



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Total Body Fitness Video 12:00 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	12:00 Age Well Lunch 60+ **Lunch with the Law	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 12:00 Age Well Lunch 60+ 12:45 Friday Flicks is back! 1:00 AlzOC Caregiver Support * Daylight savings begins Sunday, March 9
10	11	12	13	14
10:00 Total Body Fitness Video 12:00 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	11:00 Coffee & Conversation 12:00 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 12:00 Saint Patrick's Day Luncheon w/Roy Southerland Sponsor: M. Lemus MyMedicarePlan
17	18	19	20	21
10:00 Total Body Fitness Video 12:00 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Coffee, Donuts & Medicare with Michael Lemus 12:00 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 Art for All Ages RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Hula Dancing w/ Laura 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 12:00 Age Well Lunch 60+ 12:45 Friday Flicks
24	25	26	27	28
10:00 Total Body Fitness Video 12:00 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	11:00 Coffee & Conversation 12:00 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 Flower Shop Arranging RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Hula Dancing w/ Laura 12:00 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 12:00 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks
31	<p>RSVP Required at 949-709-9592</p> <p>Monday - Friday Age Well Lunch 60+ March 14 - Saint Patrick's Day Luncheon March 20 - Art for All Ages March 27 - Flower Shop Arranging March 28 - Monthly Birthday Party</p>		<p>**Daylight Savings begins Sunday, March 9th "Spring Forward" move your clocks forward one hour It's a good time to check household smoke detector batteries</p>	
10:00 Total Body Fitness Video 12:00 Age Well Lunch 60+ 12:45 BINGO			   	