

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:15 Jeopardy 11:00 Truth or Blarney 12:30 Wordmining 1:00 Football Toss 1:30 Celtic Cross Craft 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Connect 4 9:30 Lower Body Work-Out 10:15 BINGO Bash 12:00 Free Rice Trivia 1:00 Visual Art Exploration 1:15 Shopping Trip to Marshall's 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Cardio Work-Out 10:00 Reading from Chicken Soup 12:30 Townhall #1 1:00 Rekha Ohal Performs Jazz 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Full Body Work-Out 10:00 Townhall #2 10:30 Uno 11:00 "King Kong" 1:00 Littleton History Museum 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Casino Trip Bull Durham 9:30 Balance Building Work-Out 10:15 Slap Shot 11:00 Jeopardy 12:30 Healing Hands 1:00 Avalanche Spirit Party 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>
<p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Full Body Work-Out 10:15 Jeopardy 11:00 Truth or Blarney 12:30 Wordmining 1:00 Football Toss 1:30 Celtic Cross Craft 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Connect 4 9:30 Lower Body Work-Out 10:15 BINGO Bash 12:00 Free Rice Trivia 1:00 Visual Art Exploration 1:15 Shopping Trip to Marshall's 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Drawing Creations 9:30 Women's Trivia 10:00 Blarney Stone 10:30 Rosie Riveter Painting 12:00 Explore Ireland's Castles 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Lightening Trivia 9:30 Full Body Stretching Session 10:00 Virtual Ireland Coastal Tour 11:30 Captain's Dinner 12:30 BINGO Bash 1:30 Shamrock Happy Hour 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Buildings Creations 9:30 Meditation 10:00 Scrabble 11:30 "Leapyear" 12:30 Healing Hands 1:30 Tasty Treats- Irish Nachos 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>
<p>8:00 Coffee & Chat 9:00 Chess 9:30 Full Body Work-Out 10:00 Soapmaking 11:00 March Trivia 12:00 Pictionary 1:00 Word Mining 1:30 Monthly Birthday Party 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Yahtzee 9:30 Upper Body Bands Work-Out 10:15 BINGO Bash 11:00 Jenga 12:30 Topple The King Tournament 1:00 Visual Art Exploration 1:15 Shopping at The Arc 1:30 Tasty Treats- Potato Chip Tasting 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Guess Who 9:30 Cardio Work-Out 10:00 Cranium Crunchies 10:30 5 Card Draw 12:30 March Madness Party 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Hero's Breakfast 9:00 Scrabble 9:30 Full Body Work-Out Session 10:00 Kings In The Corner 11:30 Captain's Dinner 12:30 BINGO Bash 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Rummikub 9:30 Balance Building Work-Out 10:00 Potato Candy Making 11:00 Scavenger Hunt 12:30 St. Patty's Day Party 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>
<p>8:00 Coffee & Chat 9:30 Full Body Work-Out 10:15 Jeopardy 11:00 Tissue Flower Garden 12:30 Hangman 1:30 Tasty Treats 2:00 Afternoon Exercise 2:30 What Am I? 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Concentration 9:30 Lower Body Work-Out 10:15 Planting Potted Plants 11:00 "Selma" 12:00 Ladderball 1:00 Visual Art Exploration 1:15 Shopping at Hobby Lobby 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Charades 9:30 Dance Cardio Work-Out 10:00 "Tuskegee Airmen" 12:00 Slapshot 1:15 Trip to Wing Over Denver 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 Jeopardy 11:00 I Should've Known That 12:30 BINGO Bash 1:15 Trip to Aurora History Museum 1:30 Tasty Treats- Chips & Dips 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Animal Creations 9:30 Meditation 10:00 Scrabble 11:30 Candle Making 12:00 Cartoon Party 12:30 Healing Hands 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>
<p>10:15 Spring Fling Indoor Carnival Royale!! </p>	<p>8:00 Coffee & Chat 9:00 Concentration 9:30 Upper Body Bands Work-Out 10:15 Yahtzee 11:00 No Stress Chess 12:00 Cornhole 1:00 Visual Art Exploration 1:15 Shopping Trip to Wal-Mart 1:30 Jesse Owen Documentary 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Rummy 9:30 Cardio Work-Out 10:00 Battle of the Sexes Basketball Shoot-Out 12:00 Baseball Wind-Up 1:00 Karaoke 1:30 Tasty Treats- Coke Floats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Monopoly 9:30 Full Body Stretching Session 10:00 Baseball Wind Up 11:00 Jeopardy 12:30 BINGO Bash 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>	<p>8:00 Coffee & Chat 9:00 Sorry 9:30 Meditation 10:00 Scrabble 11:00 Baseball Trivia 12:00 Wood Working Craft 12:30 Healing Hands 1:30 Tasty Treats 2:00 Afternoon Exercise 3:00 Let's Walk- Wellness Walkers</p>

Please note calendar subject to change due to attendance/interest. | 1200 Abilene Street, Unit C Aurora, CO 80012 | 303-200-5050 | www.livewellcoloradoads.com