

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
3	4	5	6	7	8	9
1 PM Bridge (CR) 1 PM Movies with Ellen (L)	10 AM Chair Yoga (FR) 11 AM Resident Mtg (DR) 1:30 PM Dominos (DRL)	10:00 Floor Yoga 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Michael Paul Lund/Bing Crosby (DR)	10:00 Floor Yoga 12:50 AM Hannaford	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 11AM Nat'l Nutrition Month Kickoff! (DRL) 1 PM Knitting or Not Group	1 PM Bridge (CR)
10	11	12	13	14	15	16
1 PM Bridge (CR) 1 PM Movies with Ellen (L)	10 AM Chair Yoga (FR) 11 AM Building & Grounds (DR) 1:30 PM Dominos (DRL)	10:00 Floor Yoga 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Heart (DR)	10:00 Floor Yoga 12:50 AM Hannaford	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
17	18	19	20	21	22	23
11 AM Celtic Music at Brunch 1 PM Bridge (CR) 1 PM Movies with Ellen (L)	10 AM Chair Yoga (FR) 1:30 PM Dominos (DRL)	10:00 Floor Yoga 10:45 AM Hannaford 11:00am Sugar House Visit 1 PM Bridge (CR) 12 - 2 Pop Health (H) 4 PM Hvmn Sing	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Heart (DR)	10:00 Floor Yoga 12:50 AM Hannaford	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not Group (L) 1:30 PM Dominos (DRL) 4:00 PM Astronomer: John	1 PM Bridge (CR)
24	25	26	27	28	29	30
1 PM Bridge (CR) 1 PM Movies with Ellen (L)	10 AM Chair Yoga (FR) 11 AM Budget Mtg (DR) 1:30 PM Dominos (DRL)	10:00 Floor Yoga 10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Heart (DR)	10:00 Floor Yoga 12:50 AM Hannaford 1:00 Author/Historian: Mac Smith - Book Reviews	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting or Not Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
31	1	Notes	Legend:			
1 PM Bridge (CR) 1 PM Movies with Ellen (L)	10 AM Chair Yoga (FR) 11 AM Resident Mtg (DR) 1:30 PM Dominos (DRL)		(CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor	(DR)=Dining Room (DRL)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom		Cottage Trash - Tuesdays & Fridays 8:30 AM Cottage Recycling - Thursday 8:30 AM