

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game 12:00 Lunch 1:00 Bingo 2:00 Wii Games 3:00 Refreshments & Music 3:30 Melody Monday 4:00 Cards	2 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game or Drumming 12:00 Lunch 1:00 Big Band or Small Group 2:00 Musician Bdays or Small Group 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	3 10:00 Mental Workout 10:30 Musical Aerobics 11:00 Music Therapy 12:00 Lunch 1:00 Music, Musical Movie and Popcorn 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	4 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Hymn Sing or Small Group 12:00 Lunch 1:00 Singing for the Health of it! 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	5 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Music Therapy or Small Group 12:00 Lunch 1:00 Folk Fridays 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia
10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game 12:00 Lunch 1:00 Bingo 2:00 Wii Games or Connielynn the Therapy Dog 3:00 Refreshments & Music 3:30 Melody Monday 4:00 Cards	9 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game or Drumming 12:00 Lunch 1:00 Big Band or Small Group 2:00 Musician Bdays or Small Group 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Mindfulness Matters	10 10:00 Mental Workout 10:30 Musical Aerobics 11:00 Music Therapy 12:00 Lunch 1:00 Music, Musical Movie and Popcorn 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	11 10:00 Quiz Bowl 10:30 Chair Aerobics 11:00 Musical Game or Small Group 12:00 Lunch 1:00 Singing for the Health of it! 2:00 Tai Chi with Ryan 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	12 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Music Therapy or Small Group 12:00 Lunch 1:00 Folk Fridays 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia
10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game 12:00 Lunch 1:00 Bingo 2:00 Wii Games 3:00 Refreshments & Music 3:30 Melody Monday 4:00 Cards	16 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game or Drumming 12:00 Lunch 1:00 Big Band or Small Group 2:30 St. Patty's Day Party! Ft. Portage Senior Center Band 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Mindfulness Matters	17 10:00 Mental Workout 10:30 Musical Aerobics 11:00 Music Therapy 12:00 Lunch 1:00 Game 1:30 Irish Ensemble 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	18 10:00 Riddles w/ Rebecca 10:30 Chair Aerobics 11:00 Hymn Sing or Small Group 12:00 Lunch 1:00 Singing for the Health of it! 1:30 March Birthday Party! 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	19 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Music Therapy or Small Group 12:00 Lunch 1:00 Folk Fridays 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia
10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game 12:00 Lunch 1:00 Bingo 2:00 Wii Games or Connielynn the Therapy Dog 3:00 Refreshments & Music 3:30 Melody Monday 4:00 Cards	23 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game or Drumming 12:00 Lunch 1:00 Big Band or Small Group 2:00 Musician Bdays or Small Group 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Mindfulness Matters	24 10:00 Mental Workout 10:30 Musical Aerobics 11:00 Music Therapy 12:00 Lunch 1:00 Music, Musical Movie and Popcorn 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	25 10:00 Quiz Bowl 10:30 Chair Aerobics 11:00 Musical Game or Small Group 12:00 Lunch 1:00 Singing for the Health of it! 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Cards	26 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Music Therapy or Small Group 12:00 Lunch 1:00 Folk Fridays 2:00 Game Time 3:00 Refreshments & Fellowship 3:30 Trivia
10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game 12:00 Lunch 1:00 Bingo 2:00 Wii Games 3:00 Refreshments & Music 3:30 Melody Monday 4:00 Cards	30 10:00 Mental Workout 10:30 Chair Aerobics 11:00 Active Game or Drumming 12:00 Lunch 1:00 Big Band or Small Group 2:00 Musician Bdays or Small Group 3:00 Refreshments & Fellowship 3:30 Trivia 4:00 Mindfulness Matters	31		

Beauty Shop Open On Wednesday by Apt Only. Please call Carmen at 269-373-3200 for Reservation.