

# MARCH 2019 - MONTHLY SCHEDULE BY WEEK

\*\* Represents classes where suggested donation is requested

## Lunch Alternative

During *Lent*, Breaded Baked Fish will be offered as an alternative luncheon on Fridays. If you would like this alternative lunch, please sign your name on the pad located at table #3 in the SNAP Dining Room. Thank you!

## March is National Nutrition Month

In celebration of National Nutrition Month, it is important to be aware that a well-balanced diet can improve your health and help your body fend off disease. Eat plenty of whole grains and a variety of colorful fruits and vegetables. Choose lean cuts of meat (or substitute beans, nuts and fish for protein). Get calcium from low-fat dairy products. Remember to eat your healthy lunch at SNAP.... where you always have healthy food choices!!

## FRIDAY

1

9:00 am:

- Exercise Class\*\*

10:00 am:

- Quilting Class
- SAIL Fall Prevention
- Dance Movement Therapy\*\*

11:00 am:

- Chair Yoga
- Bingo
- Nutrition Class

1:00 pm:

- Body Sculpting

1:30 pm:

- Painting: Art Therapy\*\*

## ST. PATRICK'S DAY WORD SEARCH

### WORDS TO FIND:

LEPRECHAUN  
 POT OF GOLD  
 RAINBOW  
 LUCK  
 IRISH  
 HOLIDAY  
 CLOVER  
 TRADITIONS  
 FOOD  
 CELEBRATE  
 MARCH  
 PARADE  
 FAMILY  
 GREEN  
 CRAFTS

B	F	G	H	J	F	K	J	N	H	G	J	K	L	P	T	Y
Q	W	C	T	R	A	D	I	T	I	O	N	S	V	O	B	N
Z	C	V	B	G	M	B	N	H	J	K	O	P	O	T	U	H
P	L	K	U	N	I	B	G	F	G	Y	J	E	D	O	C	V
X	U	K	C	E	L	E	B	R	A	T	E	T	Y	F	C	B
R	F	G	H	M	Y	I	J	M	K	L	G	F	G	G	R	P
R	X	C	V	B	A	N	J	H	G	T	Y	U	I	O	A	O
L	A	K	L	E	P	R	E	C	H	A	U	N	J	L	F	J
X	C	I	B	H	G	H	C	L	O	V	E	R	I	D	T	P
C	V	R	N	C	G	H	J	H	L	U	C	K	I	K	S	L
N	H	I	J	B	K	J	H	G	I	Y	N	H	G	I	H	J
B	H	S	H	F	O	F	O	O	D	G	B	N	R	Y	K	J
Z	G	H	K	N	H	W	J	P	A	R	A	D	E	U	I	O
X	V	B	N	M	H	G	F	D	Y	G	H	U	E	Y	H	B
Q	W	E	R	T	Y	U	I	O	P	L	K	J	N	H	G	F
C	V	B	G	F	H	J	K	L	O	I	U	Y	T	R	E	R
X	Z	B	V	N	M	K	L	K	J	Y	N	H	R	F	G	T

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing w/Harrison</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Knitting &amp; Crocheting Class</li> <li>• SAIL - <i>Fall Prevention</i></li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class** - <i>Advanced</i></li> <li>• Men's Discussion Group</li> <li>• Women's Discussion Group with Nurse Mindy</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Adult Coloring</li> <li>• Exercise Class** - <i>Beginners/Interm.</i></li> <li>• Canasta</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• <b>"Empowerment"</b> Discussion Group with <i>Olivia</i></li> </ul>	<p><b>5</b></p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>Mardi Gras Party!</b></p> </div> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> <li>• Mahjong</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• <b>Let's Groove</b> in the Radio Room</li> </ul> <p><b>9:45 am:</b></p> <ul style="list-style-type: none"> <li>• Conversational Spanish w/Jo</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Tai Chi with June</li> <li>• Computers w/Ken (Dining Room)</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Reminiscence Group</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Canasta</li> <li>• Looming</li> </ul> <p><b>11:15 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing**</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Canasta</li> <li>• Cooking with Chef Roberto</li> </ul>	<p><b>6</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• <b>Breakfast with Friends</b></li> <li>• Jewelry Sale</li> <li>• Arm Chair Yoga</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Plastic Mesh Class</li> <li>• Zumba Gold</li> <li>• Mahjong</li> <li>• Haircuts by Marilyn (\$10)</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Bingo</li> <li>• Caregivers Program</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• BP Monitoring</li> <li>• <b>"Sip (Tea) &amp; Paint"</b> presented by Sara Companions</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Conditioning**</li> <li>• Adult Coloring</li> </ul>	<p><b>7</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Zumba w/Donna</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• Gentleman's Quarterly</li> <li>• <b>Let's Groove</b> in the Radio Room</li> <li>• Tai Chi**</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Computers w/Ken</li> <li>• Jewelry Making**</li> <li>• Mahjong</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Sing Along with Stephanie</li> <li>• Nutrition Program with Neda</li> </ul> <p><b>11:30 am:</b></p> <ul style="list-style-type: none"> <li>• Creative Writing</li> <li>• Men's Strength &amp; Endurance</li> </ul> <p><b>12:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Wii Bowling</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Current Events</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Billiards</li> </ul> <p><b>2:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Exercise**</li> </ul>	<p><b>8</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Quilting Class</li> <li>• SAIL Fall Prevention</li> <li>• Dance Movement Therapy**</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Bingo</li> <li>• Nutrition Class</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Sculpting</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Painting: Art Therapy**</li> </ul>

