



Central Plaza Towers Activities Calendar March 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday School 9:30 - 10:30 AM Chapel Service 10:30 - Noon In Chapel 302 Building	2 FITNESS WITH LISA 9 - 9:45 AM IN 302 Blood Pressures 10:00 AM in 304 BINGO 1 - 2:30PM IN 304 Door Prize!	3 EXERCISE IN 306 9-11 AM WAL-MART 9:30 AM Call 434-2290 for reservation CERAMICS 10 - Noon in 304	4 FITNESS CLASS WITH MARK 10:00 a.m. IN 302 EXERCISE IN 306 TRAINING ROOM 1 - 3 pm	5 WELLNESS DAY 10:00 AM IN 304 CRAFTROOM With refreshments EXERCISE IN 306 TRAINING ROOM 3 - 4 pm	6 C.A.G. BAKE SALE 10 - Until gone 304 Dining Room COMPUTER CLASS 1:30 PM in 300	7 PAY RENT BY THE 10TH TO AVOID \$50.00 LATE FEE.
8 Sunday School 9:30 - 10:30 AM Chapel Service 10:30 - Noon In Chapel 302 Building	9 WAL-MART 9:30 A.M. FITNESS WITH LISA 9 - 9:45 AM IN 302 Blood Pressures 10:00 AM in 304 CPTRA BOARD 2 PM IN 302	10 EXERCISE 306 9 - 11 AM WAL-MART 9:30 A.M. GOSPEL SING 7 PM in 302 LAST DAY TO PAY RENT \$50.00 LATE FEE	11 FITNESS CLASS WITH MARK 10:00 a.m. IN 302 EXERCISE IN 306 TRAINING ROOM 1 - 3 pm BINGO - 6 pm IN 304	12 BLOOD PRESSURES 10:00 AM IN 304 CRAFTROOM EXERCISE IN 306 TRAINING ROOM 3 - 4 pm	13 COMPUTER CLASS 1:30 PM IN BUILDING 300 COMPUTER LAB	14
15 Sunday School 9:30 - 10:30 AM Chapel Service 10:30 - Noon In Chapel 302 Building	16 FITNESS WITH LISA 9 - 9:45 AM IN 302 Blood Pressures 10:00 AM in 304 CPTRA MEETS 2:00 PM in 302	17 EXERCISE IN 306 9 - 11 AM DOLLAR TREE 9:30 AM CAG Meeting 4 PM in 302 GOSPEL SING 7 PM in 302	18 FITNESS CLASS with Mark 10:00 a.m. in 302 EXERCISE IN 306 TRAINING ROOM 1 - 3 pm BINGO - 6 PM IN 304	19 BLOOD PRESSURES 10:00 AM IN 304 CRAFTROOM EXERCISE IN 306 TRAINING ROOM 3 - 4 pm	20 COMPUTER CLASS 1:30 PM In Building 300 LUNCH WITH PAULA Call 434-2290 for a reservation	21
22 Sunday School 9:30 - 10:30 AM Chapel Service 10:30 - Noon In Chapel 302 Building	23 FITNESS WITH LISA 9 - 9:45 AM IN 302 Blood Pressures 10:00 AM in 304	24 EXERCISE IN 306 9 - 11 AM FOOD WORLD 9:30 AM Call 434-2290 for a reservation GOSPEL SING 7 PM in 302	25 FITNESS CLASS WITH MARK 10:00 a.m. IN 302 EXERCISE IN 306 TRAINING ROOM 1 - 3 pm BINGO 6 PM IN 304	26 BLOOD PRESSURES 10:00 AM IN 304 CRAFTROOM EXERCISE IN 306 TRAINING ROOM 3 - 4 pm	27 COMPUTER CLASS - 1:30 PM In Computer Lab Building 300 CPT BIRTHDAY PARTY	28
29 Sunday School 9:30 - 10:30 AM Chapel Service 10:30 - Noon In Chapel 302 Building	30 FITNESS WITH LISA 9 - 9:45 AM IN 302 Blood Pressures 10:00 AM in 304	31 DOLLAR GENERAL 9:30 AM Call 434-2290 GOSPEL SING 7 PM in 302				