

March Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am: Inspirational Readings with Molly 11:00am: Drumming with Peter	3 9:30am: How to Play Bridge with Mary Jane 10:00am: Build Your Own Mardi Gras Float 11:00am: Tai Chi with George 1:00pm: Tai Chi with George	4 Walmart* <i>Mardi Gras Dress Up</i> 9:45am: Mardi Gras Float Parade 10:00am: Saint Patrick's Day Trivia 11:00am: Ageless Grace Chair Exercise with Karin 1:00pm: Chair Yoga with Connie	5 9:30am: How to Play Bridge with Mary Jane 10:00am: Resistance Bands/Cardio with Diane 10:30am: Bowling Field Trip (\$2/Game + \$2/Shoes)* 11:00am: Board Games	6 10:00am: Be Active Gwinnett 11:00am: Senior Self-Defense
9 10:00am: Site Council Meeting 11:00am: Music Therapy 1:00pm: Movie Matinee	10 9:30am: How to Play Bridge with Mary Jane 10:00am: Tax Resource Guide with Gwinnett County Public Library 11:00am: Tai Chi with George 1:00pm: Tai Chi with George	11 Kroger* 10:00am: Blood Pressure, Pulse, & Weight Check 11:00am: Ageless Grace Chair Exercise with Karin 1:00pm: Chair Yoga with Connie	12 9:30am: How to Play Bridge with Mary Jane 10:00am: Resistance Bands/Cardio with Diane 11:00am: Writing Workshop with Dr. Baker	13 10:00am: Inspirational Readings with Ms. Woods 11:00am: Chair Aerobics with Rae Rae 1:00pm: Line Dancing with Rae Rae
16 10:00am: Bingo with Site Council (50 Cents/Card)* 11:00am: Drumming with Peter	17 9:30am: How to Play Bridge with Mary Jane 10:00am: Talent Show 11:00am: Tai Chi with George 1:00pm: Tai Chi with George	18 Walmart* 10:00am: Design a Leprechaun 11:00am: Ageless Grace Chair Exercise with Karin 1:00pm: Chair Yoga with Connie	19 9:30am: How to Play Bridge with Mary Jane 10:00am: Smart Food Shopping with UGA Extension Gwinnett 10:00am: Gwinnett Council for Seniors Meeting 11:00am: Sittercise Video	20 10:00am: Chair Soccer 11:00am: Monthly Birthdays Celebration with DJ Cox
23 10:00am: Inspirational Readings with Molly 11:00am: Chair Volleyball	24 9:30am: How to Play Bridge with Mary Jane 10:00am: Pass the Pigs 11:00am: Tai Chi with George 1:00pm: Tai Chi with George	25 Kroger* 10:00am: Learn a New Board Game 11:00am: Ageless Grace Chair Exercise with Karin 1:00pm: Chair Yoga with Connie	26 9:30am: How to Play Bridge with Mary Jane 10:00am: Resistance Bands/Cardio with Diane 10:00am: Bingo with Site Council (50 Cents/Card)*	27 10:00am: Board Games 10:00am: Diabetes Alert Day at OneStop Centerville 11:00am: Chair Aerobics with Rae Rae 1:00pm: Line Dancing with Rae Rae
30 10:00am: Sittercise Video 11:00am: Lunch at Cracker Barrel* 11:00am: Nutrition "Jeopardy" 1:00pm: Movie with Popcorn	31 9:30am: How to Play Bridge with Mary Jane 10:00am: Blood Pressure, Pulse, & Weight Check 11:00am: Tai Chi with George 1:00pm: Tai Chi with George		9:45am: Mondays/Wednesdays/Fridays Stretching 10:00am: Wednesdays Grocery Shopping* Reminder Sign up at the front desk for all activities prior to the day of the activity.	Disclaimer Activities are free (unless indicated) and optional. *Self-Pay **Evidence-Based Program