

# MARCH 2024 SENIOR CENTER ACTIVITES-FORSYTH

(ACTIVITIES SUBJECT TO CHANGE) COME IN TO VISIT, PLAY CARDS, GAMES, LISTEN TO MUSIC, HANG OUT, DO MONTHLY ACTIVITIES, READ, & HAVE FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
3	4	5	6	7	8	9
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M 10:15 VISIT NURSING HOME RESIDENTS	CHAIR EXERCISE'S 9:00 A.M <u>CRAFTS W/ HEAVEN</u> 12:30 PM	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M <b>BINGO 12:30PM</b>	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M WHEEL OF FORTUNE 12:30 PM	
10	11	BIRTHDAY DAY! 12	13	14	15	16
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M <u>Linda Wolff from Action-</u> <u>Call to make</u> <u>Appointment</u>	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M <b>BINGO 12:30PM</b>	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M <b>ST. PATRICK'S DAY</b> <b>PARTY!</b>	
ST. PATRICKS DAY! 17	18	19	20	21	22	23
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M 10:15 VISIT NURSING HOME RESIDENTS	<b>FOOT CLINIC-CALL TO MAKE AN APPOINTMENT</b>  CRAFTS W/KAYLA 12:30 P.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M <b>BINGO 12:30PM</b>	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M LIFE STORIES W/ TIM 12:30 PM "CRAZY DRESS UP DAY"	
24	25	26	27	28	29	30
	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	CHAIR EXERCISE'S 9:00 A.M	ADV. ARTHRITIS/YOGA CLASS 8:30 A.M	CHAIR EXERCISE'S 9:00 A.M <b>BINGO 12:30PM</b>	S.A.I.L BALANCE AND EXERCISE CLASS 9:00 A.M	
31 HAPPY EASTER FRIENDS!						