



March 2019 Program Urbandale IA CARES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Informational Video 9:30 am Art Center 11am Or Volunteer at Goodwill 1pm-2pm Board Games 1pm	2
3	4 Exercise Video 9:30am Dollar General 10:00am or Volunteer at Restore 1pm-2pm Computer time 1pm	5 YMCA 10:00am Crafts Or Prairie Meadows (Bring ID) 11:30am Wii Tournament	6 Yoga 9:30 Walmart 10:30am Or Volunteer at Restore 1pm-2pm Scrapbooking with Cheyenne 1:30	7 YMCA 10:00am Trivia Questions Or Volunteer at Goodwill 1pm-2pm Informational Video 1pm	8 Eat / shop and walk at the Mall 10am \$15 Current events or Volunteer at Goodwill 1pm-2pm Board Games	9

10	<p>11</p> <p>Volunteer at New Hope 10am-11am</p> <p>Cooking Class (Green eggs and Ham) Or Half Price books 1pm</p> <p>Crafts 1pm</p>	<p>12</p> <p>Current Events 9:30Am</p> <p>Prairie Meadows (Bring ID) 11:30am</p> <p>Or YMCA 1pm</p> <p>Science Experiment 1pm</p>	<p>13</p> <p>Yoga 9:30 Jays Cd's 10:30 or</p> <p>Volunteer at Restore 1pm-2pm</p> <p>Consumer's Meeting 2pm</p>	<p>14</p> <p>YMCA 10:00am</p> <p>Crafts 9am</p> <p>Or</p> <p>Bulldog Ceramics 12:00pm \$16-20</p> <p>Computer time</p>	<p>15</p> <p>ARL 10 am</p> <p>Scavenger Hunt</p> <p>or</p> <p>Volunteer at Goodwill 1pm-2pm</p> <p>Karaoke</p>	16
17	<p>18</p> <p>Crafts 9:30</p> <p>Movie at Jordan Creek 10:45 am \$7.25</p> <p>Or</p> <p>Walmart 12:30</p> <p>Jeopardy Tournament 1pm</p>	<p>19</p> <p>Current events 9:30 am</p> <p>Prairie Meadows (Bring ID) 11:30am</p> <p>or</p> <p>Cooking Class 1:30pm</p> <p>YMCA- 1pm</p>	<p>20</p> <p>Yoga 9:30</p> <p>Bowling 11am Or Reading time</p> <p>Volunteer at Restore 1pm-2pm</p>	<p>21</p> <p>Hang Man 10 am</p> <p>Pizza Ranch 11:30 \$12</p> <p>or</p> <p>Volunteer at Goodwill 1pm-2pm</p> <p>Scrapbooking with Cheyenne 1:30</p>	<p>22</p> <p>YMCA 10:00am</p> <p>Cooking Class (Ireland) 10:30</p> <p>Or</p> <p>Learn about Ireland 1pm</p> <p>Volunteer at Goodwill 1pm-2pm</p>	23

24	<p>25</p> <p>Volunteer at New Hope 10am-11am</p> <p>10 am Cooking class (game snacks)</p> <p>Or</p> <p>Franklin Library 1pm</p> <p>NCAA tournament Highlights</p>	<p>26</p> <p>YMCA 10:00am</p> <p>Informational Video 10 am</p> <p>Prairie Meadows (Bring ID) 11:30am</p> <p>Bingo</p>	<p>27</p> <p>Yoga 9:30</p> <p>Collectomania 10 am</p> <p>Or</p> <p>Exercise Video 1:00pm</p> <p>Volunteer at Restore 1pm-2pm</p>	<p>28</p> <p>YMCA 10:00am</p> <p>Computer time 10 am</p> <p>or</p> <p>Volunteer at Goodwill 1pm-2pm</p> <p>Movie At Day Hab</p>	<p>29</p> <p>Crafts 9:30</p> <p>Dollar Tree 10:00am</p> <p>or</p> <p>Volunteer at Goodwill 1pm-2pm</p> <p>Karaoke</p>	30
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