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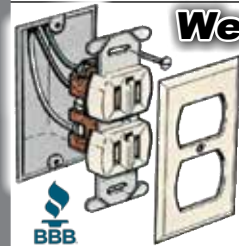
**Hiral K. Shah MD**  
Medical Director

# MARCH • 2023

# Golden Crest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>						
			1	2	3	4
			8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics 10:30 am Recreation Committee Meeting	9 – 10 am Coffee Social 12:30-3:30 pm Cards: Hand & Foot/Canasta 6:30 -8:30 pm Ladies' Canasta Night, Library 7-9:15 pm Men's Poker Night, Main Room	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	
5	6	7	8	9	10	11
	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics 10:00 am Art Class 6 pm Trivia, Senior & Junior	9 am-10:15 am Fresh Market, Clubhouse 3-5 pm Shuffleboard	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	12:30-3:30 pm Cards: Hand & Foot/Canasta 6:30 -8:30 pm Ladies' Canasta Night, Library 7-9:15 pm Men's Poker Night, Main Room	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	
12	13	14	15	16	17	18
	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics 10:00 am Art Class	3-5 pm Shuffleboard	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	9 – 10 am Coffee Social 12:30-3:30 pm Cards: Hand & Foot/Canasta 5:30-9 pm St Patrick's Day Social 6:30 -8:30 pm Ladies' Canasta Night, Library 7-9:15 pm Men's Poker Night, Main Room	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	
19	20	21	22	23	24	25
	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics 10:00 am Art Class 6 pm Trivia, Senior & Junior  First Day of Spring	3-5 pm Shuffleboard	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	12:30-3:30 pm Cards: Hand & Foot/Canasta 6:30-9:30 pm Block Party with Tangent 6:30 -8:30 pm Ladies' Canasta Night, Library 7-9:15 pm Men's Poker Night, Main Room	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	
26	27	28	29	30	31	
	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics 10:00 am Art Class	3-5 pm Shuffleboard	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	12:30-3:30 pm Cards: Hand & Foot/Canasta 6:30 -8:30 pm Ladies' Canasta Night, Library 7-9:15 pm Men's Poker Night, Main Room	8:30 am-9:15am Aerobics, Clubhouse 9:30-10:30 am Water Aerobics	

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