

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2019 Activities

						1 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "The Pursuit of Happiness" 3pm-YMCA Exercise(\$5)	2
3	4 9am- YMCA exercise(\$5) 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	5 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	6 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class <small>Ash Wednesday</small>	7 10am-BP Screening 11am-Hearing Aid Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	8	9 9:30am-Bible Discussion Group 1-4pm- Board Recruitment Seminar (RSVP)	
		<small>Mardi Gras</small>					
10	11 9am-YMCA Exercise(\$5) 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	12 11am-Club Meeting 11:15am-O'Neill Center Speaker 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	13 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	14 10am-BP/BS Screening 11am-St Patrick's Day Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	15	16 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Dumplin" 3pm-YMCA Exercise(\$5)	
<small>Daylight Saving Time Begins</small>							
17	18 9am- YMCA exercise(\$5) 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	19 10am-BP Screening 10:30am Elvis will be singing (Jim Forshey) 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	20 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class <small>Spring Begins</small>	21 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	22	23 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Still Mine" 3pm-YMCA Exercise(\$5) 3pm-Paint Party RSVP	
<small>St. Patrick's Day</small>				<small>Purim</small>			
24	25 9am- YMCA Exercise(\$5) 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Chair Exercise 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	26 10am-BP Screening 11am-Know Your Pharmacy Needs 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetes Education	27 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics 7pm- Ballroom Dance Class	28 11am-Diabetes-Don't Sugar Coat It!---MMH 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	29	30 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "St Vincent" 3pm-YMCA Exercise(\$5)	
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# Belpre Senior Center