

**ACTIVITIES FOR MARCH**

**MARCH 3RD**

Chair Exercises @ 10am

Personal Finances @ 1pm – 2:30pm

Crafts @ 6pm

**MARCH 5TH**

Walk & Talk @ 10am

**MARCH 6TH**

Homemade Laundry Soap @ 6pm

**MARCH 7TH**

Chair Exercises @ 10am

**MARCH 10TH**

Chair Exercises @ 10am

Personal Finances @ 1pm – 2:30pm

Cooking @ 6pm

**MARCH 12TH**

Walk & Talk @ 10am

**MARCH 14TH**

Chair Exercises @ 10am

**MARCH 17TH**

Chair Exercises @ 10am

Personal Finances @ 1pm – 2:30pm

**MARCH 18TH THRU 20TH -SPRING BREAK FUN!**

Lunch will be provided all 3 days

**18th** – Painting Turtles

**19th** – Planting

**20th** – Exercise/Hygiene

**MARCH 19TH**

Walk & Talk @ 10am

**MARCH 21ST**

Chair Exercises @ 10am

**MARCH 24TH**

Chair Exercises @ 10am

Personal Finances @ 1pm – 2:30pm

**MARCH 26TH**

Walk & Talk @ 10am

**MARCH 28TH**

Chair Exercises @ 10am

**MARCH 31ST**

Chair Exercises @ 10am

LAST CLASS: Personal Finances @ 1pm – 2:30pm

*You can follow our health & wellness director on Facebook: La Harpe Health & Wellness. Kathy will share weekly brain teasers, hygiene facts and healthy quick meals. Don’t have access to Facebook, please let us know and we will find a way to get you the information.*