

Monday

Tuesday

Wednesday

Thursday

Thursday, March 15th will be our St. Patrick's Day Party. We will have games at 11 a.m. Lunch will be at 12 followed by entertainment at 12:30 and Bingo at 1:30. Join us for an afternoon of fun! Please be sure to sign up!!

We will be having an Easter Egg Hunt on Thursday, March 29th. The eggs will be filled with candy and other prizes. You must sign up for this event to participate. The eggs will be hid either in the center or outside depending on the weather.

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
PEANUT BUTTER LOVERS DAY!!
 1 p.m. - Bingo

5

6

7

8

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12:30– Lunch (Senior Life Ebensburg)
 6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
 10 a.m. - Board Games
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m.- Craft (Must Sign Up)

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
POPCORN LOVERS DAY!!
 1 p.m. - Bingo

12

13

14

15

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 11 a.m. –Tupperware Demo & Lunch (\$3)
 1:00 p.m. – Bible Study
 6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
 10 a.m. - Board Games
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo (Senior Life J-Town)
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
NATIONAL POTATO CHIP DAY!!

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11 a.m. -- St. Patrick's Day Party
 12 p.m. - Lunch (Must Sign Up)
 1:30 p.m. - Bingo

19

20

21

22

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Lunch (\$2)
 6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
 10 a.m. - Board Games
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m.- Snack Attack (Sign-Up)

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. – Lunch (Please sign up)
 1:00 p.m. - Bingo

26

27

28

29

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Lunch (\$2)
 1:30 p.m. – Bible Study
 6:30 p.m. – Pinochle/Exercise Rm.

8 a.m.-3:45 p.m. – Exercise Room
 10 a.m. - Board Games
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m.- Trivia

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m.—Easter Egg Hunt (Must Sign Up)