



**** Blood Pressure Checks ****
Wednesdays 9:00am—10:00am
 Provided by: Orange Beach Fire Dept.



March 2019



****AARP TAX CENTER BACK FOR 2019****
 February 1st through April 12th,
 Tuesdays & Fridays from 9am to 12pm
 Now Taking Appointments.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>**Please note: There will be No Yoga on March 12 & March 14th**</i></p>					<p>1 Exercise 7:45am-8:45a 10 am—"NOW HEAR THIS" Hearing Health Seminar AARP TAX SERVICE 9a-12p BY APPOINTMENT</p>	2
3	<p>4 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise 9am—AARP Drivers Safety Class</p>	<p>5 FAT TUESDAY Happy Mardi Gras !!! CENTER CLOSED</p>	<p>6 Exercise 7:45a-8:45am Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise</p>	<p>7 Yoga 8a-9a Wine Bottle Chimes 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos</p>	<p>8 Exercise 7:45am-8:45a AARP TAX SERVICE 9a-12p BY APPOINTMENT 10am— "Mystery Trip"</p>	<p>9 Festival of Art - Coastal Art Center</p>
<p>10 Daylight Savings Time Begins Festival of Art - Coastal Art Center</p> 	<p>11 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise</p>	<p>12 NO Yoga Today AARP TAX SERVICE 9a-12p BY APPOINTMENT 10a Grief Group Bridge 12 -3:30pm</p>	<p>13 Exercise 7:45a-8:45am Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise</p>	<p>14 NO Yoga Today Wine Bottle Chimes 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos</p>	<p>15 Exercise 7:45am-8:45a 12pm TRIP—Genghis Khan Exhibit @ Exploreum AARP TAX SERVICE 9a-12p BY APPOINTMENT</p>	16
<p>17</p> 	<p>18 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise</p>	<p>19 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9am-11am Bridge 12 -3:30pm</p>	<p>20 Exercise 7:45am-8:45am Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise</p>	<p>21 Yoga 8a-9a Wine Bottle Chimes 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos</p>	<p>22 Exercise 7:45am-8:45am AARP TAX SERVICE 9a-12p BY APPOINTMENT 9:30am *Trip—Festival of Flowers</p>	23
24	<p>25 Exercise 7:45am-8:45am Open Workshop 9am-2pm Hand & Foot 9:30a—1p Mah Jong 1pm 2pm Sit & Be Fit Exercise</p>	<p>26 Yoga 8a-9a AARP TAX SERVICE 9a-12p BY APPOINTMENT Ceramics 9am-11am Bridge 12 -3:30pm</p>	<p>27 Exercise 7:45am-8:45am Line Dancing 9:30-11:30 Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise</p>	<p>28 Yoga 8a-9a Wine Bottle Chimes 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm - Dominos</p>	<p>29 Exercise 7:45am-8:45am AARP TAX SERVICE 9a-12p BY APPOINTMENT Center Closing at 12pm today.....</p>	30