Buford Senior Center – March 2017 Highlights

Monday through Friday: 1:00pm – Canasta and other games
Every Monday: 9:30am – Book Study, Rummikub contest, Scrabble
Every Tuesday: 9:30am – Wisdom Club
First and Third Tuesday: 9:30am – Plastic Canvas
Second and fourth Thursday: 11:00am – Drum Therapy with Peter
Third Wednesday and Fourth Tuesday: 10:00am – Ageless Grace with Debbie: Brain fitness program that activates all functions of the brain – analytical, strategic, kinesthetic, learning, memory/recall, creativity and imagination, plus all physical skills needed for optimal function
Every Friday: 10:00am – Qi Gong/Tai Chi with George: exercise for coordinated body posture, and movement, positive for fall prevention and improving balance.

March 1 – Wednesday: Ask Bethany: Advanced Planning

March 2 – Thursday: Show Me game. Zumba Class

March 3 – Friday: Field Trip to Ringling Bros Circus. Registered participants only.

March 7 – Tuesday: Crafts: Plastic canvas. Fun Time with Alison

March 8 – Wednesday: Changes with Aging with Dr. Wang from Salude

March 9 – Thursday: Inspiration with Pastor Theodore Rollins

March 13 – Monday: Extra Help at No Cost services

March 14 – Tuesday: Jewelry Making class. Inspiration and Music with Deacon Rufus Smith

Mark 16 – Thursday: St. Patrick's Trivia. Penny Auction with Carley Jerrim and Kristin Poole from Pruitt Health

March 20 – Monday: Birthday J-I-N-G-O

March 21 – Tuesday: Nutrition for Arthritis Control with UGA Extension Services – Gwinnett County

March 22 – Wednesday: Communication strategies for the Hard Hearing with Captel

March 23 – Thursday: Field Trip to Discovery Mills. Please register to participate.
Deadline: Wednesday 3/15/17. No activities at George Pierce Park.

March 27 – Monday: Music with Lawrence Langston

March 28 – Tuesday: Vital Role of Enzymes for Good Health

March 29 – Wednesday: Consumer Fraud and Scams with GPD Officer W. Rundles

March 30 – Thursday: March Birthdays celebration. Music with Steve Chappelle

Transportation:* *For same-day transportation cancellations, please call 678.209.2430 before 6:30am. All transportation reservations must go through the center manager and not directly to transportation.