


March 2019

Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 31</p> <p>9:00 LL Coffee with the Ladies Deep Breathing</p>	<p> CAP SANTE COURT <i>An Intimate Retirement Experience</i></p> <p>1111 32nd St. Anacortes, WA 98221 360-293-8088</p>		<p>CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>		<p>11:00 CE Brain Games 1 12:30 CC Pinochle At the Senior Center 1:30 PE Yoga 2:30 CC Happy Hour 2:30 Scott Thomson On Guitar</p>	<p>9:30 CC 9:30 Breakfast Club 2 1:30 CE Spanish With Louie</p>
<p>9:00 LL Coffee with the Ladies 3 10:30 Deep Breathing</p>	<p>12:30 CC Bridge At the Senior Center 4 12:30 CC Scrabble At the Senior Center 1:30 PE Yoga 6:00 LL Ice Cream Night</p>	<p>10:30 LL Bingo 5 1:30 LL Safeway Shopping 2:30 TED TALKS 6:00 CC Movie & Popcorn</p>	<p>10:30 CC Specialty Coffee 6 12:30 CC Double Deck Pinochle, Senior Center 12:30 CC Partner Bridge At Senior Center 1:00 CC Mexican Train At the Senior Center 1:15 PE Yoga 6:00 LL Wine Night</p>	<p>8:30 CC Cribbage At the Senior Center 7 10:30 CC Safeway Shopping 1:30 LL Bingo 6:00 LL Movie & Popcorn</p>	<p>11:00 CE Brain Games 8 12:30 CC Pinochle At the Senior Center 1:30 PE Yoga 2:30 CC Happy Hour 2:30 Mo's Eclectic Gifts & Apparel</p>	<p>9:30 CC 9:30 Breakfast Club 9 1:30 CE Spanish With Louie</p>
<p>9:00 LL Coffee with the Ladies 10 10:30 Deep Breathing</p>	<p>10:00 Health Talk 11 12:30 CC Bridge At the Senior Center 12:30 CC Scrabble At the Senior Center 1:30 PE Yoga 6:00 LL Ice Cream Night</p>	<p>10:30 LL Bingo 12 1:30 LL Safeway Shopping 2:30 TED TALKS 6:00 CC Movie & Popcorn</p>	<p>10:30 CC Specialty Coffee 13 12:30 CC Double Deck Pinochle, Senior Center 12:30 CC Partner Bridge At Senior Center 1:00 CC Mexican Train At the Senior Center 1:15 PE Yoga 6:00 LL Wine Night</p>	<p>8:30 CC Cribbage At the Senior Center 14 10:30 CC Safeway Shopping 1:30 LL Bingo 6:00 LL Movie & Popcorn</p>	<p>11:00 CE Brain Games 15 12:30 CC Pinochle At the Senior Center 1:30 PE Yoga 2:30 Electronic Care Giver Presentation 2:30 CC Happy Hour</p>	<p>9:30 CC 9:30 Breakfast Club 16 1:30 CE Spanish With Louie</p>
<p>9:00 LL Coffee with the Ladies 17 10:30 Deep Breathing</p>	<p>12:30 CC Bridge At the Senior Center 18 12:30 CC Scrabble At the Senior Center 1:30 PE Yoga 6:00 LL Ice Cream Night</p>	<p>10:30 LL Bingo 19 1:30 LL Safeway Shopping 2:30 TED TALKS 6:00 CC Movie & Popcorn</p>	<p>10:30 CC Specialty Coffee 20 12:30 CC Double Deck Pinochle, Senior Center 12:30 CC Partner Bridge At Senior Center 1:00 CC Mexican Train At the Senior Center 1:15 PE Yoga 6:00 LL Wine Night</p>	<p>8:30 CC Cribbage At the Senior Center 21 10:30 CC Safeway Shopping 1:30 LL Bingo 6:00 LL Movie & Popcorn</p>	<p>11:00 CE Brain Games 22 12:30 CC Pinochle At the Senior Center 1:30 PE Yoga 2:30 CC Happy Hour 2:30 Senior Dance</p>	<p>9:30 CC 9:30 Breakfast Club 23 1:30 CE Spanish With Louie</p>
<p>9:00 LL Coffee with the Ladies 24 10:30 Deep Breathing</p>	<p>12:30 CC Bridge At the Senior Center 25 12:30 CC Scrabble At the Senior Center 1:30 PE Yoga 6:00 LL Ice Cream Night</p>	<p>10:30 LL Bingo 26 1:30 LL Safeway Shopping 2:30 TED TALKS 6:00 CC Movie & Popcorn</p>	<p>10:30 CC Specialty Coffee 27 12:30 CC Double Deck Pinochle, Senior Center 12:30 CC Partner Bridge At Senior Center 1:00 CC Mexican Train At the Senior Center 1:15 PE Yoga 6:00 LL Wine Night</p>	<p>8:30 CC Cribbage At the Senior Center 28 10:30 CC Safeway Shopping 1:30 LL Bingo 6:00 LL Movie & Popcorn</p>	<p>11:00 CE Brain Games 29 12:30 CC Pinochle At the Senior Center 1:30 PE Yoga 2:30 David Locuv Presentation; How to help those grieving 2:30 CC Happy Hour</p>	<p>9:30 CC 9:30 Breakfast Club 30 1:30 CE Spanish With Louie</p>

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