




March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1pm Young at Heart 6pm Floor Hockey	3 1pm Walk 1:30 Wellness Discussion - "Assertiveness"	4 10:30 Stretch and Swim 1:30 Crafts with Fran	5 9:30 Snowshoe 2pm Ladies Group	6 10:30 Keep Fit Have Fun	7 10am Lunch Social \$2.50
8 DON'T FORGET! 	9 1pm Young at Heart 6pm Floor Hockey	10 1pm Walk	11 10:30 Stretch and Swim 1:00 LEADER'S MEETING !!! 1:30 Crafts with Fran	12 9:30 Snowshoe 2pm Ladies Group	13 10:30 Keep Fit Have Fun 1pm Karaoke	14 10am Lunch Social \$2.50
15	16 1pm Young at Heart 6pm Floor Hockey	17 11:30 TOWNHALL MEETING! "Happy St. Patricks Day" 1pm Walk	18 10:30 Stretch and Swim 1:30 Crafts with Fran	19 9:30 Snowshoe !! IT'S SPRING !! 2pm Ladies Group	20 10:30 Keep Fit Have Fun 1pm Good Food Box Demo	21 10am Lunch Social \$2.50
22 FREE TAX CLINIC AVAILABLE THIS WEEK! ⇒ By Appointment only; Contact Zoe; Ext. 227	23 1pm Young at Heart 6pm Floor Hockey	24 Free Pancake Breaky 1pm Walk	25 CHMA CLOSED @ 1:30pm	26 3:30 Tube Town \$8	27 10:30 Keep Fit Have Fun	28 10am Lunch Social \$2.50
29	30 1pm Young at Heart 6pm Floor Hockey	31 1pm Walk 4:00 H2O Pool \$7 Pizza included			<i>TO SIGN UP FOR ACTIVITIES: PLEASE CALL! Front Reception @ (250) 542-3114</i>	<i>CMHA IS LOCATED @ 3100 28th AVE. (250) 542-3114 www.Vernon.cmha.bc.ca</i>