

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo	5 10:00 Guitar with Donna 12:30 Lunch 1:30 Creative Time/ Trivia	6 10:30 Fitness with Nikki 12:30 Lunch 1:30 Music and music makers	7
10	11 10:30 Fun & Fitness 12:30 Lunch 1:30 Tunes with Avril & Ron & Terry	12 10:00 Guitar with Donna 12:30 Lunch 1:30 Creative Time/Word Mining	13 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	14
17	18 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Big Screen Movie	19 10:00 Guitar with Donna 12:30 Lunch 1:30 Creative Time /Big Crossword	20 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	21
24	25 10:30 Fun and Fitness 12:30 Lunch 1:30 Tunes with Avril & Ron & Terry	26 10:00 Guitar with Donna 12:30 Lunch 1:30 Creative Time/ Trivia	27 10:30 Fitness with Viv 12:30 Lunch 1:30 Hula Dancers Perform	28
31	 <h1 style="margin: 0;">March 2025</h1> 			

*** All Programs subject to change