## BREAKFAST WITH FRIENDS Wednesday, March 6, 2019

Enjoy a hearty breakfast and leisurely conversation with your friends beginning at 9:00. \$2.50 contribution for breakfast only and \$4.50 breakfast and lunch. The breakfast menu will consist of:

- **Mushroom & Spinach Egg Bake**
- **Sweet Potato Fries**
- **Crispy Bacon**
- **Bagel or Challah Roll with margarine, cream cheese and jelly**
- **Assorted Pastry**
- **Banana**
- **Coffee or Tea**




## MARDI GRAS CELEBRATION Tuesday, March 5, 2019

Meals are one way that help us to celebrate special events in our lives. Join us as we celebrate Mardi Gras!

- Creamed Corn Soup
- Creole Chicken
- Rice Pilaf
- Cajun Stewed Okra & Tomatoes
- Corn Muffin
- Rice Pudding



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> <b>9:00 am:</b> <ul style="list-style-type: none"> <li>Line Dancing w/Harrison</li> </ul> <b>9:45 am:</b> <ul style="list-style-type: none"> <li>Advisory Board Meeting</li> </ul> <b>10:00 am:</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting Class</li> <li>SAIL Fall Prevention</li> </ul> <b>11:00 am:</b> <ul style="list-style-type: none"> <li>Exercise Class** - <i>Advanced</i></li> <li>Men's Discussion Group</li> <li>Women's Discussion Group with Nurse Mindy</li> </ul> <b>1:00 pm:</b> <ul style="list-style-type: none"> <li>Adult Coloring</li> <li>Exercise Class** - <i>Beginners/Interm.</i></li> <li>Canasta</li> </ul> <b>1:30pm:</b> <ul style="list-style-type: none"> <li>"Empowerment" Discussion Group with <i>Olivia</i></li> </ul>	<b>12</b> <b>9:00 am:</b> <ul style="list-style-type: none"> <li>Exercise Class**</li> </ul> <b>9:30 am:</b> <ul style="list-style-type: none"> <li><b>Let's Groove</b> in the Radio Room</li> </ul> <b>9:45 am:</b> <ul style="list-style-type: none"> <li>Conversational Spanish w/Jo</li> </ul> <b>10:00 am:</b> <ul style="list-style-type: none"> <li>Tai Chi w/June</li> <li>Computers w/Ken (Dining Room)</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>Reminiscence Group</li> </ul> <b>11:00 am:</b> <ul style="list-style-type: none"> <li>Canasta</li> <li>Looming</li> </ul> <b>11:15 am:</b> <ul style="list-style-type: none"> <li>Line Dancing**</li> </ul> <b>1:00 pm:</b> <ul style="list-style-type: none"> <li>Canasta</li> <li>SNAP Movie</li> </ul> Afternoon: <b>Bohemian Rhapsody</b> <ul style="list-style-type: none"> <li>Cooking with Chef Roberto</li> </ul>	<b>13</b> <b>9:00 am:</b> <ul style="list-style-type: none"> <li>Arm Chair Yoga</li> </ul> <b>10:00 am:</b> <ul style="list-style-type: none"> <li>Plastic Mesh Class</li> <li>Zumba Gold</li> <li>Mahjong</li> <li>New Member Tea</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>Bingo</li> </ul> <b>11:00 am:</b> <ul style="list-style-type: none"> <li>Chair Yoga</li> <li>BP Monitoring</li> </ul> <b>1:00 pm:</b> <ul style="list-style-type: none"> <li>Body Conditioning**</li> <li>Adult Coloring</li> </ul>	<b>14</b> <b>9:00 am:</b> <ul style="list-style-type: none"> <li>Zumba w/Donna</li> </ul> <b>9:30 am:</b> <ul style="list-style-type: none"> <li>Gentleman's Quarterly</li> <li>Tai Chi**</li> <li><b>Let's Groove</b> in the Radio Room</li> </ul> <b>10:00 am:</b> <ul style="list-style-type: none"> <li>Computers w/Ken</li> <li>Jewelry Making**</li> <li>Mahjong</li> </ul> <b>10:30 am:</b> <ul style="list-style-type: none"> <li>Open Recreation</li> </ul> <b>11:00 am:</b> <ul style="list-style-type: none"> <li>Sing Along w/Stephanie</li> </ul> <b>1:30 am:</b> <ul style="list-style-type: none"> <li>Creative Writing</li> <li>Wii Bowling</li> <li>Men's Strength &amp; Endurance</li> </ul> <b>1:00 pm:</b> <ul style="list-style-type: none"> <li>Current Events</li> </ul> <b>1:30pm:</b> <ul style="list-style-type: none"> <li>Billiards</li> </ul> <b>2:30 pm:</b> <ul style="list-style-type: none"> <li>Exercise**</li> </ul>	<b>15</b> <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <b>St. Patty's Day Party!</b>  </div> <b>9:00 am:</b> <ul style="list-style-type: none"> <li>Exercise Class**</li> </ul> <b>10:00 am:</b> <ul style="list-style-type: none"> <li>Quilting Class</li> <li>SAIL Fall Prevention</li> <li>Dance Movement Therapy**</li> </ul> <b>11:00 am:</b> <ul style="list-style-type: none"> <li>Chair Yoga – <b>CANCELLED</b></li> <li>Nutrition Class – <b>CANCELLED</b></li> <li><b>Diversity Day Program:</b> Irish Culture &amp; Dance Performance</li> </ul> <b>1:00 pm:</b> <ul style="list-style-type: none"> <li>Body Sculpting</li> </ul> <b>1:30 pm:</b> <ul style="list-style-type: none"> <li>Painting: Art Therapy**</li> </ul>



