

Sue's Cell 734-417-5599

Maintenance Office Phone 734-792-9700 ext 3

Emergency Maintenance Number 734-649-2235

Kitchen RSVP's and TO GO orders 734-792-9700 ext 2

Chef's Office Phone (no orders) 734-792-9701

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>March Birthdays</i> Bill Bilbie 1st Carol Young 9th Donna Terhune 12th Cindy Norton 7th</p>	<p><i>March Birthdays</i> Dolores Chatigny 13th Jan Lyons 13th Betty Fritzler 19th Jackie Benson 21st Lois Haibt 31st</p>		<p>1 9:30 Targeted Toning 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Cedar Chips Ash Wednesday</p>	<p>2 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 2:00 ALI</p>	<p>3 9:30 Cedar Voices 10:00 UMRC Finance Presentation 11:00 Tai Chi 1:30 Moving and Grooving</p>	<p>4 9:00 Chair Yoga 11:00 Self-led Water Aerobics</p>
5	<p>6 9:30 Moving and Grooving 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Bridge 1:30 WII BOWLING LEAGUE</p>	<p>7 9:00 Chair Yoga 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 12:30 Cribbage</p>	<p>8 9:30 Targeted Toning 11:00 Water Aerobics 12:00 Gentle Water Exercise 3:00 Craft Club</p>	<p>9 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training</p>	<p>10 9:30 Coffee Klatch 11:00 Tai Chi 1:30 Moving and Grooving</p>	<p>11 9:00 Chair Yoga 11:00 Self-led Water Aerobics 5:30 p.m. Send off for Wanda At Dinner</p>
<p>12 Daylight Savings Time Begins DSO Concert- Dexter High School 4 p.m.</p>	<p>13 9:30 Moving and Grooving 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Bridge 1:30 WII BOWLING LEAGUE</p>	<p>14 9:00 Chair Yoga 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 12:30 Cribbage 2:00 Resident Movie 5:00 Food and Music</p>	<p>15 9:30 Targeted Toning 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Cedar Chips 3:00 Sit N' Knit</p>	<p>16 10:00 Dining Club 10:00 ALI 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 4:00 HYMN SING 5:00 -7:00 Birthday Treats with Dinner</p>	<p>17 9:30 Coffee Klatch 11:00 Tai Chi 1:30 Moving and Grooving St. Patrick's Day</p>	<p>18 9:00 Chair Yoga 11:00 Self-led Water Aerobics</p>
19	<p>20 9:30 Moving and Grooving 21 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Bridge 1:30 WII BOWLING LEAGUE 6:00pm Kate and Coco</p>	<p>21 9:00 Chair Yoga 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 12:30 Cribbage</p>	<p>22 9:30 Targeted Toning 11:00 Water Aerobics 12:00 Gentle Water Exercise 3:30 Book Club</p>	<p>23 10:00 ALI 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 3:00 Zen Coloring Class</p>	<p>24 9:30 Coffee Klatch 11:00 Tai Chi 1:30 Moving and Grooving</p>	<p>25 9:00 Chair Yoga 11:00 Self-led Water Aerobics</p>
26	<p>27 9:30 Moving and Grooving 11:00 Water Aerobics 12:00 Gentle Water Exercise 1:00 Bridge 1:30 WII BOWLING LEAGUE</p>	<p>28 9:00 Chair Yoga 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training 12:30 Cribbage 2:00 Resident Movie</p>	<p>29 9:30 Targeted Toning 11:00 Water Aerobics 12:00 Gentle Water Exercise</p>	<p>30 10:00 ALI 10:30 Cardio Class 11:30 Stretch and Balance 12:30 Personal Training</p>	<p>31 9:30 Coffee Klatch 11:00 Tai Chi 1:30 Moving and Grooving</p>	