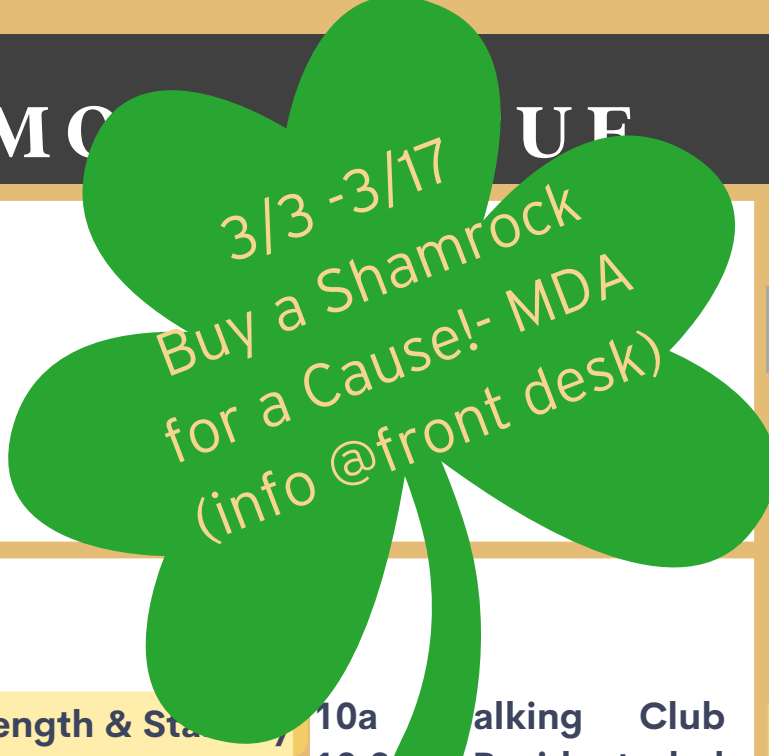




HELL  
Spring



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SUN	MON	TUE	WED	THU	FRI	SAT
			1 2pm RUMMIKUB (CR) 5p Fitness w Jo; Zumba, Strength, Balance	2 10a Walking Club 10:30a Stretch Band & Sittercize 4 -5p EVH SOCIAL: Time for Trivia!	3 6pm RUMMIKUB	4 2pm BRIDGE
5 10a Walking Club 10:30a Stretch Band & Sittercize	6 10a Strength & Stability Exercise w Nora	7 10a Walking Club 10:30a Resident Led Stretch Band & Sittercize	8 5p Fitness w Jo; Zumba, Strength, Balance	9 10a Walking Club 10:30a Resident Led Stretch Band & Sittercize	10 6pm RUMMIKUB 	11 2pm BRIDGE
12 10a Walking Club 10:30a Stretch Band & Sittercize	13 10a "Let's Learn How to Irish Jig!" + Strength & Stability Exercise w Nora, <i>RSVP required, space limited.</i> 1p Calendar Chat: Bring your coffee, let's talk!	14 10a Walking Club 10:30a Stretch Band & Sittercize 5p BeMoved w Joanie: Dancing & Fitness	15 2pm RUMMIKUB (CR) 5p Fitness w Jo; Zumba, Strength & Balance	16 10a Walking Club 10:30a Stretch Band & Sittercize 4 -5p HH: Shamrocks & Shenanigans!	17 6pm RUMMIKUB 	18 2pm BRIDGE
19 10a Walking Club 10:30a Stretch Band & Sittercize	20 10a Strength & Stability Exercise w Nora 1pm Plant a Pansy! <i>RSVP required by 2/14</i>	21 10a Walking Club 10:30a Stretch Band & Sittercize 1p Nature/History Hour w LCFPD: Habitat Guide to Birding	22 11a HULA 4 HEALTH: Let's listen to some Hawaiian music and do seated & standing hulas! 5p Fitness w Jo; Zumba, Strength, Balance	23 10a Walking Club 10:30a Stretch Band & Sittercize	24 6pm RUMMIKUB	25 2pm BRIDGE
26 10a Walking Club 10:30a Stretch Band & Sittercize	27 10a Strength & Stability Exercise w Nora 2pm ART TALK: Is it art or not? This month we view & discuss several Irish artists.	28 10a Walking Club 10:30a Stretch Band & Sittercize 5p BeMoved w Joanie: Dancing & Fitness	29 2pm BOOK CLUB "Four Lost Cities", by Annalee Newitz 5p Fitness w Jo; Zumba, Strength, Balance	30 10a Walking Club 10:30a Stretch Band & Sittercize 5p Welcome Spring! Resident POTLUCK <i>RSVP required</i>	31 6pm RUMMIKUB	

\*The Calendar is subject to change without notice.