

March 2018

200 West Apartments





Turn clocks

ahead 1 hour

First Day of

Good Friday Office

Closes 1 pm

Spring

Palm

Sunday

Passover

Begins

6 pm

Pinochle



St. Patty's forms due to office





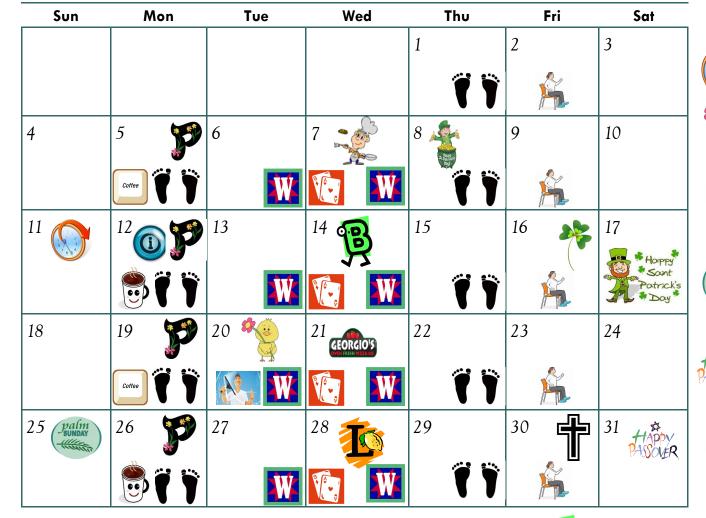
Window Washers 9 am



Potluck Lunch Noon



No Cook Night In Lobby 5–6 pm





10 am Information Meeting



1:00pm Walking Exercises



12:30-1:30 Bingo





9 am Coffee & Pastry/Residents



10am Water Exercises



10am Sit N Fit





9 am Coffee & Pastry/200West



6pm Cards



11:30am Lunch N Learn Topic: Ageing & Stress

