



# March 2019

## Active Adults



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4 WELLNESS SCREENS 11AM – 12PM  CARDS & GAMES 1PM	5 BALANCE & BEND 9:30AM  HAND & FOOT 12:30PM	6	7 EXERCISE CLASS 9AM  BINGO 1PM	8	9
10	11 CARDS & GAMES 1PM	12 BALANCE & BEND 9:30AM  HAND & FOOT 12:30PM	13	14 EXERCISE CLASS 9AM  CARDS: 500 1PM	15	16
17	18 CARDS & GAMES 1PM  WELLNESS SCREENS 5 – 6PM	19 BALANCE & BEND 9:30AM  HAND & FOOT 12:30PM	20 <b>SMITH STUDIO FREE Art Project 12:30pm</b>	21 EXERCISE CLASS 9AM  BINGO 1PM	22	23
24	25 CARDS & GAMES 1PM	26 BALANCE & BEND 9:30AM  HAND & FOOT 12:30PM	27	28 EXERCISE CLASS 9AM  CARDS: 500 1PM	29	30
31						

### Notes

#### SMITH STUDIO – Spring Art Project

#### MAKE A CLAY BOX

Using an air-dried clay, participants will be shown how they can make a creative and decorative lid. LOTS OF FUN as you are guided through this project *by art educator David Smith.*

