






well hello, march



A Few Fun March Holidays

- 3rd - I Want You to be Happy Day
- 8th - Popcorn Lover's Day
- 14th - National Pie Day (3.14)
- 22nd - National Goof Off Day
- 30th - Take a Walk in the Park Day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>You'll never get bored when you try something new.</p> <p>There's really no limit to what you can do!</p> 				<p>1</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Panther Creek 10:30 – Chair Yoga</p>
<p>4</p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 12:00 – Adams Village Bingo</p>	<p>5</p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot 6:00 – Line Dancing</p>	<p>6</p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Origami Craft W/ Karen</p>	<p>7</p> <p>10:00 – Poole's Pharmacy Bingo 12:30 – Line Dancing</p>	<p>8</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00- The Ambassador 11:30 Birthday Celebration 10:30 – Chair Yoga 9:00 – Mundaycize at Y 2pm- Fresh Hot Popcorn</p>
<p>11</p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 10:30- Tech Class 1:00pm Park Regency Bingo</p>	<p>12</p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card</p>	<p>13</p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Green River Access Health Clinic 10:30 Origami Craft W/ Karen</p>	<p>14</p> <p>12:30 – Line Dancing 5:00 –St. Patrick's Day Dinner/Dance</p>  <p>featuring Truck Stop Romeo's</p>	<p>15</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00- Bingo at Roosevelt 10:30 –Panther Creek Band 10:30 – Chair Yoga</p>
<p>18</p> <p>9:00 – Mundaycize at Y 9:30- Road Runner Planning Meeting 10:00 – Exercise 10:30- Tech Class</p>	<p>19</p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:30 Timeslips Workshop 6:00 – Line Dancing</p>	<p>20</p> <p>9:00 – Bingo 10:00 – Social Bridge 10:00 -Spring into a healthier you W/ Melissa Phillips 10:15 – Exercise 10:30 Origami Craft W/ Karen 12:00 Whitesville Bingo</p>	<p>21</p> <p>10:00 – Faye Loney Sings 12:30 – Line Dancing</p> <p>Old Ky Home Trip</p>	<p>22</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:00- The Ambassador Singers 10:30 – Chair Yoga</p>
<p>25</p> <p>9:00 – Mundaycize at Y 10:00 – Exercise 2:15 DCPL Craft Club</p> 	<p>26</p> <p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:30 Timeslips Workshop 6:00 – Line Dancing</p>	<p>27</p> <p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise 10:30 Owensboro Regional Hospital Fall Prevention Clinic 10:30 Origami Craft W/ Karen</p>	<p>28</p> <p>12:30 – Line Dancing</p> <p>2:00-3:00pm Tupperware</p> 	<p>29</p> <p>9:00 – Mundaycize at Y 9:00 – Mat Yoga 10:30 – Chair Yoga</p>
<p>31</p> <p>9:00 – Mundaycize at Y 10:00 – Exercise</p>	 <p>MARCH IS Women's History Month</p>			

