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<td>2 <strong>Aqua Fitness</strong> 9-9:45&lt;br&gt;&lt;br&gt;<strong>Chair Fitness</strong> 10:30-11:15 AM 1st Fl. Act. Rm&lt;br&gt;&lt;br&gt;<strong>Speaker of the Month</strong>&lt;br&gt;<strong>Marylou Aleski,</strong> 4-5pm Great Room (resch'd)</td>
<td>3 <strong>Fitness Class</strong> 9:15-10 AM Gym&lt;br&gt;&lt;br&gt;<strong>Wii Bowling</strong> 3pm, 1st fl act. rm&lt;br&gt;&lt;br&gt;<strong>Team Leaders Meeting</strong> 1:00pm 4th Floor Conf. Rm</td>
<td>4 <strong>Chair Yoga</strong> 9:30 – 10:15AM 1st Fl. Act. Rm.&lt;br&gt;&lt;br&gt;<strong>WRA Board Mtg</strong> 1:00pm 4th Floor Conf. Rm&lt;br&gt;&lt;br&gt;<strong>Monthly Social</strong> 4pm Great Rm</td>
<td>5 <strong>Aqua Fitness</strong> 9-9:45 AM&lt;br&gt;&lt;br&gt;<strong>Strength/Tone/Cond.</strong> 10:30 – 11:15 AM Gym&lt;br&gt;&lt;br&gt;<strong>Stepping to Music</strong> 2-3 PM 1st Fl. Act. Rm.</td>
<td>6 <strong>Bala/Exer/Wgts</strong> 10am Fitness Rm&lt;br&gt;&lt;br&gt;<strong>Tai Chi for Health</strong> 11:30am-12:15pm, Act. Rm.&lt;br&gt;&lt;br&gt;<strong>Pub Night</strong> 4:30pm Café BYOB</td>
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**Woodlands March 2020 Events**

- **Sunday, March 1:**
  - **Aqua Fitness** 9-9:45 AM Gym
  - **Chair Fitness** 10:30-11:15 AM 1st Fl. Act. Rm
  - **Speaker of the Month**
    Marylou Aleski, 4-5pm Great Room (resch’d)

- **Monday, March 2:**
  - **Fitness Class** 9:15-10 AM Gym
  - **Wii Bowling** 3pm, 1st fl act. rm
  - **Team Leaders Meeting** 1:00pm 4th Floor Conf. Rm

- **Tuesday, March 3:**
  - **Chair Yoga** 9:30 – 10:15AM 1st Fl. Act. Rm.
  - **Chat with Kitchen Staff**
    2pm Great Rm

- **Wednesday, March 4:**
  - **Aqua Fitness** 9-9:45 AM<br>  **Strength/Tone/Cond.** 10:30 – 11:15 AM Gym<br>  **Stepping to Music** 2-3 PM 1st Fl. Act. Rm.

- **Thursday, March 5:**
  - **Bala/Exer/Wgts** 10am Fitness Rm<br>  **Tai Chi for Health** 11:30am-12:15pm, Act. Rm.<br>  **Pub Night** 4:30pm Café BYOB

- **Saturday, March 7:**
  - **Movie Night** 7:30pm Theater

- **Sunday, March 8:**
  - **Aqua Fitness** 9-9:45 AM Gym
  - **Chair Fitness** 10:30-11:15 AM 1st Fl. Act. Rm<br>  **Social Team Meeting** 1:30pm, 4th Fl. Conf. Rm

- **Monday, March 9:**
  - **Fitness Class** 9:15-10 AM Gym
  - **Wii Bowling** 3pm, 1st fl act. rm

- **Tuesday, March 10:**
  - **Chair Yoga** 9:30 – 10:15AM 1st Fl. Act. Rm.
  - **Chat with Cindy**
    3:30pm Great Rm

- **Wednesday, March 11:**
  - **Aqua Fitness** 9-9:45 AM<br>  **Strength/Tone/Cond.** 10:30 – 11:15 AM Gym<br>  **Stepping to Music** 2-3 PM 1st Fl. Act. Rm.

- **Thursday, March 12:**
  - **Bala/Exer/Wgts** 10am Fitness Rm<br>  **Tai Chi for Health** 11:30am-12:15pm, Act. Rm.<br>  **Pub Night** 4:30pm Café BYOB

- **Saturday, March 14:**
  - **Movie Night** 7:30pm Theater

- **Sunday, March 15:**
  - **Aqua Fitness** 9-9:45 AM Gym
  - **Chair Fitness** 10:30-11:15 AM 1st Fl. Act. Rm<br>  **Celebration of Solar Array** 4pm, Great Rm

- **Monday, March 16:**
  - **Fitness Class** 9:15-10 AM Gym
  - **Wii Bowling** 3pm, 1st fl act. rm

- **Tuesday, March 17:**
  - **Chair Yoga** 9:30 – 10:15AM 1st Fl. Act. Rm.
  - **Chat with Cindy**
    3:30pm Great Rm

- **Wednesday, March 18:**
  - **Aqua Fitness** 9-9:45 AM<br>  **Strength/Tone/Cond.** 10:30 – 11:15 AM Gym<br>  **Stepping to Music** 2-3 PM 1st Fl. Act. Rm.

- **Thursday, March 19:**
  - **Bala/Exer/Wgts** 10am Fitness Rm<br>  **Tai Chi for Health** 11:30am-12:15pm, Act. Rm.<br>  **Pub Night** 4:30pm Café BYOB

- **Saturday, March 21:**
  - **Movie Night** 7:30pm Theater

- **Sunday, March 22:**
  - **Organizational Meeting for Book Club** 3pm, Great Room

- **Monday, March 23:**
  - **Fitness Class** 9:15-10 AM Gym
  - **Wii Bowling** 3pm, 1st fl act. rm

- **Tuesday, March 24:**
  - **Chair Yoga** 9:30 – 10:15AM 1st Fl. Act. Rm.<br>  **Wellness Event**
    3:30pm Great Rm
    Body Mechanics & Ergonomics Seminar
    Miranda Albano, PTA

- **Wednesday, March 25:**
  - **Aqua Fitness** 9-9:45 AM<br>  **Strength/Tone/Cond.** 10:30 – 11:15 AM Gym<br>  **Stepping to Music** 2-3 PM 1st Fl. Act. Rm.

- **Thursday, March 26:**
  - **Bala/Exer/Wgts** 10am Fitness Rm<br>  **Tai Chi for Health** 11:30am-12:15pm, Act. Rm.<br>  **Pub Night** 4:30pm Café BYOB

- **Saturday, March 28:**
  - **Movie Night** 7:30pm Theater

- **Sunday, March 29:**
  - **Aqua Fitness** 9-9:45 AM Gym
  - **Chair Fitness** 10:30-11:15 AM 1st Fl. Act. Rm

- **Monday, March 30:**
  - **Fitness Class** 9:15-10 AM Gym
  - **Wii Bowling** 3pm, 1st fl act. rm

- **Tuesday, March 31:**
  - **Prepare for Spring Cleaning**
    7:30PM, Billiards Rm
    **Ping Pong**
    **Every Monday 7:30PM 3rd Floor Act. Rm**
    **Board Games**
    **Every Wednesday 7:30PM 1st Floor Act. Rm**

- **Wednesday, April 1:**
  - **Code:**
    Black Printing: Activities<br>    Red Printing: Exercise<br>    Blue Printing: Administration