



Pleasant Valley Senior Center-Activity Calendar

March 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="color: blue; font-weight: bold;">Apple-A-Day Cafe</p> <p style="color: blue; font-weight: bold;">M.T.TH.F</p> <p style="color: blue; font-weight: bold;">11:30am-1:00pm</p> <p style="color: blue; font-weight: bold;">\$3 Donation</p> <p style="color: blue; font-weight: bold;">Call 388-1952</p> <p style="color: blue; font-weight: bold;">For more information</p>	<p style="text-align: center; font-weight: bold;">1</p> <p>8:00.....Exercise</p> <p>9:30.....Canasta</p> <p style="color: orange;">9:30.....Ukulele</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p>6:00.....BINGO</p>	<p style="text-align: center; font-weight: bold;">2</p> <p>8:00.....Exercise</p> <p>9:00.....Senior Art</p> <p style="color: blue;">9:00.....HICAP</p> <p>9:30.....ArthritisExercise</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Senior Band</p> <p style="color: blue;">7:00.....TMG</p>	<p style="text-align: center; font-weight: bold;">3</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>Noon.....BINGO</p> <p>1:00.....Social Bridge</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">2:30.....Diabetes</p> <p style="color: pink;">3:15..Parkinson's Class</p>	<p style="text-align: center; font-weight: bold;">4</p> <p>8:00.....Exercise</p> <p>9:30..ArthritisExer.</p> <p>10:00...Low Vision Class</p> <p style="color: blue;">10:30..Stress Seminar</p> <p>Noon.....Mah Jongg</p> <p>1:00.....MovieTime</p> <p style="color: purple;">"The Curious Case of Benjamin Button"</p>	<p style="text-align: center; font-weight: bold;">5</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>9:00.....Pinochle</p> <p>Noon.....BINGO</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Table Tennis*</p>	CLOSED
CLOSED	<p style="text-align: center; font-weight: bold;">8</p> <p>8:00.....Exercise</p> <p>9:30.....Canasta</p> <p style="color: orange;">9:30.....Ukulele</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p>6:00.....BINGO</p>	<p style="text-align: center; font-weight: bold;">9</p> <p>8:00.....Exercise</p> <p>9:00.....Senior Art</p> <p>9:30.....ArthritisExercise</p> <p style="color: red;">10:30.....BloodPressure</p> <p>1:00.....Senior Band</p> <p>Noon.....Dup. Bridge</p>	<p style="text-align: center; font-weight: bold;">10</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>Noon.....BINGO</p> <p>1:00.....Social Bridge</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p>	<p style="text-align: center; font-weight: bold;">11</p> <p>8:00.....Exercise</p> <p>9:30..ArthritisExercise</p> <p>10:00...Low Vision Class</p> <p>Noon.....Mah Jongg</p>	<p style="text-align: center; font-weight: bold;">12</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>9:00.....Pinochle</p> <p>Noon.....BINGO</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Table Tennis*</p>	CLOSED
CLOSED	<p style="text-align: center; font-weight: bold;">15</p> <p>8:00.....Exercise</p> <p>9:30.....Canasta</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p>6:00.....BINGO</p>	<p style="text-align: center; font-weight: bold;">16</p> <p>8:00.....Exercise</p> <p>9:00.....Senior Art</p> <p style="color: blue;">9:00.....HICAP</p> <p>9:30.....ArthritisExercise</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Senior Band</p> <p style="color: blue;">7:00.....TMG</p>	<p style="text-align: center; font-weight: bold;">17</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>Noon.....BINGO</p> <p>1:00.....Social Bridge</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p>	<p style="text-align: center; font-weight: bold;">18</p> <p>8:00.....Exercise</p> <p style="color: red;">9:00...Pool Tournament</p> <p>9:30..ArthritisExercise</p> <p>10:00...Low Vision Class</p> <p style="color: green;">11:30...Hearing Tests</p> <p>Noon.....Mah Jongg</p>	<p style="text-align: center; font-weight: bold;">19</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>9:00.....Pinochle</p> <p>Noon.....BINGO</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Table Tennis*</p>	Investment Club 1:00pm-3:00pm Visitors Welcome!
CLOSED	<p style="text-align: center; font-weight: bold;">22</p> <p>8:00.....Exercise</p> <p>9:30.....Canasta</p> <p style="color: orange;">9:30.....Ukulele</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p>6:00.....BINGO</p>	<p style="text-align: center; font-weight: bold;">23</p> <p>8:00.....Exercise</p> <p>9:00.....Senior Art</p> <p>9:30.....ArthritisExercise</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Senior Band</p>	<p style="text-align: center; font-weight: bold;">24</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>Noon.....BINGO</p> <p>1:00.....Social Bridge</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p style="color: orange;">7:00.....Senior Guitar</p>	<p style="text-align: center; font-weight: bold;">25</p> <p>8:00.....Exercise</p> <p>9:30..ArthritisExercise</p> <p>10:00...Low Vision Class</p> <p style="color: red;">10:00.....Excursion</p> <p>Noon.....Mah Jongg</p> <p style="color: blue;">1:00..AARP Driving Class</p>	<p style="text-align: center; font-weight: bold;">26</p> <p>8:00.....Exercise</p> <p>9:00.....Yoga</p> <p>9:00.....Pinochle</p> <p>Noon.....BINGO</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Table Tennis*</p>	CLOSED
CLOSED	<p style="text-align: center; font-weight: bold;">29</p> <p>8:00.....Exercise</p> <p>9:30.....Canasta</p> <p>1:00.....Table Tennis*</p> <p style="color: pink;">3:15..Parkinson's Class</p> <p>6:00.....BINGO</p>	<p style="text-align: center; font-weight: bold;">30</p> <p>8:00.....Exercise</p> <p>9:00.....Senior Art</p> <p>9:30.....ArthritisExercise</p> <p>Noon.....Dup. Bridge</p> <p>1:00.....Senior Band</p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">CLOSED</p> <p style="color: blue; font-weight: bold; font-size: 1.2em;">Cesar Chavez Day</p>	<p style="color: orange; font-weight: bold; font-size: 1.2em;">Wii Bowling & Golf</p> <p style="color: green; font-weight: bold; font-size: 1.2em;">Mon. & Thurs.</p> <p style="color: green; font-weight: bold; font-size: 1.2em;">Call 482-4881</p> <p style="color: green; font-weight: bold; font-size: 1.2em;">For more information</p>	<p style="color: orange; font-weight: bold; font-size: 1.2em;">Walking Club</p> <p style="color: black; font-weight: bold; font-size: 1.2em;">Wed. & Fri.</p> <p style="color: black; font-weight: bold; font-size: 1.2em;">9:00am</p> <p style="color: black; font-weight: bold; font-size: 1.2em;">Meets in front of the Senior Center</p>	CLOSED