

Wednesday—March 4

9:00 am—Sit & Fit Exercise—Select Rehab	Gym
9:30 am—Blood Pressure Checks—Friendly Faces	MR
9:45 am—Stretch, Strength & Balance—Select Rehab	Gym
10:00 am—Crochet & Needlework 101	CR
10:30 am—Silver Thread & Golden Needle Group	CR
10:45 am—A Little Day Music at the Wortham	*** TRIP
1:00 pm—Chair Yoga—Select Rehab	Gym
1:00 pm—Pool Shooters Group	GR
1:30 pm—Water Aerobics—Select Rehab	Pool
2:00-4:00 pm—HEB, Kroger, Neighborhood Walmart	*** TRIP
2:00 pm—Line Dancing - Friendly Faces "Boots on the ground"	Gym
3:30 pm—Wacky Wednesday Comedy Hour	MR
4:30 pm—Couples' Night Out—Olive Garden	*** DH
6:00 pm—New Bible Study Group	3rd floor

Thursday—March 5

9:00 am—Stretch Strength and Balance - Select Rehab	Gym
9:30 am—Red Shirt Walking with a Pal	FL
9:45 am—Sit & Fit Exercise—Select Rehab	Gym
10:00 am—Twisted Twister	CA
10:00 am—General Store Open	GS
10:30 am—Drums Alive—Select Rehab	Gym
10:30 am to 3:00 pm—Massage Therapy—Michael	*** SP
1:00 pm—Dominoes, Hand & Foot Card Game	GR
1:30 pm—Beginners Tai Chi—Qigong w instructor	Gym
1:30 pm—Water Aerobics—Select Rehab	Pool
3:00 pm—Bingo	DH
4:00 pm—Ice Cream Social	DH
5:00 pm—Poker	GR

Remember Trash Pickup at 5:00 pm Monday, Wednesday, Friday