MARCH SPRING 2015

Mon	Tue	Wed	Thu	Fri
2 **Strength Train-ing 9:00-10:00** Memoirs Writing 10:30 Chronic Disease1: 1:30-3:30	3 **COA Café 12:30** **AARP TAX PREPARATION** **Women's Reflections 6:30**	4 **Tai Chi 8:30** Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00	5 **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	6 **Strength Train-ing** 9:00-10:00 White Line 1:30
9 **Strength Train-ing 9:00-10:00** Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30	10 **Board Meeting 10:00** **COA CAFÉ 12:30** **Women's Reflections 6:30**	11 **Tai Chi 8:30** Strength Training Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1:-2:30 Legal Assistance (by appointment)	12 **Cooking Class 10:00-12:00** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	13 **Strength Train-ing** 9:00-10:00 Mystery Book Club 12:30 **White Line 1:30**
16 **Strength Train-ing 9:00-10:00** Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30	17 **COA CAFE 12:30** **AARP TAX PREPARATION** **Women's Reflections 6:30**	18 **Tai Chi 8:30** Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00	19 **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	20 **Strength Train-ing** 9:00-10:00 **White Line 1:30** Dr. Campo (By Appointment)
23 **Strength Train-ing 9:00-10:00** Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30	24 **COA CAFÉ 12:30** **Heath & safety Seminar 1:30** **Women's Reflections 6:30**	25 **Tai Chi 8:30** Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Sight Loss 1-3:00 **FRUSTRATED OPTIMISIC GARDENERS 6:30**	26 **CORE 11-12:00** **PACE 12:30-1:30** Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	27 **Strength Train-ing** 9:00-10:00 **White Line 1:30**
30 **Strength Train-ing 9:00-10:00** Memoirs Writing 10:30 Chronic Disease 1:30-3:30	31 **COA Café 12:30** **AARP TAX PREPARATION** **Dr. Preston 1:30** **Women's Reflections 6:30**			**Truro Group Art Opening** **March 8th 2:00-4:00**