










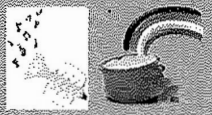









# MARCH

Ventnor Nutrition  
Center  
6500 Atlantic Ave.  
Ventnor City, NJ

Mon	Tuesday	Wednesday	Thursday	Friday
 <b>NICKLE BINGO</b>	 <b>5 Days a Week</b>	<b>1 Progressive</b>  <b>10:45</b>	<b>2 Exercise 10:00</b> <b>Progressive</b>  <b>10:45</b>	
<b>5 Osteo-Exercise</b> <b>10am</b> <b>Power Dancing</b> <b>with Jim &amp; Deb</b> <b>11am</b>	<b>6 Progressive</b>  <b>10:45</b>	<b>7 Horizon Health</b> <b>Care Screening</b>  <b>Yoga 10am</b> 	<b>8 Progressive</b>  <b>10:45</b>	<b>9 Exercise-10 am</b> <b>Progressive</b>  <b>10:45</b>
<b>7 Osteo-Exercise</b> <b>10am</b> <b>Power Dancing</b> <b>with Jim &amp; Deb</b>	<b>13 Progressive</b>  <b>10:45</b>	<b>14 Yoga 10am</b>   <b>Carolyn DePaul</b> <b>Trivia 11:00</b>	<b>15 Progressive</b>  <b>10:45</b>	<b>16 Exercise-10 am</b> <b>ST. PATRICK'S DAY</b> <b>PARTY!</b> <b>VINTAGE</b> <b>BAND</b> 
<b>19 Osteo-Exercise</b> <b>10am</b> <b>Power Dancing</b> <b>with Jim &amp; Deb</b>	<b>20 Progressive</b>  <b>10:45</b>	<b>21 Yoga 10am</b>  <b>Vein Clinic</b> <b>Testing 10-12</b>	<b>22 Progressive</b>  <b>10:45</b>	<b>23 Exercise-10 am</b> <b>Progressive</b>  <b>10:45</b>
<b>26 Osteo-Exercise</b> <b>10am</b> <b>Power Dancing</b> <b>with Jim &amp; Deb</b>	<b>27 Progressive</b>  <b>10:45</b>	<b>28 Yoga 10am</b>  <b>Royal Sweets and</b> <b>Caring</b> <b>Blood Pressure</b>	<b>29 Progres-</b> <b>siv.</b>  <b>10:45</b>	<b>30 PASSOVER</b> <b>AND</b> <b>GOOD FRIDAY</b> <b>SITE CLOSED</b>