


March 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 9a-chair exercise-PCMC cafeteria Deposit due for Wichita trip	2	3 9a-chair exercise-PCMC cafeteria 1p-Mahjongg	4 6:30p-Mahjongg	5 2p-Bingo-Sterling House, 1500 E. Bradley	6
7	8 9a-chair exercise-PCMC cafeteria	9 8:30a- Tuesday Talks Breakfast-Donna Jones, Director Surgery Dept., What to expect when you come in for surgery	10 9a-chair exer-PCMC cafeteria 11:30a-BP chks 12p-L&L-PCMC Conf. Rm C, Lindsey Thomas, Exercise Specialist 1p-Mahjongg	11 6:30p-Mahjongg	12 9a-chair exercise-PCMC cafeteria	13
14	15 9a-chair exercise-PCMC cafeteria 2p-St. Patrick's Day party, PCMC conf. Rm C. – popcorn & a movie	16 2p-Booklovers, Brace Books-Kathy Turner will review <i>Mimosa Lane</i> by Bob Perry	17 9a-chair exercise-PCMC cafeteria 1p-Mahjongg 5:30p-dinner out-Napolis	18 6:30p-Mahjongg	19 9a-chair exercise-PCMC cafeteria	20
21	22 9a-chair exercise-PCMC cafeteria	23	24 9a-chair exer-PCMC cafeteria 11:30a-BP chks 12p-L&L-PCMC Conf. Rm C, Cheryl Glover, Lupus 1p-Mahjongg	25 10a-Ambassadors meeting-Conf. Rm B 12p-New Member Lunch Conf. B 6:30p-Mahjongg	26 9a-chair exercise-PCMC cafeteria 11:30a-lunch out-Mia Pueblo	27
28	29 9a-chair exercise-PCMC cafeteria	30 Final payment due for Wichita trip	31 9a-chair exercise-PCMC cafeteria 1p-Mahjongg			

Lunch & Learn topics: March 10 – Lindsey Thomas, Exercise Specialist, will talk about arthritis exercises. March 24 - Cheryl Glover, RN, will talk about Lupus.

Those interested in playing Mahjongg may contact the Senior Circle office at 765-0508.

Reservations required for Lunch & Learn and Tuesday Talks Breakfast. **Reservations requested** for meals out.

BP Chks = blood pressure checks