<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>9:00 - Aerobics</td>
<td>9:00 - Morning Exercise</td>
<td>9:00 - Game Day</td>
<td>9:00 - Tai Chi for Arthritis EBP</td>
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<td>9:30 - Strength &amp; Flexibility</td>
<td>9:30 - Standing Stretch &amp; Tone</td>
<td>9:30 - Quilting</td>
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<td>9:30 - Sitting Stretch &amp; Tone</td>
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<td>10:00 - Blood Pressure</td>
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<td>1:00 - Wii For Seniors</td>
<td>2:00 - Advanced Jewelry Making</td>
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**March 2020**

**St Patricks/ St Josephs Day/ Birthday Party**

**Jersey Gardens Trip**

**Barrel Trip**

**Let the SHENANIGANS BEGIN**