

March Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am: Line Dancing 9:30am: Walking Club 9:30am: Water Exercise at Bethesda Park Aquatic Center* 10:00am: Line Dancing 10:00am: Talk with Jim 11:00am: Bingo*	3 10:00am – Noon: Savvy Seniors Transit Travel Training 10:00am: Zumba Gold with Corazon 11:00am: Qwirkle Game	4 Walmart* 9:30am: Walking Club 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Bingo*	5 10:00am: Red Hat Society Meeting 10:00am: Strength & Balance Video 11:00am: How to Play Billiards	6 <i>Sign up for Movie Monday today!</i> 10:30am: Female Stress Urinary Incontinence & Pelvic Prolapse with Dr. Tugbiyele (<i>Sign Up by March 2 to Receive Free Lunch</i>) 11:00am: Wii Bowling
9 9:00am: Line Dancing 9:30am: Walking Club 10:00am: Line Dancing 10:00am: Talk with Jim 11:00am: Be Active Gwinnett Games 12:30pm: Free "Judy" Movie at Norcross Cultural Arts & Community Center	10 10:00am: Book Club 10:00am: Chair Volleyball 10:00am: Zumba Gold with Corazon 11:00am: Bingo*	11 Aldi* <i>(Bring Bags)</i> 9:30am: Walking Club 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Meditation with Ashima	12 10:00am: How to Play Billiards 10:00am: Music Therapy** 11:00am: Bingo*	13 9:00am: March Madness Billiards Tournament 9:30am: Walking Club 10:00am: Chair Yoga with Eloise 11:00am: Shamrock Craft
16 9:00am: Line Dancing 9:30am: Walking Club 9:30am: Water Exercise at Bethesda Park Aquatic Center* 10:00am: Line Dancing 10:00am: Talk with Jim 11:00am: Bingo*	17 10:00am: Site Council Meeting 10:00am: Zumba Gold with Corazon 11:00am: Saint Patrick's Day & Monthly Birthdays Party with DJ Cox	18 Kroger* 9:30am: Walking Club 10:00am: Blood Pressure & Weight Check 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: "Jeopardy"	19 10:00am: Strength & Balance Video 10:00am: Talk It Out 10:30am: Gwinnett Council for Seniors Meeting at Bethesda Park Senior Center 11:00am: Mexican Train Dominoes	20 <i>Sign up for Movie Monday today!</i> 9:30am: Walking Club 10:00am: Abdominal Pain Disorders of the Digestive System (Stomach) Part II 11:00am: Bingo with Billy*
23 9:00am: Line Dancing 9:30am: Walking Club 10:00am: Line Dancing 10:00am: Talk with Jim 11:00am: Meditation with Ashima 12:30pm: Free "Yesterday" Movie at Norcross Cultural Arts & Community Center	24 10:00am: Wii Bowling 10:00am: Zumba Gold with Corazon 11:00am: Smart Food Shopping with UGA Extension Gwinnett	25 Walmart* 9:00am – Noon: AARP 9:30am: Walking Club 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Bingo*	26 9:00am – Noon: AARP 10:00am: Crossing Your Midline (Waking Up Your Left/Right Brain) 11:00am: "Family Feud" 1:00pm: Rummikub Tournament	27 9:30am: Walking Club 10:00am: Chair Yoga with Eloise 10:00am: How to Play Billiards 10:45am: Bingo*
30 9:00am: Line Dancing 9:30am: Walking Club 9:30am: Water Exercise at Bethesda Park Aquatic Center* 10:00am: Line Dancing 10:00am: Talk with Jim 11:00am: Senior Self-Defense	31 10:00am: Name That Tune 10:00am: Zumba Gold with Corazon 11:00am: Bingo*		Daily 9:45am: Devotion & Pledge of Allegiance 1:00pm: Card Games & Rummikub 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