

March 2020

Young at Heart Activity Calendar

1-26-2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Church at 8:15 and 10:15am	2 Every Monday, Tuesday and Thursday meet in Shepherd hall for Exercise Class. Bring a mat/towel and hand weights.	3 2:00pm Bingo for adults at Library	4 10:30am Bible Study at VELC with lunch to follow. See sign up board for details. Lent Service at 6:30pm, Soup and bread at 5:45	5 10:30am Crafts at VELC. All Occasion Cards. See sign up board. Exercise in Shepherd Hall at 8:30am.	6 2:00pm Movie at Mukwonago Library St. James Fish Fry	7 
8 Church at 8:15 and 10:15am Blood Pressure Screening Youth Breakfast	9 Exercise with Wendy in Shepherd Hall 8:30am. Bring a yoga mat or towel and hand weights.	10 9:00-3:00pm Quilting at VELC. Bring your lunch. St. James Bingo Exercise in Shepherd Hall at 8:30am	11 Lent Service at 6:30pm, Soup and bread at 5:45	12 Exercise in Shepherd Hall at 8:30am	13 9:30am chair yoga and 2:00pm Movie at Mukwonago Library	14 9:00am Winter Farmer's Market at Mukwonago Public Library
15 Church at 8:15 and 10:15am	16 1:00pm Page Turners Book Club at Mukwonago Public Library Exercise in Shepherd Hall at 8:30am	17 Marcus \$5 movie with free popcorn. See board for details. Exercise in Shepherd Hall at 8:30am	18 Join us as we day travel to the Mitchell Park Domes in Milwaukee. Lunch in the city to follow. See sign up. Lent Service at 6:30pm, Soup and bread at 5:45	19 St. James SAGES 1:30-3:15pm Meets at LL of Village Hall 440 River Crest Court Exercise in Shepherd Hall at 8:30am	20 2:00pm Movie at Mukwonago Library	21 
22 Church at 8:15 and 10:15am	23 Exercise with Wendy in Shepherd Hall 8:30am. Bring a yoga mat or towel and hand weights.	24 9:00-3:00pm Quilting at VELC. Bring your lunch. St. James Bingo Exercise in Shepherd Hall at 8:30am	25 Lunch Bunch meets at Crossroads Pizza in Big Bend at 11:30am. See sign up board for details. Lent Service at 6:30pm, Soup and bread at 5:45	26 Exercise in Shepherd Hall at 8:30am	27 9:30am chair yoga and 2:00pm Movie at Mukwonago Library	28 9:00am Winter Farmer's Market at Mukwonago Public Library
29 Church at 8:15 and 10:15am	30 Exercise with Wendy in Shepherd Hall 8:30am. Bring a yoga mat or towel and hand weights.	31 Free Bingo w/ prizes at Mukwonago Town Hall On Tuesdays March 10 and 24 10:00am-11:00am	Vernon Evangelical Lutheran Church (VELC)	Mukwonago Resource Center Seniors Plus 9:00am and Thursday	Young at Heart bulletin board in hallway.	Contact Deb Teresinski with questions: 363-4105