



For transportation to Emmaus, call Kenny Long each morning between the hours of 8:00 & 8:15a.m. on 745-1200.

**Emmaus Services for the Aging @ Flemming Center
1426 9th Street, N.W.**

Activity Calendar for March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Chat & Chew 10:00 Bible Study 11:00 Raise the Bar 12:00 Lunch	2 9:00 Chat & Chew 10:00 Thrive & Jive 10-2 FOOD MARKET 11:00 Arts & Crafts w/ Mr. Robinson 12:00 Lunch	3 9:00 Chat & Chew 9:30 Diabetes Workshop 11:00 Raise the Bar 12:00 Lunch	4 9:00 Chat & Chew 10:00 Prize Bingo 10-2 FOOD MARKET 11:00 12:00 Lunch	5
6	7 Movie @ Beltway Plaza "Salt" 9:30 9:00 Chat & Chew 10:00 Arts & Crafts w/Novella 11:00 Thrive & Jive 12:00 Lunch	FAT TUESDAY 8 9:00 Chat & Chew 10:00 Bible Study 11:00 Raise the Bar 12:00 Lunch	ASH WEDNESDAY 9 9:00 Chat & Chew 10:00 Thrive & Jive 10-2 FOOD MARKET 11:00 Arts & Crafts w/ Mr. Robinson 11:30 LENTEN SERVICE @ 19 TH STREET BAPTIST CHURCH	10 9:00 Chat & Chew 9:30 Diabetes Workshop 11:00 Raise the Bar 12:00 Lunch	MARDI GRAS 11 CELEBRATION @ KENNEDY REC 10-3  9:00 Chat & Chew 10:00 Prize Bingo 10-2 FOOD MARKET 11:00 Triumph Over Stroke w/the Aspire Project 12:00 Lunch	12
13	14 PANCAKE MONDAY 9:00 Chat & Chew 10:00 Arts & Crafts w/Novella 11:00 Thrive & Jive 12:00 Lunch	15 9:00 Chat & Chew 10:00 Bible Study 11:00 Raise the Bar 12:00 Lunch	16 9:00 Chat & Chew 10:00 Thrive & Jive 10-2 FOOD MARKET 11:00 Nutrition Education "Eating in Color" 12:00 Lunch	ST. PATRICK 'S DAY 17  9:00 Chat & Chew 9:30 Diabetes Workshop 10:00 SPD Arts & Crafts 11:00 Raise the Bar 12:00 Lunch	18 9:00 Chat & Chew 10:00 Prize Bingo 10-2 FOOD MARKET 11:00 Group Discussion w/ Kim 12:00 Lunch	19
20	21 9:00 Chat & Chew 10:00 Arts & Crafts w/Novella 11:00 Thrive & Jive 12:00 Lunch	22 9:00 Chat & Chew 10:00 Bible Study 10:15 Wal-Mart & Dollar Tree 11:00 Raise the Bar 12:00 Lunch	23 9:00 Chat & Chew 10:00 Thrive & Jive 10-2 FOOD MARKET 11:00 Arts & Crafts w/ Mr. Robinson 12:00 Lunch	24 9:00 Chat & Chew 9:30 Diabetes Workshop 11:00 Raise the Bar 12:00 Lunch	25 9:00 Chat & Chew 10:00 Prize Bingo 10-2 FOOD MARKET 11:00 Group Discussion w/ Anya 12:00 Lunch	26
27 <small>Next Christ</small>	28 9:00 Chat & Chew 10:00 Arts & Crafts w/Novella 11:00 Thrive & Jive 12:00 Lunch	29 9:00 Chat & Chew 10:00 Bible Study 11:00 Raise the Bar 12:00 Lunch	30 9:00 Chat & Chew 10:00 Thrive & Jive 10-2 FOOD MARKET 11:00 Arts & Crafts w/ Mr. Robinson 12:00 Lunch	31 9:00 Chat & Chew 9:30 Diabetes Workshop 11:00 Raise the Bar 12:00 Lunch & Birthday Celebration		

