



VALLEY WEST CENTER ACTIVITIES MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	2
3 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	4	5 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	6 8:00 Games/Cards 9:00 Walk N Roll Exercise 10:00 Diabetes Education	7 8:00 Socialization 9:00 Crafts/Cards with C.C. 11:00 Bingo	8 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring Contest	9
10 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	11	12 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:30 All About Me	13 9:00 Walk N Roll Exercise 10-12 Diabetes Education	14 11:00 Site Council 10:00 Brain Health Workshop	15 St. Patrick's Day Party Wear Green	16
 17 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	18	19 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	20 9:00 Walk N Roll Exercise 10:30 Bingo 10:00 Expressive Painting with Michelle	21 8:00 Socialization 9:00 Crafts 11:00 Grocery Bingo with Wesley	22 8:00 Socialization 9:00 Stretching Exercise 10:00 Crafting Birthday Celebration	23 
24 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	25	26 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	27 8:00 Games/Cards 9:00 Walk N Roll Exercise 10-12 Diabetes Education	28 9:00 Crafts 10:00 Blood Pressure 11:00 Bingo	29 HEALTH FAIR @ Glendale Community 9:00 TO 12 NOON Please Participate!	30
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