



March
2010

Generations
of
Indian Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<p>1</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:00-11:30 BP Screenings 10:30 Tai Chi 12:00 Lunch: Lasagna Roll 12:30 Duplicate Bridge 1:00 Memoirs 1:45 Water Walking RH</p>	<p>2</p> <p>9:00-3:00 AARP Tax appts. 10:15 Hands & Foot 12:00 Lunch: Chicken Stew 1:00-4:00 Apprise by appt. 1:00-4:00 piano lessons by appt. 2:00 Painting</p>	<p>3</p> <p>9:00 Flexercise 9:00-11:00 Haircuts 9:00-1:30 Massage by appt. 9:00-3:00 AARP Tax appts 10:00 Bowling 10:15 Choir Chimes rehearsal 12:00 Lunch: Cheeseburger 1-2:30 Fitness Testing 1:30 Hassenpfeffer 2:00 Water Walking RH</p>	<p>4</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00 Yoga 11:00-12:00 Fitness Testing 12:00 Lunch: Chicken Cordon Bleu 1:00 Pinochle/Bridge 7:00 Evening Toning</p>	<p>5</p> <p>10/10 Drawing #9 9:00 Flexercise 9:00-1:00 Reflexology by appt. 9:00 America on Wheels trip departs 10:15 Gourmet Weight Wise 10:30 Wii play, Tai Chi 12:00 Lunch: Sausage & Peppers 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt. 7:00-10:00 Dance: Music Masters</p>	<p>6</p> <p>9:30 Hike: Valley Forge 6:00 MOW Spaghetti Dinner</p>
<p>8</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Pasta Chicken Primavera 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p>9</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 9:00-3:00 AARP Tax appts 9:30 Norman Rockwell trip departs 9:30-11:00 Glucose Clinic, Diabetes Chat 10:00 Hatha Yoga 12:00 Lunch: Roast Beef 1:30 Bingo 2:00 Painting</p>	<p>10</p> <p>9:00 Flexercise 9:00-11:00 Haircuts 9:00-1:30 Massage by appt. 9:00-3:00 AARP Tax appts 10:00 Bowling 10:15 Choir Chimes rehearsal 12:00 Lunch: Veg. Cheese Lasagna 1:30 Hassenpfeffer 2:00 Water Walking RH</p>	<p>11</p> <p>HOAGIE SALE!</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00-1:00 VA counselor appts. 10:00 Yoga 12:00 Lunch: Hoagies 1:00 Creative Writing 1:00 Pinochle/Bridge 7:00 Evening Toning</p>	<p>12</p> <p>10/10 Drawing #10 9:00 Flexercise 10:15 Gourmet Weight Wise 10:30 Wii play/ Tai Chi 12:00 BBQ Chicken 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt.</p>	<p>13</p>
<p>15</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Soup & Sandwich \$3.00 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p>16</p> <p>8:00 Newsletter mailing 8:15 Walkercise 9:00 Sit/Stretch/Flex 9:00-3:00 AARP Tax appts 10:00 Hatha Yoga 10:15 Hands & Foot 11:00 Out to Lunch trip departs 12:00 Lunch: Turkey Stew 1:00-4:00 piano lessons by appt.</p>	<p>17</p> <p>9:00 Flexercise 9:00-11:00 Haircuts 9:15 Casino: Mohegan Sun 9:00-3:00 AARP Tax appts 10:00 Bowling 12:00 Lunch: Salisbury Steak 12:30 Balanced Moves 1:00 Financial Counseling appts 1:30 Hassenpfeffer 2:00 Water Walking</p>	<p>18</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 10:00-12:00 Reiki, Head/Neck Shoulder 10:00 Yoga 12:00 Lunch: Pork & Sauerkraut 12:00-3:15 Diabetic Shoe evaluations 1:00 Red Hat Lunch @ Melodia Cafe 1:00 Pinochle/Bridge 1:00-4:00 Legal Aid appts. 7:00 Evening Toning</p>	<p>19</p> <p>9:00 Flexercise 9:00-1:00 Reflexology by appt. 10:15 Gourmet Weight Wise 10:30 Wii Play/ Tai Chi 12:00 Lunch: Chicken Parmesan 12:00-4:00 AARP Refresher Course 12:30 For the Health of it : Painful Hip 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt</p>	<p>20</p>
<p>22</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Chicken Croquettes 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p>23</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 9:00-3:00 AARP Tax appts 10:00 Hatha Yoga 12:00 Lunch: Meatballs 1:30 Bingo 2:00 Painting</p>	<p>24</p> <p>9:00 Flexercise 9:00-12:15 Massage by appt. 9:00-11:00 Haircuts 9:00-3:00 AARP Tax appts 10:00 Bowling 10:15 Choir Chimes rehearsal 12:00 Lunch: Turkey Loaf 12:30 Balanced Moves 1:00 Caregivers mtg</p>	<p>25</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex/ 10:00 Yoga 12:00 Lunch: Sausage Patty 1:00 Creative Writing 1:00 Pinochle/Bridge 2:00 SHARE pick-ups 7:00 Evening Toning</p>	<p>26</p> <p>9:00 Flexercise 10:15 Gourmet Weight Wise 10:30 Wii play/Tai Chi 12:00 Lunch: Stuffed Shells 12:30 Mah Jongg 1:00 Line Dancing 2:00 Water Walking RH 2:15-4:00 piano lessons by appt</p>	<p>27</p>
<p>29</p> <p>9:00 Zumba Gold 10:00 Handicrafters 10:30 Tai Chi 12:00 Lunch: Stuffed Cabbage 12:30 Duplicate Bridge 1:00 Memoirs 1:30 Choraleers reh. 1:45 Water Walking RH</p>	<p>30</p> <p>8:15 Walkercise 9:00 Sit/Stretch/Flex 9:00-3:00 AARP Tax appts 10:00 Hatha Yoga 12:00 Lunch: Turkey 2:00 Painting</p>	<p>31</p> <p>9:00 Flexercise 9:00-12:15 Massage by appt. 9:00-11:00 Haircuts 9:00-3:00 AARP Tax appts 10:00 Bowling 10:15 Choir Chimes rehearsal 12:00 Lunch: Beef Casserole 12:30 Balanced Moves 1:00 Choraleers to PEAK Ctr.</p>			<p>28</p> <p>12:45 Philly POPS trip departs</p>