## 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 |
|-----------------------|----------------------------|-----------------------------------|---------------------|------------------------|----------------------------|----------|
|                       |                            |                                   |                     |                        | S.A.I.L BALANCE AND        | 2        |
|                       |                            |                                   |                     |                        | EXERCISE CLASS 9:00<br>A.M |          |
| 3                     | 4                          | 5                                 | 6                   | 7                      | 8                          | 9        |
|                       | S.A.I.L BALANCE AND        | CHAIR EXERCISE'S                  | ADV. ARTHRITIS/YOGA | CHAIR EXERCISE'S       | S.A.I.L BALANCE AND        |          |
|                       | EXERCISE CLASS 9:00        | 9:00 A.M                          | CLASS 8:30 A.M      | 9:00 A.M               | EXERCISE CLASS 9:00        |          |
|                       | A.M<br>10:15 VISIT NURSING | CRAFTS W/ HEAVEN<br>12:30 PM      |                     | BINGO 12:30PM          | A.M<br>WHEEL OF FORTUNE    |          |
|                       | HOME RESIDENTS             | 12.30 FIVI                        |                     | DINGO 12.30FW          | 12:30 PM                   |          |
| 10                    |                            | DIDTIID AV DAVI 40                |                     | 4.4                    |                            | 10       |
| 10                    | S.A.I.L BALANCE AND        | BIRTHDAY DAY! 12 CHAIR EXERCISE'S | ADV. ARTHRITIS/YOGA | 14<br>CHAIR EXERCISE'S | S.A.I.L BALANCE AND        | 16       |
|                       | EXERCISE CLASS 9:00        | 9:00 A.M                          | CLASS 8:30 A.M      | 9:00 A.M               | EXERCISE CLASS 9:00        |          |
|                       | A.M                        | Linda Wolff from Action-          | CLASS 0.50 AIM      | 3.00 A.W               | A.M                        |          |
|                       |                            | Call to make                      |                     | BINGO 12:30PM          | ST. PATRICK'S DAY          |          |
|                       |                            | <u>Appointment</u>                |                     |                        | PARTY!                     |          |
| ST. PATRICKS DAY! 17  | 18                         | 19                                | 20                  | 21                     | 22                         | 23       |
|                       | S.A.I.L BALANCE AND        | FOOT CLINIC-CALL TO               | ADV. ARTHRITIS/YOGA | CHAIR EXERCISE'S       | S.A.I.L BALANCE AND        |          |
|                       | EXERCISE CLASS 9:00        | MAKE AN                           | CLASS 8:30 A.M      | 9:00 A.M               | EXERCISE CLASS 9:00        |          |
|                       | A.M<br>10:15 VISIT NURSING | APPOINTMENT                       |                     | BINGO 12:30PM          | A.M<br>LIFE STORIES W/ TIM |          |
|                       | HOME RESIDENTS             | CRAFTS W/KAYLA 12:30              |                     | DINGO 12.30PIVI        | 12:30 PM                   |          |
|                       | HOME RESIDENTS             | P.M                               |                     |                        | "CRAZY DRESS UP DAY"       |          |
|                       |                            |                                   |                     |                        |                            |          |
| 24                    | 25                         | 26                                | 27                  | 28                     | 29                         | 30       |
|                       | S.A.I.L BALANCE AND        | CHAIR EXERCISE'S                  | ADV. ARTHRITIS/YOGA | CHAIR EXERCISE'S       | S.A.I.L BALANCE AND        |          |
|                       | EXERCISE CLASS 9:00        | 9:00 A.M                          | CLASS 8:30 A.M      | 9:00 A.M               | EXERCISE CLASS 9:00        |          |
|                       | A.M                        |                                   |                     | BINGO 12:30PM          | A.M                        |          |
|                       |                            |                                   |                     | DIIVOO 12.30FW         |                            |          |
|                       |                            |                                   |                     |                        |                            |          |
|                       |                            |                                   |                     |                        |                            |          |
| 31                    |                            |                                   |                     |                        |                            |          |
| HAPPY EASTER FRIENDS! |                            |                                   |                     |                        |                            |          |
|                       |                            |                                   |                     |                        |                            |          |
|                       |                            |                                   |                     |                        |                            |          |
|                       |                            |                                   |                     |                        |                            |          |
|                       |                            |                                   |                     |                        |                            |          |