

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p>	<p>2</p> <p>9:00 Shopping at Giant Eagle</p> <p>10:30 Chair Exercise (FL3)</p> <p>1:30 Cross Training Fitness Class w/ Jen</p> <p>Purim Begins</p>	<p>3</p> <p>11:15 Bible Study (FL 3)</p> <p>1:30 Activity Board Meeting (Board Members Only)</p>	<p>4</p> <p>10:30 Chair Exercise (FL3)</p> <p>2:00 Church Service with Elder Clay (CH)</p>	<p>5</p> <p>1:00 Lunch Out: Gia's 1315 Boardman-Canfield Rd, Youngstown, OH 44512</p>	<p>6</p> <p>10:30 Chair Exercise (FL3)</p> <p>11:15 Cross Training Fitness Class w/ Jen (CH)</p>	<p>7</p>
<p>8</p>  <p>SPRING FORWARD Set your clock an hour ahead</p>	<p>9</p> <p>9:00 Shopping at Rulli's</p> <p>12:30 Book Club (PDR)</p> <p>1:30 Cross Training Fitness Class w/ Jen (CH)</p>	<p>10</p> <p>11:15 Bible Study (FL 3)</p> <p>1:00 Card Club (MPR)</p> <p>1:30- 3:30 Office Hours Condo 102 w Jack Sebest</p> <p>2:00 Kevin Lawson (CH)</p>	<p>11</p> <p>10:00-1:00 Mah Jong (MDR) RSVP</p> <p>10:30 Chair Exercise (FL3)</p> <p>2:00 Church Service with Elder Clay (CH)</p>	<p>12</p> <p>12:00- 1:00 Wellness Checks w/ At Home with Shepherd</p> <p>12:30 Resident Association Meeting (MDR)</p> <p>1:00 Birthday Party Luncheon (MDR)</p>	<p>13</p> <p>10:30 Chair Exercise (FL3)</p> <p>11:15 Cross Training Fitness Class w/ Jen (CH)</p>	<p>14</p> 
<p>15</p>	<p>16</p> <p>9:00 Shopping at Marc's</p> <p>10:30 Chair Exercise (FL3)</p> <p>1:30 Cross Training Fitness Class w/ Jen (CH)</p>	<p>17</p> <p>11:15 Bible Study (FL 3)</p> <p>2:00 Red Letter Journy Band</p> 	<p>18</p> <p>10:30 Chair Exercise (FL3)</p> <p>2:00 Church Service with Elder Clay (CH)</p>	<p>19</p> <p>1:00 Manor Lunch Guest Speaker: Laura Cosentino w/ Alzheimer Center</p>	<p>20</p> <p>10:30 Chair Exercise (FL3)</p> <p>11:15 Cross Training Fitness Class w/ Jen (CH)</p> <p>Spring Begins</p>	<p>21</p> <p>4:00 St Patrick's Happy Hour (MDR)</p> <p>See flyer for more details</p> <p>JOIN US FOR HAPPY HOUR</p> 
<p>22</p>	<p>23</p> <p>9:00 Shopping at Sparkles</p> <p>10:30 Chair Exercise (FL3)</p> <p>1:30 Cross Training Fitness Class w/ Jen</p>	<p>24</p> <p>11:15 Bible Study (FL 3)</p> <p>1:00 Card Club (MPR)</p>	<p>25</p> <p>10:00-1:00 Mah Jong (MDR) RSVP</p> <p>10:30 Chair Exercise (FL3)</p> <p>2:00 Church Service with Elder Clay (CH)</p>	<p>26</p> <p>4:30 Manor Wine & Cheese Dinner</p> <p>Wine Needed: Moscato</p>	<p>27</p> <p>10:30 Chair Exercise (FL3)</p> <p>11:15 Cross Training Fitness Class w/ Jen (CH)</p> <p>2:30 Ice Cream Social</p> <p>3:00 Bingo</p>	<p>28</p>
<p>29</p> 	<p>30</p> <p>9:00 Shopping at Wal-Mart</p> <p>10:30 Chair Exercise (FL3)</p> <p>1:30 Cross Training Fitness Class w/ Jen</p>	<p>31</p> <p>11:15 Bible Study (FL 3)</p> <p>7:00 Crime Watch (MDR)</p>	<h1>March 2026</h1> <h2>Shepherd of the Valley Poland- Independent Living</h2>			