


March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00-3:00 Gym on your own. 3</p> <p>FUNDAY MONDAY</p> <p>09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness</p> <p>10am-11am Tai Chi w/ Ms. Whitmire</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>8:00-3:00 Gym on your own. 4</p> <p>09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness</p> <p>10:00 Toni Telenta GA Legal</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>8:00-3:00 Gym on your own. 5</p> <p>09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness</p> <p>10:00 Tonya Bolton/MedLink</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>8:00-3:00 Gym on your own. 6</p> <p>09:30-10:15 Coffee & Socializing</p> <p>10:00-11:00 Devotion (Optional) with Mr. McDuffie</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Senior Fitness/Wii</p>	<p>9:00-1:00 Gym on your own. 7</p> <p>FRIEND-DAY FRIDAY</p> <p>Drive-In</p> <p>09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards</p>
<p>8:00-3:00 Gym on your own. 10</p> <p>FUNDAY MONDAY</p> <p>09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness</p> <p>10am-11am Tai Chi w/ Ms. Whitmire</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>11</p> <p>Hamrick's</p> <p>Leaving at 9am</p>	<p>8:00-3:00 Gym on your own. 12</p> <p>09:30-10:15 Coffee & Socializing</p> <p>10:30-11:30 Sponsored by St. Mary's Hospice</p>  <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Senior Fitness/Wii</p>	<p>8:00-3:00 Gym on your own. 13</p> <p>09:30-10:15 Coffee & Socializing</p> <p>10:00-11:00 Devotion (Optional) with Mr. McDuffie</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Senior Fitness/Wii</p>	<p>9:00-1:00 Gym on your own. 14</p> <p>FRIEND-DAY FRIDAY</p> <p>Drive-In</p> <p>09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards</p>
<p>8:00-3:00 Gym on your own. 17</p> <p>FUNDAY MONDAY</p> <p>09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness</p> <p>10am-11am Tai Chi w/ Ms. Whitmire</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>8:00-3:00 Gym on your own. 18</p> <p>09:30-10:15 Coffee & Socializing</p> <p>10:30-11:30 Exercise w/Dr. Brooke</p> <p>11:30-12:00 Lunch</p> <p>12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards</p>	<p>8:00-3:00 Gym on your own. 19</p> <p>09:30-10:15 Coffee & Socializing</p> <p>1030-11:30-Elliotte here w/ GA Hospice Care</p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Cards/Puzzles/ Billiards/Games/Wii/Senior Fitness</p>	<p>8:00-3:00 Gym on your own. 20</p> <p>09:30-10:15 Coffee & Socializing</p> <p>10:00-11:00 Devotion (Optional) with Mr. McDuffie</p> <p>11:30-12:15 Lunch</p> <p>12:00 St. Mary's Hospice VS</p> <p>12:30-1:00 Senior Fitness/Wii</p>	<p>9:00-1:00 Gym on your own. 21</p> <p>FRIEND-DAY FRIDAY</p> <p>Drive-In</p> <p>09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards</p>

8:00-3:00 Gym on your own. **24**

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness

10am-11am Tai Chi w/ Ms. Whitmire

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. **25**

09:30-10:15 Coffee & Socializing

**10:00-11:00 Gail Jones Gospel
Singing**



11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. **26**

09:30-10:15 Coffee & Socializing

10:30-11:30- Bean Bag Base Ball

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. **27**

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Devotion
(Optional) with Mr. McDuffie**

11:00-12:15 Lunch

EAT LUNCH OUT

9:00-1:00 Gym on your own. **28**

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. **31**

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness

10am-11am Tai Chi w/ Ms. Whitmire

10:00- 9th District Cooling Assist

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

HAPPY BIRTHDAY!
JeAnna Damron 3-12
Catherine Smith 3-14