Wellness Calendar March, 2019

AR 1= Activities Room 1
AR 2= Activities Room 2
AR 3 =Activities Room 3
FH = Founder's Hall
LB = Library
PBC= Pickle Ball
FP = Founder's Hall Pool
VP = Villa Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	**2** 10:00 Open Tennis TC 10:15 H20 Aerobics w/Betty FP 3:00 Shuffleboard
3 1:00 Bocce Ball	**4** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	**5** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 1 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	**6** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC	**7** One Blood Drive FH 12-5pm 7:30 WAMBAM - AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	**8** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	**9** 10:00 Open Tennis TC 10:15 H20 Aerobics w/Betty FP 3:00 Shuffleboard National Meatball Day
10 1:00 Bocce Ball 	**11** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	**12** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 1 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	**13** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC	**14** Bemer Technology w/ Kathy Howitt AR1 10am 7:30 WAMBAM - AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	**15** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	**16** 10:00 Open Tennis TC 10:15 H20 Aerobics w/Betty FP 3:00 Shuffleboard
17 1:00 Bocce Ball 	**18** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	**19** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 1 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	**20** First Day of Spring 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC	**21** 7:30 WAMBAM - AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	**22** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	**23** 10:00 Open Tennis TC 10:15 H20 Aerobics w/Betty FP 3:00 Shuffleboard
24 1:00 Bocce Ball **31** 1:00 Bocce Ball	**25** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	**26** Alzheimer/Dementia Support Group AR 1 2pm 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 1 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	**27** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC	**28** 7:30 WAMBAM - AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	**29** 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	**30** 10:00 Open Tennis TC 10:15 H20 Aerobics w/Betty FP 3:00 Shuffleboard