



Mon		Tue		Wed		Thu		Fri			
Golden Age Lunch Served M-F at Noon  <b>March 2019</b> 								Coffee Talk 9am - 2pm		<b>1</b>	
										10:00	Total Body Fitness
											
4		5		6		7		8			
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness		
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga	12:30	Friday Flicks		
		10:00	Blood Pressure	1:00	Clear Caption						
		11:30	Java with Jenn All Things Medicare with 			12:30	Hazard Mitigation Question & Answers with City of RSM				
11		12		13		14		15			
10:00	Total Body Fitness	9:00	<b>Silver Sneakers &amp; Humana Questions &amp; Answers</b>	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness		
1:00	Bingo		9:30	Bocce Ball	1:00	Chess	12:30	Golden Age Yoga	12:30	Friday Flicks	
			9:30	Tai Chi							
			10:00	Blood Pressure							
			1:00	Stretch Your Grocery Dollars with <b>Humana</b>							
18		19		20		21		22			
10:00	Total Body Fitness	9:00	<b>Silver Sneakers &amp; Humana Questions &amp; Answers</b>	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness		
1:00	Bingo		9:30	Bocce Ball	1:00	Chess	12:30	Golden Age Yoga	12:30	Friday Flicks	
			9:30	Tai Chi	1:00	Healthy Living to 100 with <b>MemorialCare</b>	1:00	Carbs, The Good, The Bad and What About Gluten with Lisa Gibson			
			10:00	Blood Pressure							
25		26		27		28		29			
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness		
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga	12:30	Friday Flicks		
		10:00	Blood Pressure	1:00	Cooking with <b>Age Well &amp; Humana</b> "A Practical Approach to the Mediterranean Diet"						
		1:00	Smartphone with <b>MemorialCare</b>								