

MARCH FORSYTH SENIOR CENTER ACTIVITIES 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. YOGA 8:30	2. CHAIR EXERCISE 9:00 BINGO 12:30	3. S.A.I.L. BALANCE & EXERCISE CLASS 9:30 WHEEL OF FORTUNE
6. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	7. CHAIR EXERCISES 9:00 MOVIE DAY 12:30	8. YOGA 8:30 CARD SOCIAL 12:30	9. CHAIR EXERCISES 9:00 BINGO 12:30	10. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
13. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	14. CHAIR EXERCISES 9:00 LINDA WOLF FROM ACTION 12:30	15. YOGA 8:30 LIFE STORIES 12:30	16. CHAIR EXERCISES 9:00 BINGO 12:30	17. S.A.I.L. BALANCE & EXERCISE CLASS 9:30 ST.PATRICK'S DAY MUSIC BY ANDY AND THE BAND!!
20. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	20. FOOT CLINIC 9:00 CRAFTS 12:30	22. YOGA 8:30 CARD SOCIAL 12:30	23. CHAIR EXERCISES 9:00 BINGO 12:30	24. S.A.I.L. BALANCE & EXERCISE 9:30
27. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	28. CHAIR EXERCISES 9:00	29. YOGA 8:30	30. CHAIR EXERCISES 9:00 BINGO 12:30	31. S.A.I.L. BALANCE & EXERCISE 9:30