


2019 MARCH	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REMINDERS County Lunch and Van Reservations must be made 24 hours in advance by NOON and are only available on weekdays. New participants must fill out a registration form. Suggested Donation for Lunch-\$1.25	***** Daylight Savings Time Begins Sun.March 10 Set Clocks Ahead ***** 				1 10:00 Tone&Strength Ex. 11:30 Eggplant Rollatini 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	2 Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30
	4 8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 BBQ Beef Rib 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	5 9:00 Chair Yoga-Lynn 11:30 Hawaiian Chicken 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Senior Tech.</i>	6 9:00 Tai Chi - Hasmig 11:30 Veggie Lasagna 12:15 Chair Yoga-Mary 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class	7 8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Pork Sausage 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	8 10:00 Tone&Strength Ex. 11:30 Baked Cod 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	9 Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30
BINGO Monday -Thursday 10:00 11:15	11 8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Chicken Piccata 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	12 9:00 Chair Yoga-Lynn 10:00 Zumba-Saloney 11:30 Swedish Meatballs 1:00 Game Time 1:00 Painting Class <i>H:S Luncheon</i>	13 9:00 Tai Chi - Hasmig 10:30 Cerebral Gymnastics 11:30 Breaded Pollack 12:15 Chair Yoga-Mary 12:30 Scrabble/MahJong 1:30 Arts&Crafts Class	14 8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Roast Turkey/Gravy 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	15 9:30 Tone&Strength Ex 10:30 Irish Dance Perf. 11:30 Corned Beef 11:30 Music with Frank 12:30 Rummikub 1:00 Social Bridge <i>St. Patricks Day</i>	16 Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30
Wish List Coffee Cups Paper Plates Plastic Utensils Paper Cups	18 8:30 Yoga Mat Class 10:00 Line Dancing 11:30 Baked Fish 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	19 9:00 Chair Yoga-Lynn 11:30 Pork Chop 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Funeral Planning</i>	20 9:00 Tai Chi - Hasmig 11:30 Turkey Burger 12:00 Zumatra-Joyce 1:00 Scrabble/MahJong 1:30 Arts&Crafts Class	21 8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Balsamic Chicken 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	22 10:00 Tone&Strength Ex. 11:30 Penne w/ Ricotta 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	23 Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 **Tech. Help /Sandy 11:00** Game Hour 11:30
PLEASE NOTE THAT ALL CLASSES, PROGRAMS, AND EVENTS ARE SUBJECT TO CHANGE AND/OR CANCELLATION.	25 8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Roast Beef/Gravy 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	26 9:00 Chair Yoga-Lynn 11:30 Tuna Salad 12:15 Zumba-Saloney 1:00 Game Time 1:00 Painting Class <i>Senior Tech.</i>	27 9:00 Tai Chi-Hasmig 11:30 Stuffed Chicken 12:15 Chair Yoga-Mary 1:00 Scrabble/Mah Jong 1:30 Arts&Crafts Class	28 8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Italian Meatballs 12:15 Aerobics-Lynn 12:30 Rummikub 1:00 Rummy/Cards	29 9:00 Tone&Strength Ex. 11:30 Honey Mustard Fish 12:30 Rummikub 12:30 Mah Jong Games 1:00 Social Bridge <i>Mah Jong Mania</i>	30 Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> HOURS Monday - Friday 8am - 4pm Saturday 9am - 1pm </div>						