



# EnerG<sup>SM</sup> March 2019

by aegis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:15 Balance-FC 10:00 Face Yoga & Spa Day-TR 10:30 Color Me Calm-TR 1:30 Noodleball-TR 2:00 Relaxation-TR 2:30 Self Massage-TR 3:00 Coffee Time-TR 3:30 Brain Games-TR	10:00 Current News-TR 2:00 Trivia-TR 3:00 Coffee Time-TR
9:45 Worship Service-CH 10:45 Catholic Communion-CH 3:00 Coffee Time-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 Face to Right-TR 10:30 Stretch & Move-TR 2:00 Hymn Sing-EP 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR 3:30 Monksal Service-CH 6:00 Evening Music-CH	9:15 Cardio Kickboxing-FC 10:00 Uno & Search-TR 10:30 Tr-Chi-TR 1:30 Mens Club-TR 2:00 Menkador Service-CH 3:00 United in Faith-CH 3:00 Coffee Time-TR 3:15 Brain Games-TR 3:45 Bible Study-CH	10:00 St. Paul's Service-CH 10:00 Brain Fitness-TR 10:30 Stretch & Move-TR 2:00 Ash Wed. Service-CH 3:00 Coffee Time-TR 3:15 Mind Your Mind-TR	9:15 Ball & Toss-FC 10:00 Catholic Mass-CH 10:00 Stretch & Flex-TR 10:30 Face Yoga-TR 2:00 Ash Wed. Service-CH 3:00 Coffee Time-TR 3:30 Trivia-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 Daylight Savings Haste-TR 10:30 Chair Yoga/ Chair Dance-TR 1:30 Big Ball-CH 2:00 Relaxation-CH 2:30 Self Massage-CH 3:00 Coffee Time-TR 3:30 Brain Games-TR	10:00 Current News-TR 2:00 Jingo-TR 3:00 Coffee Time-TR
9:45 Worship Service-CH 10:45 Catholic Communion-CH 3:00 Coffee Time-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 Pilgrimage-TR 10:30 Trinity Lutheran-CH 10:30 Stretch & Move-TR 2:00 Hymn Sing-EP 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR 6:00 Evening Music-CH	9:15 Cardio Kickboxing-FC 10:00 St. Paul's Mass-TR 10:30 Tr-Chi-TR 1:30 Mens Club-TR 2:00 Balance-TR 3:00 Coffee Time-TR 3:15 Brain Games-TR 3:30 Bible Study-CH	9:30 Food Council-CR 10:00 St. Paul's Service-CH 10:00 Brain Fitness-TR 10:30 Stretch & Move-TR 2:00 Bingo-PDR 3:00 Coffee Time-TR 3:15 Mind Your Mind-TR	9:15 Ball & Toss-FC 10:00 Catholic Mass-CH 10:00 Stretch & Flex-TR 10:30 Face Yoga-TR 2:00 Lenten Service-CH 3:00 Coffee Time-TR 3:30 Trivia-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 St. Paul's Mass-TR 10:30 Chair Yoga/ Chair Dance-TR 1:30 Ball Toss/ Trivia-TR 2:00 Relaxation-TR 2:30 Self Massage-TR 3:00 Coffee Time-TR 3:30 Brain Games-TR	10:00 Current News-EP 2:00 Craft-EP 3:00 Coffee Time-EP
9:45 Worship Service-CH 10:45 Catholic Communion-CH 3:00 Coffee Time-TR 6:00 Evening Music-CH 6:30 Faith Lutheran-CH	9:15 Balance-FC 10:00 Wheel of Fortune-TR 10:30 Stretch & Move-TR 2:00 Hymn Sing-EP 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR 6:00	9:15 Cardio Kickboxing-FC 10:00 Scrabble-TR 10:30 Tr-Chi-TR 1:30 Mens Club-TR 2:00 Balance-TR 3:00 Coffee Time-TR 3:15 Brain Games-TR 3:30 Bible Study-CH	10:00 St. Paul's Service-CH 10:00 Brain Fitness-TR 10:30 Stretch & Move-TR 2:00 Bingo-PDR 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR	9:15 Ball & Toss-FC 10:00 Catholic Mass-CH 10:00 Stretch & Flex-TR 10:30 Face Yoga-TR 1:30 Clearwood Puzzle-TR 2:00 Lenten Service-CH 2:00 Nails-TR 3:00 Coffee Time-TR 3:30 Trivia-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 Seniors Club-TR 10:30 Chair Yoga/ Chair Dance-TR 1:30 Noodleball-TR 2:00 Relaxation-TR 2:30 Self Massage-TR 3:00 Coffee Time-TR 3:30 Brain Games-TR	10:00 Current News-TR 2:00 Yesterdays-TR 3:00 Coffee Time-TR
9:45 Worship Service-CH 10:45 Catholic Communion-CH 3:00 Coffee Time-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 Bible Trivia-TR 10:30 Stretch & Move-TR 2:00 Hymn Sing-EP 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR	9:15 Cardio Kickboxing-FC 10:00 Pilates & Pilates-TR 10:30 Tr-Chi-TR 1:30 Mens Club-TR 2:00 Balance-TR 3:00 Coffee Time-TR 3:30 Bible Study-CH	10:00 St. Paul's Service-CH 10:00 Brain Fitness-TR 10:30 Stretch & Move-TR 2:00 Bingo-PDR 3:00 Coffee Time-TR 3:30 Mind Your Mind-TR	9:15 Ball & Toss-FC 10:00 Catholic Mass-CH 10:00 Stretch & Flex-TR 10:30 Face Yoga-TR 1:30 Don't Split The Room/ Rd Trivia-TR 2:00 Lenten Service-CH 2:00 Trivia-TR 3:00 Coffee Time-TR 3:30 Trivia-TR 6:00 Evening Music-CH	9:15 Balance-FC 10:00 April Showers Crafts-TR 10:30 Chair Yoga/ Chair Dance-TR 1:30 Movie & Popcorn-TR 3:00 Coffee Time-TR 3:30 Brain Games-TR	10:00 Current News-TR 2:00 Andy Griffith Show-TR 3:00 Coffee Time-TR
9:45 Worship Service-CH 10:45 Catholic Communion-CH 3:00 Coffee Time-TR 6:00 Evening Music-CH						