

March Activities

Monday	Tuesday	Wednesday	Thursday	Friday
----- Weekly Events -----				
8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Produce Pickup 11:00am Digital Wellness 11:00am Spanish Class 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Tai Chi Class	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch* 12:45pm Pinochle 12:45pm Train Dominos 1:00pm Pickleball @ Rec Center* 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Indoor Walking Group @ Rec Center 9:30am Coffee Hour 9:45am Chair Exercise 11:00am Mind Games 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Digital Wellness	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch* 12:45pm Board Games 12:45pm Pinochle 12:45pm Yahtzee 1:00pm Pickleball @ Rec Center* 1:00pm Social Stitchers 1:15pm Yoga	8:00am Cont'l Breakfast 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Close *pre-registration required
2 1:00pm Felting Craft	3 9:30am Caregiver Support Group 10:30am Montco Dental	4 9:30am Kinetic Stretch 10:00am Blood Pressure 1:15pm Watercolor Art	5 2:15pm Grief Support	6
9 10:00am State Rep. Friel Mobile Office 10:00am Sports Desk	10 No Breakfast 10:00am Late Opening 10:00am SeniorLAW* 10:30am Art on Canvas 3:00pm Game Night*	11 10:00am Blood Pressure 12:00pm Birthday Lunch 1:00pm Birthday Entertainment - TRAAC Singers	12 1:00pm Participants' Meeting	13 10:30am Bingo
16 1:00pm Taste It Demo w/ CCFB	17 12:00pm State Sen. Muth Mobile Office	18 9:30am Kinetic Stretch 1:00pm Caregiver Support Group 1:00pm Movie Chat w/ Cari 1:15pm Watercolor Art 2:15pm Grief Support	19 1:00pm Montco Dental 5:00pm Third Thursday: Mahjong Madness	20
23	24 10:00am Movie: The Ballad of Wallis Island	25 10:00am Blood Pressure 1:00pm Bingo	26 10:00am Art Ease	27
30 2:00pm Book Club	31			

Activities subject to change. Please check website for updates. Participation in any program is at your own risk in accordance with the Liability Waiver on the back page of the Participants Form.