









March 2019 ~ Winslow Manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 		 		
3 2:00p <i>Sunday Tea</i> @ MAH	4 9:30a Monday Lectures: Sea Life @ SC 10:15a Line Dancing @ SC 11:30a Table Tennis @ SC	5 10:00a Evergreen Singers @ SC 12:00p David Webb sings @ SC 2:35p TRIP: Mystery Ride	6 <u>Ash Wednesday</u>  9:00a Gentle Exercise @ SC 9:50a TRIP: Rite Aid 12:00p Cribbage @ SC	7 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	8 9:00a Gentle Exercise @ SC 9:15a Pick up for Liberation Laughter 11:00a Chair Yoga (in Dining Room) 12:35p TRIP: Mystery Ride	9 8:45a Pick up for Great Decisions 9:00a Table Tennis @ SC 12:00p Cribbage @ SC 1:30p Trivia @ MAH
10 <u><i>Daylight Savings Begins</i></u> 2:00p <i>Ice Cream Social</i> @ MAH	11 9:30a Monday Lectures: Before the Bridge @ SC 10:15a Line Dancing @ SC 11:30a Table Tennis @ SC	12 10:00a Evergreen Singers @ SC 12:00p David Webb sings @ SC 2:35p TRIP: Mystery Ride	13 9:00a Gentle Exercise @ SC 12:00p Cribbage @ SC 1:00p Adventures in Travel @ SC	14 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	15 9:00a Gentle Exercise @ SC 9:15a Pick up for Liberation Laughter 11:00a Chair Yoga (in Dining Room) 12:35p TRIP: Mystery Ride	16 8:45a Pick up for Great Decisions 9:00a Table Tennis @ SC 12:00p Cribbage @ SC 1:30p Trivia @ MAH
17 <u><i>St. Patrick's Day</i></u>  2:00p <i>St. Patrick's Day Celebration</i> @ MAH	18 9:30a Monday Lectures: Before the Bridge @ SC 10:15a Line Dancing @ SC 11:30a Table Tennis @ SC	19 10:00a Evergreen Singers @ SC 12:00p David Webb sings @ SC 2:35p TRIP: Mystery Ride	20 <u><i>First Day of Spring</i></u>  9:00a Gentle Exercise @ SC 11:05a TRIP: Port Gamble 12:00p Cribbage @ SC 1:00p Adventures in Travel @ SC	21 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	22 9:00a Gentle Exercise @ SC 9:15a Pick up for Liberation Laughter 11:00a Chair Yoga (in Dining Room) 12:35p TRIP: Mystery Ride	23 8:45a Pick up for Great Decisions 9:00a Table Tennis @ SC 12:00p Cribbage @ SC 1:30p Trivia @ MAH
24 2:00p <i>Ice Cream Social</i> @ MAH	25 9:30a Monday Lectures: Before the Bridge @ SC 10:15a Line Dancing @ SC 11:30a Table Tennis @ SC	26 10:00a Evergreen Singers @ SC 12:00p David Webb sings @ SC 2:35p TRIP: Mystery Ride	27 9:00a Gentle Exercise @ SC 12:00p Cribbage @ SC 1:00p Adventures in Travel @ SC	28 8:30a Gentle Stretching @ SC 9:50a TRIP: Grocery Shopping 1:00p Astrology Club @ SC 2:30p Attitude/ Gratitude Yoga @ SC	29 9:00a Gentle Exercise @ SC 9:15a Pick up for Liberation Laughter 11:00a Chair Yoga (in Dining Room) 12:35p TRIP: Mystery Ride	30 8:45a Pick up for Great Decisions 9:00a Table Tennis @ SC 12:00p Cribbage @ SC 1:30p Trivia @ MAH
31 2:00p <i>Root Beer Float Social</i> @ MAH	Bring	On	Spring!	!!!!!!!!!!!!	!!!!!!!!!!!!	