

March 2019

In The Moment – Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 31</p> <p>10:00 PE Stretch w/ James (flexibility) 10:00 PE Tai Chi (AL) 10:30 CE Brawny Brain games 1:30 AE Art in the Kitchen 1:30 Bingo [MPR] 2:30 CE Daily Chronicle 3:00 PE Get up and move!! 3:30 CE Sharper Minds!! 6:00 LL Table Games</p>	<p> Caring · Inspiring · Rewarding</p> <p>3499 Grande Vista Drive Thousand Oaks, California 91320 (805)375-0695</p> <p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement</p>			<p>Healthy Snacks & Hydration offered throughout each day!</p>	<p>9:30 PE Chair Yoga (flexibility) 1 10:30 CE Cognition Crossfit 11:00 LL FRIDAY OUTING 1:45 CE The "IF" game.... 2:15 PE Move & Groove! 3:00 CE Sharper Minds!! 6:00 LL Table Games</p>	<p>9:30 PE Fit Happens!! (cardio) 2 10:30 CE Pushups for the Brain 11:00 CE Daily Chronicle 1:30 CC Bingo (AL) [MPR] 1:30 CE Today I Found Out 3:00 CC HAPPY HOUR (AL) [LR] 4:00 LL Word Search Party 6:00 LL Table Games</p>
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