

March Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am – Noon: A Matter of Balance with Atlanta Regional Commission** 10:00am: Rummikub Contest 10:00am: Scrapbooking 11:00am: Jewelry	3 10:00am: Painting 11:00am: Ageless Grace with Debbie**	4 Walmart* 10:00am: Billiards 11:00am: Bingo*	5 10:00am: Chair Yoga 11:00am: Drumming with Peter**	6 10:00am: Tai Chi/ Qigong Presentation 11:00am: Bingo*
9 10:00am – Noon: A Matter of Balance with Atlanta Regional Commission** 10:00am: Rummikub Contest 10:00am: Scrapbooking 11:00am: Jewelry	10 10:00am: Rummikub 11:00am: Ageless Grace with Debbie**	11 Kroger* 10:00am: Line Dancing with D'Bora** 11:00am: Bingo*	12 9:30am: Fit is a Way of Life Rummikub Contest 11:00am: Monthly Birthdays Celebration	13 10:00am: Smart Food Shopping with UGA Extension Gwinnett 11:00am: Bingo*
16 10:00am – Noon: A Matter of Balance with Atlanta Regional Commission** 10:00am: Rummikub Contest 10:00am: Scrapbooking 11:00am: Jewelry	17 10:00am: Badminton 10:00am – 1:00pm: Ollie's Bargain Outlet & Loretta's Country Kitchen Field Trip* 11:00am: Ageless Grace with Debbie**	18 Publix* 9:30am: Site Council Meeting 10:00am: Hula Hoop Contest 11:00am: Bingo*	19 9:30am – Noon: Gwinnett Council for Seniors Meeting 10:00am: Sittercise 11:00am: Drumming with Peter**	20 10:00am: Tai Chi/ Qigong** 11:00am: Bingo*
23 10:00am – Noon: A Matter of Balance with Atlanta Regional Commission** 10:00am: Rummikub Contest 10:00am: Scrapbooking 11:00am: Jewelry	24 10:00am: Homemade Sugar Scrub 11:00am: Penny Auction with PruittHealth	25 H Mart* 10:00am: Table Games 11:00am: Bingo*	26 10:00am: "The Price is Right" 11:00am: Line Dancing with D'Bora**	27 10:00am: Tai Chi/ Qigong** 11:00am: Bingo*
30 10:00am – Noon: A Matter of Balance with Atlanta Regional Commission** 10:00am: Rummikub Contest 10:00am: Scrapbooking 11:00am: Jewelry	31 10:00am: Health Presentation 11:00am: Ageless Grace with Debbie**		Daily 9:30am: Pledge of Allegiance 1:00pm: Canasta, Rummikub, etc. Wednesdays Grocery Shopping*	Disclaimer Activities are free (unless indicated) and optional. *Self-Pay **Evidence-Based Program