

THE SENIOR CENTER CALENDAR OF EVENTS – MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 3 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 4 10:00-11:00 Computer Assistance 10:00 Yoga 10:00 "OVERCOMING THE CHALLENGE OF HEARING LOSS" 10:30 POTATO CHIP CHALLENGE 1:00 TABLE TENNIS	8:30 Wednesday Walk 5 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "IMPORTANCE OF GOOD NUTRITION & FIBER" 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 6 10:30 "USE IT OR LOSE IT" 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 1:00 Just Dance	8:45 Aerobics 7 9:00 SilverStriders 9-11 Silver Threads & Needles 9-11 ASSISTANCE WITH SENIOR GAMES REGISTRATION FORM 10:00 Singing & Fellowship 12:30 Slow-moving Exercise 1:00 TABLE TENNIS
SENIOR GAMES REGISTRATION MARCH 3 – 14 (If you have questions, see Barbara Hill or call 287-6413)				
8:45 Aerobics 10 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 1:00 ARCHERY PRACTICE 5:30 ZUMBA	9-11 Silver Threads & Needles 11 9-11 ASSISTANCE WITH SENIOR GAMES REGISTRATION FORM 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 PEN PALS 1:00 TABLE TENNIS 1:00 Wii GOLF	8:30 Wednesday Walk 12 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 WRITING CLUB 10:30 DIABETES PROGRAM 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 13 10:30 MOTORIST AWARENESS PROGRAM 12:00 – 4:00 Bridge 1:00 Just Dance 1:00 Wii BOWLING 5:15 MEET & EAT CLUB – Mi PUEBLITO'S, RFDTON	8:45 Aerobics 14 8:45 TRIP TO HAMRICK'S & STRAWBERRY HILL 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Singing & Fellowship 12:30 Slow-moving Exercise 1:00 TABLE TENNIS
8:45 Aerobics 17 8:30-11 ST PATRICK'S SCAVENGER HUNT 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 5:30 ZUMBA WEAR GREEN TODAY	9-11 Silver Threads & Needles 18 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 CRAFTING W/CRYSTAL 11:15 CHAIR EXERCISE 1:00 TABLE TENNIS	8:30 Wednesday Walk 19 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 10:30 SKIN CANCER PROGRAM 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 20 12:00 – 4:00 Bridge 1:00 Just Dance <div style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center; background-color: #e0e0e0;"> BRING YOUR SILVERARTS ENTRIES MARCH 20 & 21 → (9 a.m. – 1 p.m.) </div> <p style="text-align: center;">SPRING BEGINS</p>	8:45 Aerobics 21 9:00 SilverStriders 9-10:30 Silver Threads & Needles 10:00 Singing & Fellowship 10:30 BOOK CLUB 12:30 Slow-moving Exercise 1:00 TABLE TENNIS
8:45 Aerobics 24 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA SILVERARTS JUDGING (ALL DAY)	9-11 Silver Threads & Needles 25 10:00-11:00 Computer Assistance 10:00 Yoga 1:00 TABLE TENNIS	8:30 Wednesday Walk 26 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 WRITING CLUB 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 27 12:00 – 4:00 Bridge 1:00 Just Dance 1:00 Wii SKI FUN	8:45 Aerobics 28 9:00 SilverStriders 9-11 Silver Threads & Needles 9:30 SILVERARTS PARTICIPANTS RECEPTION 10:00 Singing & Fellowship 10:45 SILVERARTS AWARDS 12:30 Slow-moving Exercise 1:00 TABLE TENNIS
SILVERARTS EXHIBITS ON DISPLAY: 8:30 – 5:00 TUESDAY-THURSDAY & 8:30 - NOON FRIDAY →				
8:45 Aerobics 31 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 11:30 BIRTHDAY RECOGNITION	AARP TAX-AIDE SERVICE TAX PREPARATION EACH THURSDAY & FRIDAY THROUGH APRIL 11 BY APPOINTMENT ONLY CALL 287-6409	FOR MORE INFORMATION ABOUT THE SENIOR CENTER OR TO SCHEDULE A SHIP APPOINTMENT CALL 287-6409	NOTE ROOM CHANGES FROM MARCH 20 – 28: Bridge – lobby card tables Silver Threads & Needles – Conference Room	"SPRING FLING" DANCE FRIDAY, MARCH 28 6:30 – 9:30 p.m.

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop