

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



|                                       |  |  |   |                       |  |  |
|---------------------------------------|--|--|---|-----------------------|--|--|
| Worship Service & Communion @ 9:45 AM | Sit & Stretch @ 9:30 AM<br>Groceries @ 1:00 PM |  | Birthday Party @ 2:00<br>Balance @ 9:30 | Word & Song @ 6:30 PM | Blood Pressure @ 9:30 AM<br>Strength @ 9:45 AM |  |
|---------------------------------------|--|--|---|-----------------------|--|--|

Mardi Gras

Ash Wednesday

|                                       |  |  |                |  |  |  |
|---------------------------------------|--|--|----------------|--|--|--|
| Worship Service & Communion @ 9:45 AM | Sit & Stretch @ 9:30 AM<br>Groceries @ 1:00 PM |  | Balance @ 9:30 | Paint Class @ Studio. Leaving @ 1:00 PM<br>Word & Song @ 6:30 PM | Happy Hour @ 2:00 PM<br>Strength @ 9:45 AM |  |
|---------------------------------------|--|--|----------------|--|--|--|

Daylight Saving Time Begins

|                                       |  |                            |                |                       |  |  |
|---------------------------------------|--|----------------------------|----------------|-----------------------|--|--|
| Worship Service & Communion @ 9:45 AM | Sit & Stretch @ 9:30 AM<br>Groceries @ 1:00 PM | <b>CULVER'S @ 11:00 AM</b> | Balance @ 9:30 | Word & Song @ 6:30 PM |  |  |
|---------------------------------------|--|----------------------------|----------------|-----------------------|--|--|

St. Patrick's Day

Spring Begins

Purim

|                                       |  |                           |                |                       |                              |  |
|---------------------------------------|--|---------------------------|----------------|-----------------------|------------------------------|--|
| Worship Service & Communion @ 9:45 AM | Sit & Stretch @ 9:30 AM<br>Groceries @ 1:00 PM | Movie & Popcorn @ 1:30 PM | Balance @ 9:30 | Word & Song @ 6:30 PM | Donuts @ 9:00<br>No Exercise |  |
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