

MARCH

2010 Montrose Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 10~Coffee Hr 10:30~Advisory Council 12~Lunch 1~Euchre	2 8:30~Powerwalk 11~Easy Exercise 12~Lunch 1~Games, Wii	3 10~Coffee Hour 12~Lunch 1~Quilting 1~Pinochle	4 8:30~Powerwalk 11~Easy Exercise 12~Lunch 1~SHOP/WalMart <i>1~CenterCleanUp</i>	5 10~Hand Care 11~Blood Pressure 11~Chair Massage 12~Lunch 1~BINGO!!
8 10~Coffee Hr 12~Lunch 1~Euchre	9 8:30~Powerwalk 9~FREE Health Screening/GHD 12~Lunch 1~SHOP/Aldis	10 9~HEAR-USA 11~Nutrition Workshop 12~Lunch 1~Quilting/Pinochle 5~CARD CLUB	11 8:30~Powerwalk 11~Easy Exercise 12~Lunch 1~Computers 2~JAMBOREE	12 10~Coffee Hour 11~Blood Pressure 12~Anniversary Brunch/30 Yrs Come Join Us
15 10~Coffee Hour 12~Lunch 1~Euchre	16 8:30~Powerwalk 11~Easy Exercise 12~Lunch 1~Gambling 1~Games, Wii	17 ST PATS Day Coffee Hr/GreenDay 12~Lunch 1~Quilting/Pinochle 6~Painting	18 8:30~Powerwalk 9~Commodities 11~Easy Exercise 12~Lunch 1~SHOP/Meijers	19 10~Hand Care 11~Blood Pressure 11~Chair Massage 12~Lunch 1~BINGO!!
22 10~Coffee Hour 12~Lunch 1~Euchre	23 8:30~Powerwalk 11~Easy Exercise 12~Lunch 1~Games, Wii 5~Dinner Date	24 11~Nutrition Workshop 12~Lunch 1~Quilting/Pinochle 5~CARD CLUB	25 8:30~Powerwalk 11~Easy Exercise Birthday CakeDay Cake/ice cream 1~Computers	26 10~Coffee Hour 11~Blood Pressure 12~Lunch 1~BINGO!!
10~Coffee Hour 12~Lunch 1~Euchre	30 8:30~Powerwalk 11~Easy Exercise Easter Lunch 1~Games, Wii	31 Presentation 11~Long Term Care 12~Lunch 1~Quilting 1~Pinochle		Revised 3/2/10 Coffee Hour 10AM~Every Mon, Wed, & Fri

For More INFO~CALL (810)639-2822

200 Alfred St., Montrose