








2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 Walk with Ease 10am 	4 Word Search IGA store day	5 Walk with Ease 10am Bible study w/Lewis Arnold 11am Nutrition class 10:30	6 Gentle Yoga 11am	7 Walk with Ease 10am Bingo 11:15
10 Walk with Ease 10am	11 Table Pong 11am IGA store day	12 Walk with Ease 10am Nutrition class 10:30	13 Gentle Yoga 11am 	14 Walk with Ease 10am Bingo 11:15 Popcorn
17 Walk with Ease 10am St. Patricks Day (Wear Green) 	18 Kitchen Appreciation Day (Thank You Cards) 11am IGA store day	19 Walk with Ease 10am Bible study w/Lewis Arnold 11am Nutrition class 10:30	20 Gentle Yoga 11am March Birthday Celebration!!!	21 Walk with Ease 10am Bingo 11:15 Popcorn Womens Expo- bus ride \$10.00
24 Walk with Ease 10am 	25 Bingo 11:15 IGA store day	26 Walk with Ease 10am Nutrition class 10:30	27 Gentle Yoga 11am	28 Walk with Ease 10am Bingo 11:15 Popcorn 
31 Walk with Ease 10am 