5</b>	<b>6</b> 10:10 ADLSpeaker 11:00 Exercise 12:00 Lunch 1:00 Meditation	<b>7</b> 9:00 AARP 10:00 Goodtimers Mtg. 10:15 Wii 10:30 Yiddish 12:00 Purim Lunch	<b>8</b> 9:00 AARP 10:00 Gilah 10:00 Table Tennis 10:15 Arts & Crafts 11:00 Exercise 12:00 Lunch	<b>9</b> 10:00 Café Connection 10:30 Armchair Yoga 12:00 Lunch 1:00 Movement & Motivation	<b>10</b> 10:00 Table Tennis 10:10 Gilah 11:00 Exercise 12:00 Lunch
<b>12</b>	<b>13</b> 10:10 Discussion 11:00 Exercise 12:00 Lunch 1:00 Meditation	<b>14</b> 10:15 Wii 10:30 Yiddish 12:00 Lunch 1:00 News & Views 7:00 Couples Club 7:00 S-Uber Training	<b>15</b> 10:00 Table Tennis 10:00 Gilah 10:15 Arts & Crafts 11:00 Exercise 12:00 Lunch	<b>16</b> 10:30 Armchair Yoga 12:00 Lunch 1:00 Movement & Motivation	<b>17</b> 10:00 Table Tennis 10:10 Physical Therapy Presentation 11:00 Exercise 12:00 Lunch
<b>19</b>	<b>20</b> 10:00 Advisory Council Mtg. 10:10 Discussion 11:00 Exercise 12:00 Lunch 1:00 Meditation	<b>21</b> 10:15 Wii 10:30 Yiddish 1:00 News & Views 7:00 Social Singles	<b>22</b> 10:00 Table Tennis 10:00 Gilah 10:15 Arts & Crafts 11:00 Exercise 12:00 Lunch	<b>23</b> 10:30 Armchair Yoga 12:00 Lunch 1:00 Movement & Motivation	<b>24</b> 10:00 Table Tennis 10:10 Gilah 11:00 Exercise 12:00 Lunch
<b>26</b>	<b>27</b> 10:10 Discussion 11:00 Exercise 12:00 Lunch 1:00 Meditation	<b>28</b> 10:15 Wii 10:30 Yiddish 12:00 Lunch 1:00 News & Views 2:00 Goodtimers	<b>29</b> 10:00 Table Tennis 10:00 Gilah 10:15 Arts & Crafts 11:00 Exercise 12:00 Lunch	<b>30</b> 10:30 Armchair Yoga 12:00 Lunch 1:00 Movement & Motivation	<b>31</b> 10:00 Table Tennis 10:10 Gilah 11:00 Exercise 12:00 Lunch