















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00AM - TODAY IN THE NEWS  <b>11:00 - AEROBICS W/LESLIE</b>   12:30PM - MOTIVATIONAL MONDAY W/POSITIVE VIBES  1:00PM - WEEK IN REVIEW 	<b>4</b> 9:00AM - TODAY IN THE NEWS  10:15AM-EXERCISE W/ TOMMY   <b>11:30 - ADVISORY BOARD MEETING</b>  <b>12:30 JACKSON CHORAL GROUP</b>  <b>1:00PM - PIERRE MENARD CENTER LIGHT</b>	<b>5</b> 9:00AM - TODAY IN THE NEWS  <b>9:00AM - 3:15 SUNY DOWNSTATE NURSING PROGRAM</b>  <b>9:30AM-12N - KEEP ON TRACK BLOOD PRESSURE SCREENING</b>  <b>11:00AM - AEROBICS</b>  <b>1:00PM BINGO</b> 	<b>6</b> 9:00AM - TODAY IN THE NEWS  10:15AM - EXERCISE W/TOMMY   11:30AM - COLORING SESSION  12:30 - JACKSON CHORAL GROUP  <b>1:00PM VITA MAHJONG GAME</b>	<b>7</b> 9:00AM - TODAY IN THE NEWS  10:30AM- CHAIR ZUMBA   11:30AM - JACKSON COMEDY CLUB   <b>1:00PM - WORD GAME</b> 
<b>10</b> 9:00AM - TODAY IN THE NEWS  <b>11:00 - AEROBICS W/LESLIE</b>   12:30PM - MOTIVATIONAL MONDAY W/POSITIVE VIBES  1:00PM - WEEK IN REVIEW 	<b>11</b> 9:00AM - TODAY IN THE NEWS  10:15AM-EXERCISE W/ TOMMY   <b>10:30 - COLORING SESSION</b>  <b>12:30 - JACKSON CHORAL GROUP</b>  <b>1:00 HEALTH FIRST</b>	<b>12</b> 9:00AM - TODAY IN THE NEWS  <b>9:30AM-12N - KEEP ON TRACK BLOOD PRESSURE SCREENING</b>  <b>11:00AM - AEROBICS W/LESLIE</b>  <b>1:00PM VITA MAHJONG GAME</b>	<b>13</b> 9:00AM - TODAY IN THE NEWS  10:15AM - EXERCISE W/TOMMY   11:30AM - COLORING SESSION  12:30 - JACKSON CHORAL GROUP  <b>1:00PM DGMH WORKSHOP W/IAN HOWARD "AGING GRACEFULLY"</b>	<b>14</b> 9:00AM - TODAY IN THE NEWS  SHOPPING TRIP - WALMART   10:30AM - CHAIR ZUMBA  <b>1:00PM "PAINT 'N SIP"</b> 

JOIN US ON - MARCH 27<sup>TH</sup> FOR OUR "WOMEN'S *HER*STORY PROGRAM"

## UPCOMING EVENTS

**HELLO  
Spring**  
March 20<sup>th</sup>!

**BILLIARDS (POOL ROOM)  
10AM - 12NOON & 1:00PM - 4:00PM**  
  
**DOMINOES  
10:00AM - 12NOON 1:00PM - 4:00PM**  
  
**CAPE MENTAL HEALTH PROGRAM  
PERSONAL WELLNESS SUPPORT  
EVERY TUESDAY & THURSDAY  
8:00AM - 4:00PM**

TUESDAY ~ APRIL 15<sup>TH</sup> ~ HAT SHOW  
  
 THURSDAY ~ APRIL 17<sup>TH</sup> - HOUSEPLANT APPRECIATION  
  
 FRIDAY ~ APRIL 18<sup>TH</sup>  
 CENTER CLOSED FOR GOOD FRIDAY  
  
 TUESDAY ~ APRIL 22<sup>ND</sup>  
 APRIL BIRTHDAY CELEBRATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>17</b> 9:00AM - TODAY IN THE NEWS</p> <p><b>11:00AM – AEROBICS W/LESLIE</b></p> <p>12:30PM-MOTIVATIONAL MONDAY</p> <p>1:00PM - ART CLASS</p> <p>1:00PM – WEEK IN REVIEW</p> <p><i>Hello Monday!</i></p> <p>Week In Review</p>	<p><b>18</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:15AM – EXERCISE W/ TOMMY</p> <p>11:30AM - COLORING SESSION</p> <p>12:30PM - CHORAL GROUP</p> <p>1:00PM <b>MARCH BIRTHDAY CELEBRATION</b></p> 	<p><b>19</b> 9:00AM - TODAY IN THE NEWS</p> <p><b>9:00AM – 3:15 SUNY DOWNSTATE NURSING PROGRAM</b></p> <p><b>9:30AM 12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</b></p> <p><b>11:00AM – AEROBICS W/LESLIE</b></p> <p><b>1:00PM FAMILY FEUD GAME</b></p> 	<p><b>20</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:00AM – 12NOON METROCARD VAN</p> <p>10:15AM – EXERCISE W/TOMMY</p> <p>12:30PM – JACKSON CHORAL GROUP</p> <p>1:00PM - GENERAL MEMBERSHIP MEETING</p>  	<p><b>21</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:30AM – CHAIR ZUMBA</p> <p>11:30AM – JACKSON CENTER <b>COMEDY Club</b></p> <p>1:00PM <b>PAINT &amp; SIP</b></p> 
<p><b>24</b> 9:00AM - TODAY IN THE NEWS</p> <p><b>11:00AM – AEROBICS W/LESLIE</b></p> <p>12:30PM-MOTIVATIONAL MONDAY</p> <p>1:00PM – ART CLASS</p> <p>1:00PM – WEEK IN REVIEW</p> <p><i>Hello Monday!</i></p> <p>Week In Review</p>	<p><b>25</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:15AM – EXERCISE W/ TOMMY</p> <p>11:30AM – COLORING SESSION</p> <p>12:30PM - JACKSON CHORAL GROUP</p> <p>1:00PM - <b>NUTRITION WORKSHOP W/ ANGELA SINCLAIR</b></p> 	<p><b>26</b> 9:00AM - TODAY IN THE NEWS</p> <p><b>9:00AM – 3:15 SUNY DOWNSTATE NURSING PROGRAM</b></p> <p><b>9:30AM 12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</b></p> <p><b>11:00AM – AEROBICS W/LESLIE</b></p> <p>1:00PM</p> 	<p><b>27</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:15AM - EXERCISE W/TOMMY</p> <p>12:30 JACKSON CHORAL GROUP</p> <p><b>1:00PM WOMEN'S HISTORY MONTH PROGRAM</b></p> 	<p><b>28</b> 9:00AM - TODAY IN THE NEWS</p> <p>10:00AM SHOPPING TRIP: WALMART</p> <p>10:30AM - CHAIR ZUMBA</p> <p>11:30AM – JACKSON CENTER <b>COMEDY Club</b></p> <p>1:00PM WORD GAME</p>  
<p><b>31</b> 9:00AM - TODAY IN THE NEWS</p> <p><b>11:00AM – AEROBICS W/LESLIE</b></p> <p>12:30PM-MOTIVATIONAL MONDAY</p> <p>1:00PM – ART CLASS</p> <p>1:00PM – WEEK IN REVIEW</p> <p><i>Hello Monday!</i></p> <p>Week In Review</p>	<p><i>International Women's Day March 8th</i></p> 		<p><b>HAPPY ST. PATRICK'S DAY</b></p>  <p>March 17th</p>	