



MUSCL Senior Wellness Center March 2013 Calendar

March 10 th Daylight Time Begins March 17 th St. Patrick's Day March 20 th First Day of Spring March 24 th Palm Sunday March 25 th Passover Begins at Sundown March 29 th Good Friday	March 31 st 2013  EASTER	Friday March 1 st 9:15 am Aerobics 10:00 am Chair Volleyball 11:00 am Memoirs Class 12:00 noon Card Bingo 1:00 pm Pinochle
Monday March 4 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 10:30 am Water Color Class 11:00 am Chorale 1:00 pm Pinochle	Wednesday March 6 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 11:30 am Personal Safety 1:00 pm Bingo 1:00 pm Pinochle	Friday March 8 th 9:15 am Aerobics 10:00 am Chair Volleyball 11am Book Club 12:00 noon Card Bingo 1:00 pm Pinochle
Monday March 11 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 10:30 am Water Color Class 11:00 am Chorale 12:15 pm Movie " It Happened One Night " 1:00 pm Pinochle	Wednesday March 13 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 1:00 pm Bingo 1:00 pm Pinochle	Friday March 15 th 9:15 am Aerobics 10:00 am Chair Volleyball 11:00 am Memoirs Class 12:00 noon Card Bingo 1:00 pm Pinochle
Monday March 18 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 10:30 am Water Color Class 11:00 am Chorale 1:00 pm Pinochle	Wednesday March 20 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 1:00 pm Bingo 1:00 pm Pinochle	Friday March 22 nd 9:15 am Aerobics 10:00 am Chair Volleyball 12:00 noon Card Bingo 1:00 pm Pinochle
Monday March 25 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 10:30 Water Color Class 11:00 am Choral 1:00 pm Pinochle	Wednesday March 27 th 9:15 am Aerobics 9:30 am Directed Exercise 10:30 am Chair Volleyball 1:00 pm Bingo 1:00 pm Pinochle	Friday March 29th 9:15 am Aerobics 10:00 am Chair Volleyball 12:00 noon Card Bingo 1:00 pm Pinochle