## ST. PATRICK'S DAY CELEBRATION

### Friday March 15, 2019

Join in on the celebration and wear your best green outfit! A \$5.00 contribution entitles you to a full day of fun, good food and friends. Join us!



#### **8:30 - Breakfast:**

- Croissants, Scones or Kaiser Rolls with Assorted Cream Cheese & Jelly, Assorted Pound Cake, Banana
- Orange Juice/Coffee/Tea

**11:00 – Entertainment:** Enjoy the lively rhythms and high steps of Irish Dancers

#### **12:00 - Luncheon:**

- Corned Beef & Cabbage, or Breaded Fish
- Parsleyed Potatoes
- Dilled Whole Baby Carrots
- Garden Salad with Salad Dressing
- Irish Soda Bread or Rye Bread with Margarine
- Fruited Green Jell-O
- Apple Juice and, Soda or Water

#### **1:30 - Dessert:**

- Brownie, or Key Lime Pie
- Vanilla Ice Cream



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>18</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing w/Harrison</li> </ul> <p><b>9:45 am:</b></p> <ul style="list-style-type: none"> <li>• Advisory Board Meeting</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Knitting &amp; Crocheting Class</li> <li>• SAIL Fall Prevention</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class** - <i>Advanced</i></li> <li>• Men's Discussion Group</li> <li>• Women's Discussion Group with Nurse Mindy</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Adult Coloring</li> <li>• Exercise Class** - <i>Beginners/Interm.</i></li> <li>• Canasta</li> </ul> <p><b>1:30pm:</b></p> <ul style="list-style-type: none"> <li>• <i>"Empowerment"</i> Discussion Group with <i>Olivia</i></li> </ul>	<p><b>19</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• <i>Let's Groove</i> in the Radio Room</li> </ul> <p><b>9:45 am:</b></p> <ul style="list-style-type: none"> <li>• Conversational Spanish w/Jo</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Tai Chi with June</li> <li>• Computers w/Ken (Dining Room)</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Reminiscence Group</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Canasta for Beginners</li> <li>• Looming</li> </ul> <p><b>11:15 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing**</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Canasta</li> <li>• Cooking with Chef Roberto</li> </ul>	<p><b>20</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Arm Chair Yoga</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Plastic Mesh Class</li> <li>• Zumba Gold</li> <li>• Mahjong</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• BP Monitoring</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Conditioning** - <b>CANCELLED</b></li> <li>• Adult Coloring</li> <li>• Men's Book Club</li> <li>• <b>STARS</b> - Senior Theater Group Performance</li> </ul>	<p><b>21</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Zumba w/Donna</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• Gentleman's Quarterly</li> <li>• Tai Chi**</li> <li>• <i>Let's Groove</i> in the Radio Room</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Computers w/Ken</li> <li>• Jewelry Making**</li> <li>• Mahjong</li> <li>• Haircuts by Marilyn (\$10)</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Open Recreation</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Sing Along w/Stephanie</li> <li>• Men's Strength &amp; Endurance</li> </ul> <p><b>11:30 am:</b></p> <ul style="list-style-type: none"> <li>• Creative Writing</li> <li>• Wii Bowling</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Current Events</li> </ul> <p><b>1:30pm:</b></p> <ul style="list-style-type: none"> <li>• Billiards</li> </ul> <p><b>2:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Exercise**</li> </ul>	<p><b>22</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Quilting Class</li> <li>• SAIL Fall Prevention</li> <li>• Dance Movement Therapy**</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Nutrition Class</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Sculpting</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Painting: Art Therapy**</li> </ul>



