## Announcements

**Saturday Retreat Dates:**
- March 11th and February 25th

**March Social:**
- Jazz Date Night
  - March 10th 3PM-5PM

**Local Band Performing:**
- 3:30-4:30

**Cost is $10 a person**

**YouTube workouts are available for those who are interested! Links are sent out in the monthly email.**

### Adjunct Therapies and Support Groups

**Monday**
- 10:11 am Care Partners (Zoom and In Person)
  - 1:30-2:30 pm Women’s Group (Zoom and In Person)  *(March 13th & 27th only)*
  - 1:30-2:00 pm In person Speech
  - 2:30-3:30 pm In Person Music Therapy
  - 3:30-4:30 pm Music Therapy (Zoom)

**Tuesday**
- 3:30-4:30 pm Men’s Group Zoom Only

**Wednesday**
- 9-10 am Dance (Zoom and In Person)
  - 1-2 pm Speaking Group (Zoom Only)

**Thursday**
- 1:30-2:30 pm Book Club (16th) (Zoom and In Person)

**Friday**
- 9-10 am Coffee Talk (Zoom and In Person)

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### March 2023

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>12:30-1:20 PWR! One</td>
<td>1:30-2:20 PWR! One</td>
<td>1:30-2:20 PWR! One</td>
<td>1:30-2:20 PWR! One</td>
<td>10-10:50 One Boxing</td>
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<tr>
<td>1:30-2:30 PWR! One</td>
<td>2:30-3:20 PWR! One</td>
<td>2:30-3:20 Flex Core</td>
<td>2:30-3:20 PWR! One</td>
<td>8:50-10:50 One Boxing</td>
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<tr>
<td>2:30-3:20 PWR! One</td>
<td>3:30-4:20 PWR! Moves</td>
<td>3:30-4:20 PWR! Moves</td>
<td>3:30-4:20 PWR! Moves</td>
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Book Club

March 16th: Discuss
“Playing for Pizza”
By John Grisham

March 17th: Start
“The Attic Child”
By Lola Jaye