

## MARCH UPCOMING EVENTS

DATE	DAY	TIME	EVENT	RR	Y LOCATION
1	Thu	10:00-11:00 a.m.	Birthday Celebration		Davis Lobby
		11:30-12:30 p.m.	Munch & Learn Joint Pain	RR	Davis Multi-Purpose Room
2	Fri	7:00-9:30 p.m.	Movie Night - "Wonder"		Davis Multi-Purpose Room
3	Sat	9:00-10:30 a.m.	30-30-30 Shake It Tone It, 12 Rounds, Kettlebells	RR	Central
5	Mon	10:00-11:00 a.m.	Kitchen Chat		Davis Lobby
6	Tue	12:30-1:30 p.m.	Lunch-N-Learn Challenges in Retirement	RR	Davis Multi-Purpose Room
7	Wed	3:00-5:00 p.m.	Drayer Physical Therapy Q & A		Davis Fitness Floor
10	Sat	7:30 a.m.	Spin-a-Thon	RR	Central
		5:00-7:00 p.m.	Cocoa & Canvas	RR	Davis
15	Thu	12:30-1:30 p.m.	Lunch-N-Learn Medicare Advantage Gap	RR	Davis Multi-Purpose Room
17	Sat	2:00 p.m.	Adult Swim Meet	RR	Central
		4:00-8:00 p.m.	Parent's Night Out	RR	Davis
18	Sun	4:00-7:00 p.m.	Spaghetti Dinner-\$10 Takeout available		Davis Multi-Purpose Room
20	Tue	2:00-3:00 p.m.	Munch & Learn 10 Steps to a Healthy Life Part 1	RR	Davis Training Room
21	Wed	10:00 a.m.	Munch & Learn - Vegan Diet	RR	Central
22	Thu	11:00-11:30 a.m.	YCS Performance		Davis Lobby
		12:30-1:30 p.m.	Lunch-n-Learn-Welcome to Huntington	RR	Davis Training Rm 1 & 2
24	Sat	8:00-9:30 a.m.	SPIN-Passion and Hope Ride	RR	Central
26	Mon	11:00-2:00 p.m.	Medicare Made Clear Open to Members & Non Members	RR	Davis Community Room
		6:00-7:30 p.m.	Enhancing Your Metabolism (Max 16)	RR	Davis Community Room
27	Tue	2:00-3:00 p.m.	Munch & Learn 10 Steps to a Healthy Life Part 2	RR	Davis Training Room
30	Fri	7:00-8:45 a.m.	Good Friday Breakfast Service	RR	Central
		8:30-10:00 a.m.	SPIN-Passion and Hope Ride	RR	Davis

RR = Registration Required



# What's Happening in March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 BIRTHDAY CELEBRATION (D) *MUNCH & LEARN (D) Joint Pain	2 MOVIE NIGHT (D) "WONDER"	3 *30-30-30 (C)
4	5 KITCHEN CHAT (D)	6 *LUNCH-N-LEARN (D) Challenges in Retirement (D)	7 DRAYER PHYSICAL THERAPY Q & A (D)	8	9	10 *SPIN-A-THON (C) *COCOA & CANVAS (D)
11	12	13	14	15 *LUNCH-N-LEARN (D) Medicare Advantage	16	17 *ADULT SWIM MEET (C) *PARENT'S NIGHT OUT (D)
18 SPAGHETTI DINNER (D)	19	20 *MUNCH & LEARN (D) Healthy Life Part I	21 *MUNCH & LEARN (C) Vegan Diet	22 YCS PERFORMANCE (D) *LUNCH-N-LEARN (D) Welcome to Huntington	23	24 *SPIN (C) Passion and Hope
25	26 MEDICARE MADE CLEAR (D) Open to Members & Non-Members *ENHANCING YOUR METABOLISM (D)	27 *MUNCH & LEARN (D) Healthy Life Part II	28	29	30 GOOD FRIDAY BREAKFAST SERVICE (C) *SPIN PASSION AND HOPE RIDE (D) GOOD FRIDAY CLOSE AT 2:30 p.m.	31

**\*Registration Required. For more information about any of the events listed above, please pick up a flyer in the Lobby.**

**C=Central D=Davis**