



# Senior Wellness Programs — March 2023

Mon	Tue	Wed	Thu	Fri
Feb 27	28	Mar 1	2	3
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Café Lunch</b> <b>BINGO!!</b>	10:00am <b>Seated SAIL</b>  Opening Minds Thru Art Art Show 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
6	7	8	9	10
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Café Lunch</b> "Tidbit Tuesday" with Cyndi Anderson Roberts— <b>Pegasus Lifts</b>	10:00am <b>Seated SAIL</b>	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
13	<b>Birthday Lunch</b> 14	15	16	17
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Café Lunch</b> <b>Danny Vernon as Elvis!</b> <i>Sponsored by</i> CarePartners Senior Living	10:00am <b>Seated SAIL</b>	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
20	21	22	23	24
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Café Lunch</b> <b>Senior Spotlight</b>	10:00am <b>Seated SAIL</b> <b>Music &amp; Memories</b> 12:00-12:45pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
27	28	29	30	31
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Café Lunch</b> <b>Mexican Train Dominoes</b>	10:00am <b>Seated SAIL</b> <b>Music &amp; Memories</b> 12:00-12:45pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	