




# ACTIVITY CALENDAR

MARCH 2019

**SERENE URBANA**

Timing	Sun	Mon	Tue	Wed	Thu	Fri	Sat
● 07:00 am to 08:00 am Yoga Class						1 ● ●	2 ●
● 11:00 am to 12:00 pm Stretching Class	3	4 ● ●	5 ●	6 ●	7 ● ●	8 ● ●	9 ●
● 11:00 am to 12:00 pm Breathing Exercise	10	11	12	13	14	15	16
● 07:00 am to 08:00 am Tai Chi Exercise		11 ● ●	12 ●	13 ●	14 ● ●	15 ● ●	16 ●
● 4:30 pm to 6:30 pm Movie Screening	17	18 ● ●	19 ●	20 ●	21 ● ●	22 ● ●	23 ●
	24	25 ● ●	26 ●	27 ●	28 ● ●	29 ● ●	30 ●
	31						

 <b>Birthdays</b>	DATE	NAME	UNIT	DATE	NAME	UNIT
	1st	Rosalind David	B2-103	12th	Chandra Mouli	3B-206
	1st	C.C.Anishettar	3A-207	13th	Harjinder Singh	B1-108
	3rd	Shakunthala .P	B4-303	15th	Sumathi Viswanathan	B1-207
	5th	Karpagam	B4-206	18th	Jagan Mohan Parasuraman	3A-308
	6th	Indru Wadhvani	B1-701	19th	Venkeateshwaran Seshadri	B2-702
	7th	P.N.Narayanan Nambiyar	3A-101	20th	Sripathy Rao	B2-303
	10th	A.C.Chandrasekar	B2-101	21st	Rajalakshmi T.S	3A-306
	12th	C.R.Venketraman	B1-401	23rd	J.U.Dechamma	B2-105