






| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|---|
| <p>MARCH</p>  <p>AQUAMARINE</p> | <p>1</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Covid-19 News update (YouTube) - VIRT 3:00 Number Bingo - VIRT</p> | <p>2</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Chair Yoga - VIRT</p> | <p>3</p> <p>10:30 Easy Movement to Music Chair Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Dance Class - VIRT</p> | <p>4</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Trivia - VIRT</p> | <p>5</p> <p>10:30 Easy Chair Exercise - VIRT 12:30 Small Talk Time - VIRT 1:30 In Search of History-Secrets of the Rosetta Stone Documentary - VIRT 3:00 Number Bingo - VIRT</p> |  |
| <p>7</p> <p>1:30 Virtual Bible Study and Prayer Program - VIRT</p> | <p>8</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 The Unbelievable Life of Princess Alice Documentary - VIRT 3:00 Number Bingo - VIRT</p> | <p>9</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Meditation - VIRT</p> | <p>10</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Bird Bingo - VIRT</p> | <p>11</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Trivia - VIRT</p> | <p>12</p> <p>10:30 Easy Chair Exercise - VIRT 12:30 Small Talk Time - VIRT 1:30 Better Brain Health Documentary - VIRT 3:00 Number Bingo - VIRT</p> | <p>13</p> |
| <p>14</p> <p>1:30 Virtual Bible Study and Prayer Program - VIRT Daylight Saving Time Begins at 12 am</p> | <p>15</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Irish Myths & Legends Documentary - VIRT 3:00 Number Bingo - VIRT</p> | <p>16</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Music of the Heart with Eva & Frank - VIRT</p> | <p>17</p> <p>10:30 Easy Movement to Music Chair Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Dance Class - VIRT Happy St. Patrick's Day!</p> | <p>18</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Trivia - VIRT</p> | <p>19</p> <p>10:30 Easy Chair Exercise - VIRT 12:30 Small Talk Time - VIRT 1:30 10 Unsolved Mysteries of Ireland Documentary - VIRT 3:00 Number Bingo - VIRT</p> | <p>20</p> <p>Spring Begins!</p> |
| <p>21</p> <p>1:30 Virtual Bible Study and Prayer Program - VIRT</p> | <p>22</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Spring: The Return of Life Documentary - VIRT 3:00 Number Bingo - VIRT</p> | <p>23</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Chair Yoga - VIRT</p> | <p>24</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Dog Bingo - VIRT</p> | <p>25</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Good Ol' Favorites Sing along Songs - VIRT</p> | <p>26</p> <p>10:30 Easy Chair Exercise - VIRT 12:30 Small Talk Time - VIRT 1:30 Who was the real Mary Poppins? - VIRT 3:00 Number Bingo - VIRT</p> | <p>27</p> |
| <p>28</p> <p>1:30 Virtual Bible Study and Prayer Program - VIRT</p> | <p>29</p> <p>10:30 Easy Chair Exercise - VIRT 1:30 Astronomers Club - VIRT 3:00 Number Bingo - VIRT</p> | <p>30</p> <p>10:30 Standing Vigorous Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Meditation - VIRT 4:00 Cash in Winnings-Door to Door</p> | <p>31</p> <p>10:30 Easy Movement to Music Chair Exercise - VIRT 1:30 Prayer for the Pandemic - VIRT 3:00 Indigenous Drumming - VIRT</p> | <p>Happy St. Patrick's Day!</p>  |  |  |