

March Activities

Visiting Professionals/Special Classes

Check for sign up sheets at the reception desk.

- Caregiver Support Group.....March 6.....10:00-11:30
 AARP Driving Class: 8 Hr Class.....March 17 & 18.....12:30-4:30
 Veterans/1st Responder Circle.....March 3, 10, 17, 24, 31...9:30-11:00
 (By South Central Foundation)
 Better Breathers.....March 10.....10:30-11:30
 Close Enough.....March 16.....11:30-12:30
 Dr Klecka.....March 17.....10:00-2:00
 Living Well w/Vision Loss.....March 18.....12:30-2:00
 Simple Art Activities.....March 25.....12:30-1:30



Monday	Tuesday	Wednesday	Thursday	Friday
2 Blood Pressure 10:00-11:30 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Ladies Bible Study 11:00-12:00 <i>Living with Life Ministries</i>	3 Veteran's Circle 9:30-11:00 Zumba 3:00-4:00 Tai Chi/Qi-Gong 9:30-10:45 Sewing Circle 12:00-3:30	4 Strong Women 11:00-12:00 A New You 10:00-11:00 Table Games 11:00-3:00	5 Bible Study 10:00-11:00 Bingo 1:00-3:00 Yoga 3:00-4:00 AARP Tax Aid 10:00-3:00 (By Appt.)	6 Senior Strength 10:00-11:00 Caregiver's Group 10:00-11:30 Strong Women 11:00-12:00
9 Board Meeting 12:30 Blood Pressure 10:00-11:30 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Ladies Bible Study 11:00-12:00 <i>Living with Life Ministries</i>	10 Veteran's Circle 9:30-11:00 Zumba 3:00-4:00 Tai Chi/Qi-Gong 9:30-10:45 Better Breathers 10:30-11:30	11 Membership Meeting 11:30 Strong Women 11:00-12:00 A New You 10:00-11:00 Table Games 11:00-3:00	12 Bible Study 10:00-11:00 Bingo 1:00-3:00 Yoga 3:00-4:00 AARP Tax Aid 10:00-3:00 (By Appt.)	13 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Massage 10:00-2:00 Palmer and Wasilla Joint Chamber Meeting w/ Don Young 12:00-1:30
16 Blood Pressure 10:00-11:30 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Ladies Bible Study 11:00-12:00 <i>Living with Life Ministries</i>	17 Veteran's Circle 9:30-11:00 Zumba 3:00-4:00 Tai Chi/Qi-Gong 9:30-10:45	18 Strong Women 11:00-12:00 A New You 10:00-11:00 Table Games 11:00-3:00 Living Well w/Vision Loss 12:30-2:00	19 Bible Study 10:00-11:00 Bingo 1:00-3:00 Yoga 3:00-4:00 AARP Tax Aid 10:00-3:00 (By Appt.)	20 Senior Strength 10:00-11:00 Strong Women 11:00-12:00
23 Blood Pressure 10:00-11:30 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Ladies Bible Study 11:00-12:00 <i>Living with Life Ministries</i>	24 Historical Flag Ceremony During Lunch Veteran's Circle 9:30-11:00 Zumba 3:00-4:00 Tai Chi/Qi-Gong 9:30-10:45	25 Strong Women 11:00-12:00 A New You 10:00-11:00 Table Games 11:00-3:00 Simple Art Activities 12:30-1:30	26 Bible Study 10:00-11:00 Bingo 1:00-3:00 Yoga 3:00-4:00 AARP Tax Aid 10:00-3:00 (By Appt.)	27 Senior Strength 10:00-11:00 Strong Women 11:00-12:00 Massage 10:00-2:00
30 Happy Seward's Day MSSS is Closed	31 Veteran's Circle 9:30-11:00 Zumba 3:00-4:00 Tai Chi/Qi-Gong 9:30-10:45			