## New Class at SNAP Cooking with Roberto



*Join Chef Roberto in an eight session cooking demonstration series, beginning Tuesday, March 5th at 1:00*

Roberto will demonstrate the cooking essentials to create eight delicious dishes that you will sample after each workshop.

\$10.00 per class or \$60.00 for the 8 session course and a recipe book complete with all workshop dishes.

Recipe books will be sold separately for \$8.00.

Pre-registration is required. Please sign up with your payment with Nina or Olivia.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>25</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing w/Harrison</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Knitting &amp; Crocheting Class</li> <li>• SAIL Fall Prevention</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class** - <i>Advanced</i></li> <li>• Men's Discussion Group</li> <li>• Women's Discussion Group with Nurse Mindy</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Adult Coloring</li> <li>• Exercise Class** - <i>Beginners/Interm.</i></li> <li>• Canasta</li> </ul> <p><b>1:30pm:</b></p> <ul style="list-style-type: none"> <li>• <i>"Empowerment"</i> Discussion Group with <i>Olivia</i></li> </ul>	<p><b>26</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• <i>Let's Groove</i> in the Radio Room</li> </ul> <p><b>9:45 am:</b></p> <ul style="list-style-type: none"> <li>• Conversational Spanish w/Jo</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Tai Chi with June</li> <li>• Computers w/Ken (Dining Room)</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Reminiscence Group</li> <li>• <i>March Birthday Celebration</i> w/Lyn Lockamy</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Canasta for Beginners</li> <li>• Looming</li> </ul> <p><b>11:15 am:</b></p> <ul style="list-style-type: none"> <li>• Line Dancing**</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Canasta</li> <li>• Cooking with Chef Roberto</li> </ul>	<p><b>27</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Arm Chair Yoga</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Plastic Mesh Class</li> <li>• Zumba Gold</li> <li>• Mahjong</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• BP Monitoring</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Conditioning**</li> <li>• Adult Coloring</li> <li>• Men's Book Club</li> </ul>	<p><b>28</b></p> <div style="border: 1px dashed black; padding: 2px; display: inline-block; margin-bottom: 10px;"><b>METRO BUS</b></div> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Zumba w/Donna</li> </ul> <p><b>9:30 am:</b></p> <ul style="list-style-type: none"> <li>• Gentleman's Quarterly</li> <li>• Tai Chi**</li> <li>• <i>Let's Groove</i> in the Radio Room</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Computers w/Ken</li> <li>• Jewelry Making**</li> <li>• Mahjong</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Open Recreation</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Sing Along w/Stephanie</li> <li>• <i>Elder Abuse Workshop by Visiting Nurse Services</i></li> </ul> <p><b>11:30 am:</b></p> <ul style="list-style-type: none"> <li>• Creative Writing</li> <li>• Men's Strength &amp; Endurance</li> </ul> <p><b>12:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Wii Bowling</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Current Events</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• <i>The Doo Wop Candy Store</i></li> </ul> <p><b>2:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Exercise**</li> </ul>	<p><b>29</b></p> <p><b>9:00 am:</b></p> <ul style="list-style-type: none"> <li>• Exercise Class**</li> </ul> <p><b>10:00 am:</b></p> <ul style="list-style-type: none"> <li>• Quilting Class</li> <li>• SAIL Fall Prevention</li> <li>• Dance Movement Therapy**</li> </ul> <p><b>11:00 am:</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Nutrition Class</li> </ul> <p><b>1:00 pm:</b></p> <ul style="list-style-type: none"> <li>• Body Sculpting</li> </ul> <p><b>1:30 pm:</b></p> <ul style="list-style-type: none"> <li>• Painting: Art Therapy**</li> </ul>

May your troubles be less  
 And your blessings be more  
 And nothing but happiness  
 Come through your door

