

March 2010

Scottsdale Shadows

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM</p> <p>Monday Night Bridge 7 pm</p>	<p>2</p> <p>AAAU 10:30 AM</p> <p>Pool Exercise @ 10</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM & 6 PM</p>	<p>3</p> <p>Pool Exercise @ 10 AM</p> <p>Mesa Riverview 11:30AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM</p> <p>Game Day @ 12 pm</p>	<p>4</p> <p>Pool Exercise @ 10 AM</p> <p>Knit Wits @ 10 AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM</p>	<p>5</p> <p>Pool Exercise @ 10 AM</p> <p>Movie Day @ 1 PM <i>The Time Traveler's Wife</i> PG-13 107 min. Drama</p>	<p>6</p> <p>Pool Exercise @ 10 AM</p>
<p>7</p> <p>Pool Exercise @ 10 AM</p>	<p>8</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM</p> <p>Monday Night Bridge 7 pm</p>	<p>9</p> <p>Pool Exercise @ 10</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM & 6 PM</p>	<p>10</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30</p> <p>Game Day @ 12 pm</p> <p>Regime V Meeting 7 PM Navajo Rm.</p>	<p>11</p> <p>Pool Exercise @ 10 AM</p> <p>Knit Wits @ 10 AM</p> <p>2FIT2FALL Matter of Balance 10 - 11:30 AM</p> <p>BINGO @ 7 PM</p>	<p>12</p> <p>Pool Exercise @ 10 AM</p> <p>40th Annual Scottsdale Arts Festival 11:30 AM</p> <p>Movie Day @ 1 PM <i>Love Happens</i> PG-13 109 min. Drama</p>	<p>13</p> <p>Pool Exercise @ 10 AM</p>
<p>14</p> <p>Pool Exercise @ 10 AM</p>	<p>15</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Senior Strength Training 9 - 10 AM</p> <p>Monday Night Bridge 7 pm</p>	<p>16</p> <p>Pool Exercise @ 10</p> <p>2FIT2FALL Group Exercise 10 AM - 10:30 AM</p> <p>RCI Meeting 7PM Navajo</p>	<p>17</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Senior Strength Training 9 - 10 AM Navajo Room</p> <p>St. Patty's Breakfast Lounge 10 AM</p> <p>Game Day @ 1 pm</p>	<p>18</p> <p>Pool Exercise @ 10 AM</p> <p>Knit Wits @ 10 AM</p> <p>2FIT2FALL Senior Strength Training 9 - 10 AM</p> <p>Regime VII Meeting 7 PM Navajo Room</p>	<p>19</p> <p>Pool Exercise @ 10 AM</p> <p>Movie Day @ 1 PM <i>Did You Hear About The Morgan's</i> PG-13 103 min. Comedy</p> <p>2FIT2FALL Group Exercise 2 - 2:30 PM</p>	<p>20</p> <p>Golf Tournament Scramble 8 AM Tee Time Start</p> <p>Pool Exercise @ 10 AM</p>
<p>21</p> <p>Pool Exercise @ 10 AM</p>	<p>22</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Group Exercise 10 AM - 10:30 AM</p> <p>Monday Night Bridge 7 pm</p>	<p>23</p> <p>Pool Exercise @ 10</p> <p>2FIT2FALL Group Exercise 10:30 AM - 11 AM</p>	<p>24</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Group Exercise 10 AM - 10:30 AM</p> <p>Game Day @ 12 pm</p>	<p>25</p> <p>Pool Exercise @ 10 AM</p> <p>Knit Wits @ 10 AM</p> <p>Mazatzal Casino 8:30 AM</p> <p>2FIT2FALL Group Exercise 2 - 2:30 PM</p> <p>BINGO @ 7 PM</p>	<p>26</p> <p>Pool Exercise @ 10 AM</p> <p>Movie Day @ 1 PM <i>Blindside</i> PG-13 128 min. Drama</p> <p>2FIT2FALL Group Exercise 9:30 AM - 10 AM Presentation Seminar 10 AM Lounge Med Review 8 - 10 AM 11 - 1 PM</p> <p>All This Occurs on Friday, March 26</p>	<p>27</p> <p>Pool Exercise @ 10 AM</p>
<p>28</p> <p>Pool Exercise @ 10 AM</p>	<p>29</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Group Exercise 10:30 - 11 AM Med. Review 8 AM - 1 PM</p> <p>Monday Night Bridge 7 pm</p>	<p>30</p> <p>Pool Exercise @ 10 AM</p>	<p>31</p> <p>Pool Exercise @ 10 AM</p> <p>2FIT2FALL Group Exercise 10:30 AM - 11 AM</p> <p>Game Day @ 12 pm</p>	<p>1</p> <p>Pool Exercise @ 10 AM</p> <p>Knit Wits @ 10 AM</p> <p>2FIT2FALL Tai Chi 11 - 12 PM</p>	<p>Activities Director Ramiro Wong 994-2073</p>	