

MARCH 2020 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10:00 DANCE AEROBICS	9:15 BINGO	10:00 OSTEO EXERCISE W/ CHARLENE	9:15 BINGO <u>NO BINGO MAR. 19TH</u>	10:00 DANCE AEROBICS
10:30 SIT & STRETCH	9:30 PROJECT CARE FREE SCREENINGS BLOOD SUGAR & OXYGEN BLOOD PRESSURE WEIGHT	10:30 DANCE AEROBICS	11:30 TO 2:30 MARCH 19TH ST. PATRICK'S PARTY	10:30 ZUMBA GOLD
10:30 ZUMBA GOLD	9:30 TO 12:30 MAR. 17TH SR. ADVOCATE FRANK MASTERSON	10AM TO 12PM MAR. 11th HEARING SCREENINGS FREE HEARING AIDE CLEANING WITH McGUIRE'S HEARING CENTER	<u>YOU MUST BE PRE REGISTERED A WEEK BEFORE !!</u>	10:30 SIT & STRETCH
12:30 MOVIE	10:00 CHAIR ZUMBA W/ IRINA	11:00 TO 12:00 MAR. 4, 11, 18, 25 CHAIR YOGA	<u>SIGN THE REGISTER</u>	
1:00 LINE DANCING	<u>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL ? JOIN OUR "SKIT" PROGRAM "SENIORS KEEPING IN TOUCH" AND YOU WILL RECEIVE A FRIENDLY HELLO MONDAY THRU FRIDAY</u>	11:30 MAR. 11TH HIICAP 30 MINUTE INDIVIDUAL APPOINTMENTS MEDICARE INFO CALL FOR APPOINTMENT	<u>YOU CAN NOT JUST WALK IN THERE IS ASSIGNED SEATING COST IS \$5</u>	12:30 REIKI CIRCLE <u>LAST FRIDAY OF EACH MONTH</u> IF YOU ARE ATTENDING PLEASE LET THE OFFICE KNOW!! THANK YOU!
		12:30 MOVIE		