

Important

Items bolded are considered guest events.



Cobblestone Pointe

march

Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board across from mailboxes.</p>				<p>1 <u>Wishlist Collection Begins</u> 10 AM Strength & Balance 1:30 PM Zumba Gold 4 PM Bible Study w/ Paul 6 PM Bankers Life Presentation 6:30 PM Pegs & Jokers</p>	<p>2 <u>Nat'l Dr. Seuss Day</u> 9:30 AM Coffee & Donuts 9:45 AM Tai Chi Presentation 11 AM Chair Yoga 1:00 PM Bridge 1:00 PM Delaney Stitchery Visits 3 PM Color & Conversation 6 PM Social</p>	<p>3 10 AM Walking Group 2 PM Social Hour</p>
<p>4 2PM Pegs & Jokers 4 PM Cribbage</p>	<p>5 10 AM Strength & Balance 1 PM Line Dancing 1 PM Bridge 3 PM Men's Meeting 6:30 PM BINGO</p>	<p>6 10 AM Reiki w/ Jan 10 AM Meditation 10 AM Knitting w/ Pam 6:30 PM Book Club</p>	<p>7 10 AM Strength & Balance 2PM Women's Club 3PM Mahjong Club 4 PM Technology 101 Class 6 PM Entertainment w/ Rich</p>	<p>8 10 AM Strength & Balance 1:30 PM The Friends Program Presentation 4 PM Tai Chi w/ Ben 6 PM Cobblestone Chorus 6:30 PM Pegs & Jokers</p>	<p>9 <u>Nat'l Popcorn Lovers Day</u> 9:30 AM Coffee & Donuts 11AM Chair Yoga 1 PM Bridge 1:30 PM Floral Design Class 3 PM Color & Conversation 6 PM Social</p>	<p>10 9:30-12:30 PM Reserved 10 AM Walking Group 2PM Social Hour</p>
<p>11 2 PM Pegs & Jokers 4 PM Cribbage</p>	<p>12 <u>Nat'l Plant A Flower Day</u> 10 AM Bone Builders Class 1 PM Line Dancing 1 PM Bridge 2 PM Flower Planting 3 PM Men's Club 6:30 PM BINGO</p>	<p>13 10 AM Knitting w/ Pam 10 AM Meditation 2 PM Matter of Balance Information Session 3:30 Zumba Gold 5:30-9 PM Reserved</p>	<p>14 9 AM Senior Health Clinic (Appt. required) 10 AM Strength & Balance 1:00 PM Traveling Boutique 6 PM Marsy's Law Presentation 7PM Card Group</p>	<p>15 10 AM Strength & Balance 3 PM Fitness Room Orientations 6 PM Chair Yoga 6:30 PM Pegs & Jokers</p>	<p>16 9:30 AM Coffee & Donuts 10:30 AM Internet Safety Presentation w/ Ralph 1 PM Bridge 3 PM Color & Conversation 6 PM Social</p>	<p>17 10 AM Walking Group 5 PM St. Patrick's Day Potluck/ Entertainment</p>
<p>18 2 PM Pegs & Jokers 4 PM Cribbage</p>	<p>19 10 AM Strength & Balance 1 PM Line Dancing 1 PM Bridge 3 PM Men's Club 4:30 PM Mocktail Mondays 6:30 PM BINGO</p>	<p>20 <u>SPRING BEGINS</u> 10 AM Reiki w/ Jan 10 AM Knitting w/ Pam 10 AM Meditation 2 PM Springtime Bird Feeders 4 PM Veterans Social w/ Andy</p>	<p>21 10 AM Strength & Balance 1 PM You Be The Judge 3 PM Mahjong Club 4:30 PM Zumba Gold 6 PM Card Group</p>	<p>22 10 AM Strength & Balance 11 AM Bankers Life Presentation 5-9 PM Reserved 6:30 PM Pegs & Jokers</p>	<p>23 9:30 AM Coffee & Donuts 11 AM Chair Yoga 1 PM Bridge 2 PM Remember When Chat 3 PM Color & Conversation 6 PM Social</p>	<p>24 10 AM Walking Group 2 PM Social Hour</p>
<p>25 2 PM Pegs & Jokers 4 PM Cribbage</p>	<p>26 10 AM Strength & Balance 1 PM Line Dancing 1 PM Bridge 3 PM Men's Club 6:30 PM BINGO</p>	<p>27 10 AM Knitting w/ Pam 10 AM Meditation 2 PM Celebrate March Birthdays & Entertainment w/ Marlena 4:30 PM Resident Ambassador Meeting</p>	<p>28 <u>Children's Picture Book Day</u> 10 AM Walking Group 1PM Technology 101 3 PM Mahjong Club 6 PM Card Group</p>	<p>29 10 AM Strength & Balance 2 PM New Resident Welcoming 6 PM Chair Yoga 6:30 PM Pegs & Jokers</p>	<p>30 <u>Wishlist Collection Ends</u> 9:30 AM Coffee & Donuts 11 AM Chair Yoga 1 PM Bridge 3 PM Color & Conversation 6 PM Social</p>	<p>31 10 AM Walking Group 2 PM Social Hour</p>