

## Monday—March 2

7:30 am—Men's Breakfast—IHOP	***	TRIP
9:00 am—Sit & Fit Exercise—Select Rehab		Gym
9:00 am—3:00 pm—Beauty Salon Open	***	SP
9-10 and 11-12 Donation Room (S49) open		3rd floor
9:45 am—Stretch, Strength & Balance—Select Rehab		Gym
10:00 am—General Store Open		GS
10:00 am—Twisted Twister		MR
10:30 am—Intermediate Tai Chi—Qigong w instructor		Gym
1:00 pm—Stretch, Strength & Balance—Select Rehab		Gym
1:00 pm—Card Games, Mexican Train, Poker		GR
1:00 pm—Prayer Ministry Group		CR
1:30 pm—Water Aerobics		Pool
1:30-4:00 pm—Walmart Shopping	***	TRIP
2:00 pm—Zumba Exercise		Gym
2:30 pm—Golden Memories/Conversation Starters		CR
4:00 pm—Meditation Monday		3rd MR
5:00 pm—Popcorn and Movie		MR

## Tuesday— March 3

9:00 am—Stretch Strength and Balance—Select Rehab	***	Gym
9:00 am—3:00 pm—Beauty Salon Open		SP
9:15 am—Bible Study		CR
9:30 am—Flex Your Brain		MR
9:45 am—Ball Fit —Select Rehab		Gym
10:00 am—General Store Open		GS
10:30 am—Catholic Communion		CR
11:15 am—Sit and Fit—Select Rehab		Gym
1:00 pm—Poker		GR
1:00 pm—Stretch Strength and Balance—Select Rehab		Gym
1:30 pm—Tai Chi		Gym
2:00 pm—Bunco		DH
3:00 pm—Activities Talk		3rd floor
4:00 pm—Tuesday Night Dinner \$20	***	DH
6:30 pm—Resident Led Bingo		DH