

MARCH 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
3. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Fall Asleep, Stay Asleep w/ Matt 2-3 Q&A/Tech Help Pickup Coloring Contest Picture	4. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	5. 8:30 Gentle Stretching & Weight Lifting (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ABC 2-3 Q&A/Tech Help	6. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 OMI Egg Project 2-3 Q&A/Tech Help 4:30 Zumba	7. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
10. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Food Connects Us, National Nutrition Month 2-3 Q&A/Tech Help	11. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	12. 8:30 Gentle Stretching & Balance (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 7:00 Medicare 101	13. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Crafts w/ Mary 2-3 Q&A/Tech Help 4:30 Zumba	14. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Crafts w/ Mary Submit Coloring Contest Picture Deadline
17. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Coloring Contest - Voting today 2-3 Q&A/Tech Help	18. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba	19. Birthday Party 8:30 Gentle Stretching & Weight Lifting (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch 12:45 Entertainment: Michael Kropp NO Q&A/Tech Help	20. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba	21. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 OMI Egg Project
24. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help	25. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	26. 8:30 Gentle Stretching & Balance (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help	27. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 OMI Egg Project 2-3 Q&A/Tech Help 4:30 Zumba	28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
31. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help				(OS) = Off-Site via Zoom ABC = Always Best Care