

MON	TUE	WED	THU	FRI
<p>BIRTHDAYS</p> <p>Cindy (art chi) 3/14 Keith (Emery Fit) 3/16 Michelle (knitting) 3/16 Xiyong 3/18 Leah 3/30</p>	<p>MILTON CARES comes in once a week for blood pressure checks, questions and answers and conversation</p>			<p>1 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve Your Memory 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served</p>
<p>4 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 10:00 Brain Teasers 11:00 Senior Stretch w/ Emery Fit 12:00 Lunch Served</p>	<p>5 8-12:00 Coffee/Chat/Cards 9:15 Chair Yoga 10:00 Presentation Parkinson's Awareness 11:00 Bingo 8-12:00 Coffee/Chat/Cards</p>	<p>6 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 10:30 Tai Chi 11:00 Art Class 12:00 Lunch Served</p>	<p>7 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 10:30 Group trip to I HOP</p>	<p>8 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve Your Memory 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served</p>
<p>11 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 10:00 Brain Teasers 11:00 Senior Stretch w/ Emery Fit 12:00 Lunch Served</p>	<p>12 St. Patricks Day Party Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Nutrition Class 11:00 Bingo 12:00 Lunch Served</p>	<p>13 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 10:30 Tai Chi 11:00 Art Class 12:00 Lunch Served</p>	<p>14 8:00 Coffee, Tea & Chat 9:00 Inspirations 10:00 Site Council 10:30 Group trip to First Watch</p>	<p>15 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve your Memory 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served</p>
<p>18 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 10:00 Brain Teasers 11:00 Senior Stretch w/ Emery Fit 12:00 Lunch Served</p>	<p>19 Spring Celebration 8-12:00 Coffee/Chat/Cards 9:15 Chair Yoga 10:00 Magic Show 11:00 Bingo Birthday Party Day!</p>	<p>20 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 10:30 Tai Chi 11:00 Art Class 12:00 Lunch Served</p>	<p>21 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 9:30 Group trip to Target, Dollar Store Brooklyn Joes</p>	<p>22 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve your Memory 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served</p>
<p>25 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 10:00 Brain Teasers 11:00 Senior Stretch w/ Emery Fit</p>	<p>26 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Games 11:00 Bingo</p>	<p>27 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 10:30 Tai Chi 11:00 Art Class</p>	<p>28 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 10:30 Group trip to Longhorns</p>	<p>29 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve your Memory 10:00 Exercise Class 11:00 Bingo</p>

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