







MARCH 2014



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Table Tennis 9:30 Bridge/ Chair Exercise 10:00 Mile Park Walk or Computer Class 10:45 YAHF Exercise 12:00 Lunch \$3 donation 12:30 Cards/ Dominos	9-9:45 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich 1:00 Chi Gong	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 donation 12:30 Cards /Dominos 1:00 Euchre/Gametime	9 - 9:45 Low Impact Aerobics Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:45 Exercise Young At Heart Fitness 12:00 Lunch \$3 Donation 12:30 Cards / Dominos
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Wegmans Van Line Dance w/ Bob  W	4 9am Monroe County Police Academy Crafts: St. Pat's napkin bands 2-Balance Exercise	5 * <u>New exercise times* 10am or 11am</u> 11:30 Lifespan presents Scams Monthly Birthday  Gametime: Scategories	6 Cards & Bingo AARP Tax Appts.	7 10:30 MVP Fall Prevention 11:30 Nuts about Nutrition by Episcopal Senior Life
10 March Madness Fruit Tournament→ 11-March Madness Wii Basketball 11:30 MCOFA - How are meals planned? 12:30 <u>Trip</u> :Dryden Theatre-Calamity Jane Walmart Shopping Line Dance w/ Jerry	11 Police Academy Crafts w/ Jackie 2- Balance Exercise	12 10- Walking Group 11-Wii Basketball 11:30 Walking Challenge Info Seniors Info Counselor-Brittany Eldersource Gametime: Trivia	 <u>Trip</u> : Cartwright's Maple Tree Inn 10:15 am Yoga 1-AARP Tax Appts. 3- Senior/Fyle Afterschool	14 11- Wii Basketball 11:30 Grand Vie presents-Learn about the levels of care. Line Dance w/ Will
17 St. Pat's Party w/ entertainment <u>Trip</u> : Irish Rovers at Turning Stone Wegmans Van W	18 Police Academy Crafts: Jewelry 2- Balance Exercise	19 10-Walking Group 11-March Madness Wii Basketball 11:30 Fidelis Care Gametime:Name that Tune-Irish style	20 Spring begins!! Vollmer Readers 10:15 Yoga International Dish to Pass.	21 11- March Madness Wii Basketball 11:30 Edward Jones Advisors -fixed income. Line Dance w/ Bob
24 March Madness Veggie Tournament→ <u>Trip</u> : Batavia Downs Wegmans Van Line Dance w/ Jerry E	25 Police Academy Graduation No Crafts today 2- Balance Exercise	26 10-Walking Group Gametime:People Euchre Tournament	27 10:15 Yoga Seniors Lunch & Meeting Reservations 334-5713 1:00 AARP Tax Appointments	28 10-Bingo  Srs. Info Counselor-Brittany Eldersource 1-Book Club-"Major Pettigrews Last Stand" Line Dance w/ Will

31



**March Madness
begins....
Fruit & Veggie
Tournament
Wii Basketball
Game
Walking Challenge**



**"Only with
Winter-patience
can we bring
the deep
desired, long-
awaited spring."
-Anne
Morrow**

