

MARCH 2020 ACTIVITIES

MON	TUE	WED	THU	FRI
2. 10-11 Q&A/Tech Help 10-12 Cards/Games 10:30 Participants Council Meeting 11:00 Gentle Stretching 12:00 Lunch 1:00 Fun with nutrition 1-3 Food Box Pickup 2-3 Q&A/Tech Help	3. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Bingo with Always Best Care 4:30 Zumba	4. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo	5. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Cards/Games 4:30 Zumba	6. 9-2 AARP Tax Appts 10-12 Cards/Games 11:00 Gentle Stretching (at Baptist Church) 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing (os)
9. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help	10. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Creative Zone 4:30 Zumba	11. 8:30-11:30 Paint Class 9-12 Reflexology 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 6:30pm Sowing Seeds	12. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Growing Easter Baskets 4:30 Zumba	13. 9-2 AARP Tax Appts 10-12 Cards/Games 11:00 Gentle Stretching (at Baptist Church) 12:00 Lunch 1:00 Cards/Games
16. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Making Irish Potatoes 2-3 Q&A/Tech Help	17. 9:00 Jane Freeman 10:00 SilverSneakers 11:00 Fall Prevention 10-12 Cards/Games 11-12 Q&A/Tech Help 12:00 Lunch 1:00 St. Patty's Celebration 1:00 Line Dancing (A) 3PM Board Meeting 4:30 Zumba	18. Birthday Party 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Magician Steve Friedberg 2:30 Hearing Appts. 6:30pm Genealogy	19. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Cards/Games 4:30 Zumba	20. 9-2 AARP Tax Appts 10-12 Cards/Games 11:00 Gentle Stretching (at Baptist Church) 12:00 Lunch 1:00 : Remember When Carey Bresler All about luck 3-5 Sewing w/ Janet 6:30 Line Dancing (os)
23. 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Medicare 101	24. 10:00 SilverSneakers 11:00 Fall Prevention 10-12 Cards/Games 12:00 Lunch 1:00 Mind Matters How WWI Transformed Stunt Pilots to Aces 4:30 Zumba	25. 8:30-11:30 Paint Class 9-12 Reflexology 10-11 Blood Pressure 10-12 Cards/Games 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 6:30pm Easter Card Stamping	26. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Cards/Games 4:30 Zumba	27. 9-2 AARP Tax Appts 10-12 Cards/Games 11:00 Gentle Stretching (at Baptist Church) 11:45 Lunch 1:00 Day with the Stars
30. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 6:30 Knitting & Crocheting Circle	31. 9:00 Jane Freeman 10:00 SilverSneakers 11:00 Fall Prevention 10-12 Cards/Games 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing (A) 1:00 Cards/Games 4:30 Zumba			(A) = Auditorium (OS) = Off-Site