


# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WC - Wellness Center WCCR - Wellness Center Conference Room GAL-Gallery JT- Jacob's Tavern FP- Front Parking</p>	<p>LIB - Library FL - Front Lobby 1FCR - First Floor Conference Room TR - Theater Room BR- Brunswick Dining Room BP- Back Parking</p>		<p>1 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC 2:00 Waynesboro High School Jazz Band-GAL</p>	<p>2 9:15 Let's Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - Theater Room 2:00 Shopping Trip 2:30 Line Dancing- WC 6:00 Thirteen- FL</p>	<p>3 9:15 Strength &amp; Stretch- WC 10:30 VA Scenic Railway (bus leaves at 9:30AM) 12:15 First Friday Organ Recital (bus leaves at 11:50am) 6:00 Sound Direction-GAL</p>	<p>4 6:15 Keep Breathing- TR</p>
<p>5 3:30 Vespers-Chapel <i>Linda Kusse-Wolfe (communion) Retired United Methodist Pastor</i></p>	<p>6 9:15 Strength &amp; Stretch - WC 10:00 UNO- FL 11:00 Cardio Drumming-WC 6:15 Movie Night: "Downton Abbey: A New Era"-TR</p>	<p>7 9:15 Let's Get Moving-WC 10:30 Bible Study - Chapel 10:30 Fall Prevention Workshop-APT # 320 1:00 UNO- FL 1:00 Tai Chi for Arthritis-WC 2:00 Kroger Trip</p>	<p>8 9:15 Strength &amp; Stretch -WC 10:00 Hearing At Home-TR 10:30 Chair Yoga- WC</p>	<p>9 9:15 Let's Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - Conference Room 2:00 Shopping Trip 2:30 Line Dancing- WC 3:30 Shamrock Shakes/ Trivia-JT 6:00 Thirteen- FL</p>	<p>10 9:15 Strength &amp; Stretch - WC</p>	<p>11 6:15 Keep Breathing- TR</p>
<p>12 3:30 Vespers - Chapel <i>Rodney Gibson pastor of Rockbridge Baptist</i></p>	<p>13 9:15 Strength &amp; Stretch - WC 10:00 UNO- FL 10:30 Discovering Wellness: "Social Dimension of Wellness"-TR 11:00 Cardio Drumming- WC</p>	<p>14 9:15 Let's Get Moving -WC 10:30 Bible Study-Chapel 10:30 Pie Bake Off-GAL 1:00 UNO- FL 1:00 Tai Chi for Arthritis-WC 2:00 Kroger Trip 3:30 2nd Tuesday Meeting- GAL 6:00 Thirteen-FL <i>Pi Day</i></p>	<p>15 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC 2:30 Documentary Series "Saint Patrick: The Man, The Myth" 3:30 Music Performance: Matthew O'Donnell-GAL  Message Day- Call x3123 to Schedule</p>	<p>16 9:15 Let's Get Moving-WC 10:30 Better Balance-WC 1:00 C&amp;C - Conference Room 2:00 Shopping Trip 2:30 Line Dancing- WC 6:00 Thirteen- FL</p>	<p>17 9:15 Strength &amp; Stretch - WC 1:00 St. Patrick's Day Photo Op-FL 3:30 Irish Pub Happy Hour- JT  <i>St. Patrick's Day</i></p>	<p>18 6:15 Keep Breathing- TR</p>
<p>19 3:30 Vespers-Chapel <i>Patrick Ryan Tinkling Spring Presbyterian Church Pastor</i> 3:00 Waynesboro Symphony Orchestra (bus leaves at 2:15pm)</p>	<p>20 9:15 Strength &amp; Stretch - WC 10:00 Morning Stretch-WC 10:00 UNO- FL 11:00 Cardio Drumming-WC 6:15 Movie Night: "The War with Grandpa"-TR  <i>Spring Begins</i></p>	<p>21 9:15 Let's Get Moving -WC 10:30 Bible Study-Chapel 10:30 Bible Study- Chapel 11:00 Air and Space Museum Tour (bus leaves at 8:15AM) 1:00 UNO- FL 1:00 Tai Chi for Arthritis-WC 2:00 Kroger Trip 6:00 Thirteen- FL</p>	<p>22 9:15 Wacky Wednesday Workout -WC 10:30 Chair Yoga- WC</p>	<p>23 9:15 Let's Get Moving- WC 10:30 Better Balance- WC 1:00 C&amp;C - Conference Room 2:00 Shopping Trip 2:30 Line Dancing- WC 6:00 Thirteen- FL</p>	<p>24 9:15 Strength &amp; Stretch- WC 12:00 The Cracked Pillar (bus leaves at 11:20AM)  Message Day- Call x3123 to Schedule</p>	<p>25 3:00 Heaven's Mountain Band-GAL 6:15 Keep Breathing- TR</p>
<p>26 3:30 Vespers- Chapel <i>Elizabeth Foss Main St. United Methodist Church Pastor</i></p>	<p>27 9:15 Strength &amp; Stretch - WC 10:00 UNO- FL 11:00 Cardio Drumming- WC 3:00 Birthday Social-GAL 6:00 Bingo Night-GAL</p>	<p>28 9:15 Let's Get Moving -WC 10:30 Bible Study - Chapel 1:00 UNO- FL 1:00 Tai Chi for Arthritis-WC 2:00 Kroger Trip 6:00 Thirteen-FL</p>	<p>29 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC</p>	<p>30 9:15 Let's Get Moving- WC 10:30 Better Balance- WC 1:00 C&amp;C - Conference Room 2:00 Shopping Trip 2:00 Parkinson's Support Group- 3rd Floor Solarium 2:30 Line Dancing- WC 6:00 Thirteen- FL</p>	<p>31 9:15 Strength &amp; Stretch - WC 1:00 Snack and Relax-FL</p>	