






# March 2021

## The Gables at East Mountain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tuesday, March 2nd	1 8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg	2 10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care	3 11:00 Bone Builders 1:00 Contract Rummy	4 9:00 Gables Beauty Shop Open by appointment 10:00 Chair Tai Chi	5 10:00 Bone Builders 10:00 Chair Yoga 11:00 Reading Aloud 2:00 TRIVIA	6 
7 4:00 - Afternoon Movie (to be announced)	8 8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg	9 10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care	10 11:00 Bone Builders 1:00 Contract Rummy 1:00 Documentary (Commons)	11 9:00 Gables Beauty Shop Open by appointment 10:00 Chair Tai Chi	12 10:00 Bone Builders 10:00 Chair Yoga 2:00 BINGO	13 
14 4:00 - Afternoon Movie (to be announced) Daylight savings time begins	15 8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg	16 10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care	17 11:00 Bone Builders 1:00 Contract Rummy 2:00 St. Patrick's Day Social	18 9:00 Gables Beauty Shop Open by appointment 10:00 Chair Tai Chi	19 10:00 Bone Builders 10:00 Chair Yoga 11:00 Reminisce	20 
21 4:00 - Afternoon Movie (to be announced)	22 8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg	23 10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care	24 11:00 Bone Builders 1:00 Contract Rummy	25 9:00 Gables Beauty Shop Open by appointment 10:00 Chair Tai Chi	26 10:00 Bone Builders 10:00 Chair Yoga 11:00 TRIVIA	27  Now open by appointment!
28 4:00 - Afternoon Movie (to be announced) Palm Sunday	29 8:00 to 12:00 Manicures by Darlene 10:00 Bone Builders 1:00 Mah Jongg	30 10:00 Blood Pressures 10:00 Sit and Fit 1:00 to 3:00 Foot Care	31 11:00 Bone Builders 1:00 Contract Rummy			