

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	2
3	4 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	5 9:30am- Chair Yoga 11:00am- SHAPE 2	6 8:30am- SHAPE 1 11:00am— SHAPE 2	7 9:30am— SHAPE 3 11:00am- SHAPE 2	8 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	9
10	11 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	12 9:30am- Chair Yoga 11:00am- SHAPE 2	13 8:30am- SHAPE 1 11:00am— SHAPE 2	14 9:30am— SHAPE 3 11:00am- SHAPE 2	15 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	16
17 	18 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	19 9:30am- Chair Yoga 11:00am- SHAPE 2	20 8:30am- SHAPE 1 11:00am— SHAPE 2	21 9:30am— SHAPE 3 11:00am- SHAPE 2	22 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	23
24 	25 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	26 9:30am- Chair Yoga 11:00am- SHAPE 2	27 8:30am- SHAPE 1 11:00am— SHAPE 2	28 9:30am— SHAPE 3 11:00am- SHAPE 2	29 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	30 
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