







Monthly Wellness Theme:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Richardson	
Back In Action! Spine Awareness 	All activities start at 7 PM unless otherwise specified.						1 Movie Night	2 Poker Tourney	NEW WORKSHOPS Sign up for our March Workshops! Must have at least 10 sign ups to run the class. Sign up online/Mindbody today!
	 See Info Table Mon/Tue/Wed 4:30-5:30 PM	3 Sports Sunday	4 Fish Lure Making Pool Tourney	5 Dog Training Bollywood Movie	6 Darts Tourney	7 Putt Tourney	8 Movie Night	9 Poker Tourney	
Book a Massage!  See Massage Poster for This Month's Massage Dates!	10 Sports Sunday	11 Nutrition 101 Pool Tourney	12 Wilderness Survival Training Bollywood Movie	13 Darts Tourney	14 Putt Tourney	15 Movie Night	16 Poker Tourney	Major League Baseball Season Begins March 20 Watch @ Theatre 	
	17 Sports Sunday	18 Basic Vehicle Maintenance Pool Tourney	19 Motorcycle Safety Bollywood Movie	20 Darts Tourney	21 Putt Tourney	22 Movie Night	23 Poker Tourney		 PIONEER. WORLD MEN'S CURLING LETHBRIDGE 2019 March 30-April 7 Watch @ Theatre
24 / 31 Sports Sunday	25 The Man's Cookbook Pool Tourney	26 Bible Study Class Bollywood Movie	27 Darts Tourney	28 Putt Tourney	29 Movie Night	30 Poker Tourney	1000 Rep Challenge Rowing Race Be the first to get to 1000 Minutes! 		

Locations:	Red: Theatre	Grey: Games Room	**Blue: Recreation Workshops	Dark Grey: Fitness Studio
------------	--------------	------------------	-------------------------------------	---------------------------

** See Poster for Workshop Locations