

# Wellness WEDNESDAYS AT SMITH VILLAGE

March is a time for regrowth and embodies a reigniting of the hearts looking for new conquests. Let this be a sign for you to **SPRING** into action and step out of your comfort zone and take up a new hobby!

"Let March be the month you shed your winter skin and bloom into the person you were meant to be."

-Unknown

We invite you to engage your mind with exercise, games, movies, art classes, cooking and more at ,  
Smith Village this **SPRING!**

Reserve a spot by calling Tammy at  
**773-474-7303**



## March 2025 Wellness Club at Smith Village

### March 5th, 2025

- 8:00am: International Irish Breakfast \$20 (Oak)
- 10:00am: Stretch & Strengthen (WC)
- 10:00am: Ash Wednesday Prayer Service (CH)
- 11:00am: Winter Games: Cup Pong (CH)
- 11:15am: Wii Bowling (GR)
- 12:15pm: Lunch (MP)
- 2:00pm: Winter Games: Curling (CH)
- 2:30pm: Bocci Ball (WC)

### March 12<sup>th</sup>, 2025

- 10:00 am: Stretch & Strengthen (WC)
- 11:00am: Is Perfection Procrastination (T)
- 11:15am: Wii Bowling (GR)
- 11:30am: St. Paddy's Day Game Hour (Oak)
- 12:00 pm: Lunch (MP)
- 2:00pm: Irish Beer Flight Tasting (Oak)
- 2:30pm: Bocce Ball (WC)

### March 19<sup>th</sup>, 2025

- 10:00 am: Stretch and Strengthen (WC)
- 11:00 am: Family Feud (Oak)
- 11:15 am: Wii Bowling (GR)
- 12:00 pm: Lunch (MP)
- 12:30pm: Crochet Club w/ Lisa (Art)
- 2:30pm: Bocci Ball (WC)

### March 26<sup>th</sup>, 2025

- 10:00 am: Exercise (WC)
- 11:15am: Wii Bowling (GR)
- 11:30am: Wait Until Dark (T)
- 12:00pm: Lunch (MP)
- 1:00pm: Power Movements w/David (Oak)
- 2:00pm: Wellness Wednesday w/ Dietician Maureen (Oak)
- 2:30pm: Bocci Ball (WC)