



# MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27

28

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3

4

Grand Junction trip

Peter Pan ballet @ the  
Avalon

Varied Exercises 6

Coffee/Tea Discussion 7

Varied Exercises 8

Adult Spelling Bee 9

varied Exercises 10

11

Bingo

Easy Movement Exercise

Card Making w/ Di

w/Becky Rosenlof

Varied Exercises 13

Coffee/Tea Discussion 14

Varied Exercise 15

Craft & Potluck 16

varied Exercises 17

18

Bingo

Easy Movement w/Becky

Academy Awards

20

Varied Exercises

BINGO

21

Get up & Go Co.

22

Varied exercises

23

Lunch outing TBD

Music & potluck

24

Varied Exercises

Easy movement w/ Becky

25

27

Varied Exercises

BINGO

28

Coffee/Tea Discussion

COA topic

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Varied Exercises

Book Club Last Bus Wisdom

30

31

Varied Exercises

Easy Movement w/Becky

1

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