

CENTER ACTIVITIES FOR MARCH 2025



BINGO: Friday nights 5:00pm - 7:00 pm.

PANCAKE BREAKFAST: Sunday, March 9th
8:00am to 11:00am in center dining room.

~~~~~

**Monday**

Strength Exercise Class

Dining Room 9-10am

**Tuesday**

Stretch Exercise Class

Dining Room 9-10am.

Computer Lab

Third Tuesday of Every Month.1-3pm .

**Wednesday**

Core Exercise Class

Dining Room 9-10am.

Life Changes Group

Conference Room 10:00-11:45am

Ukulele Group

Conference Room 1-2pm

**Thursday**

Balance & Posture Exercise Class

Dining Room 9-10am.

Physical Challenges & Parkinson's Group

Thursday Conference Room 10:30-11:30

Contact Linda Posner at 459-1941

**FRIDAY**

Strength Exercise Class

Dining Room 9-10am.

Bingo

Dining Room 5 - 7pm