

## Center for Active Living - Activity Calendar - March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Cribbage   Zumba Video <b>10am-2:30pm - AARP Tax Help</b> 10am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand & Foot   Bridge 7:00pm - Whist	8-11:00am - Foot Care 8:30am - Cribbage 9:00am - Exercise Group 1:00-4:00pm - Hairdresser 1:00pm - Poker   Dominoes <b>5:00pm - Line Dancing</b>	8:30am - Cribbage   Zumba Gold <b>9:30- Circuit Strength Training</b> 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong <b>5:00pm - Yoga</b>	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes   Mahjong	
8	9	10	11	12	13	14
8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Cribbage   Zumba Video <b>10am-2:30pm - AARP Tax Help</b> 10am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand & Foot   Bridge 7:00pm - Whist	8-11:00am - Foot Care 8:30am - Cribbage <b>8:30am - Breakfast Club</b> 9:00am - Exercise Group <b>10:30am - Color Your World</b> 1:00-4:00pm - Hairdresser 1:00pm - Poker   Dominoes <b>5:00pm - Line Dancing</b>	8:30am - Cribbage   Zumba Gold <b>9:15am - Boston Flower Show</b> <b>9:30am- Circuit Strength Training</b> 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong <b>1:00pm - Men's Discussion Group</b> <b>2:30pm - World Cinema</b> <b>4:30pm - Drum Circle</b> <b>5:00pm - Yoga</b>	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes   Mahjong	
15	16	17	18	19	20	21
8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30am - Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30am - Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Cribbage   Zumba Video <b>10am-2:30pm - AARP Tax Help</b> 10am-Noon - Reiki Healing by appt. <b>10:30am - St. Pat's Entertainment</b> 10:30am - Blood Glucose & BP <b>1:00pm - BINGO</b> 1:00pm - Craft Club 1:00pm- Hand & Foot   Bridge 7:00pm - Whist	8-11:00am - Foot Care 8:30am - Cribbage 9:00am - Exercise Group <b>10:30am - L&amp;L: Chronic Pain</b> 1:00 - 4:00pm - Hairdresser 1:00pm - Poker   Dominoes <b>5:00pm - Line Dancing</b>	8:30am - Cribbage   Zumba Gold <b>9:30am - Circuit Strength Training</b> 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong <b>2:15pm - Bowling Pizza Party</b> <b>5:00pm - Yoga</b>	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Tai Chi 1:00pm - Dominoes   Mahjong	
22	23	24	25	26	27	28
8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm - Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess & Checkers	8:30am - Cribbage   Zumba Video <b>10am-2:30pm - AARP Tax Help</b> 10am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand & Foot   Bridge <b>3:45pm Dinner Club</b> 7:00pm - Whist	8-11:00am -Foot Care 8:30am - Cribbage 9:00am - Exercise Group <b>10:30am - L&amp;L: Signs of Spring</b> 1:00 - 4:00pm - Hairdresser 1:00pm - Poker   Dominoes <b>5:00pm - Line Dancing</b>	8:30am - Cribbage   Zumba Gold <b>9:30am - Circuit Strength Training</b> 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong <b>1:00pm - Men's Discussion Group</b> <b>1:15pm - Scarf Tie Dye</b> <b>4:30pm - Drum Circle</b> <b>5:00pm - Yoga</b>	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes   Mahjong	
29	30	31	April 1	April 2	April 3	
8:30am - Food Bank   Cribbage <b>9:30- Circuit Strength Training</b> 8:45am - Exercise Group 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess, & Checkers	8:30am - Food Bank   Cribbage 8:45am - Exercise Group <b>9:30- Circuit Strength Training</b> 10:30am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Backgammon, Chess, & Checkers	8:30am - Cribbage   Zumba Video <b>10am-2:30pm - AARP Tax Help</b> 10am-Noon - Reiki Healing by appt. <b>Noon - Birthday Lunch</b> 1:00pm - Craft Club 1:00pm - Hand & Foot   Bridge 7:00pm - Whist	8-11:00am -Foot Care 8:30am - Cribbage 9:00am - Exercise Group 1:00 - 4:00pm - Hairdresser <b>1:00 - Card Making</b> 1:00pm - Poker   Dominoes <b>5:00pm - Line Dancing</b>	8:30am - Cribbage   Zumba Gold <b>9:30- Circuit Strength Training</b> 1:00pm - Wii Bowling 1:00pm - Learn to Play Mahjong <b>5:00pm - Yoga</b>	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 12:45pm - Tai Chi 1:00pm - Dominoes   Mahjong	