

MARCH 2025

FORSYTH SENIOR CENTER ACTIVITIES

STOP BY TO VISIT, ENGAGE IN CARD GAMES, EXERCISE, LISTEN TO MUSIC, SOCIALIZE, PARTICIPATE IN MONTHLY EVENTS, READ AND ENJOY YOURSELF!
(ACTIVITIES ARE SUBJECT TO CHANGE)



<u>3</u> SAIL CLASS 9-10 AM ALL DAY SEW W/TREASURED TIMES 10AM	<u>4</u> CHAIR EXERCISES 9AM	<u>5</u> ARTHRITIS CLASS 9 AM	<u>6</u> CHAIR EXERCISES 9AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	<u>7</u> SAIL CLASS 9-10 AM WHEEL OF FORTUNE 12:30 PM
<u>10</u> SAIL CLASS 9-10 AM	<u>11</u> BIRTHDAY DAY! CHAIR EXERCISES 9AM DEBBIE FROM ACTION HERE- CALL TO MAKE AN APPOINTMENT	<u>12</u> ARTHRITIS CLASS 9 AM	<u>13</u> CHAIR EXERCISES 9AM NO ARTHRITIS YOGA TODAY! BINGO 12:30-2 PM	<u>14</u> SAIL CLASS (VIDEO) 9-10 AM ST. PATRICK'S DAY/MARDI GRAS PARTY!
<u>17</u> SAIL CLASS 9-10 AM OPEN SEW 1:30 PM	<u>18</u> FOOT CLINIC-CALL TO MAKE AN APPOINTMENT 8AM-11:30AM	<u>19</u> ARTHRITIS CLASS 9 AM	<u>20</u> CHAIR EXERCISES 9AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	<u>21</u> SAIL CLASS 9-10 AM GROUP CARD GAME 12:30-2 PM
<u>24</u> SAIL CLASS 9-10 AM	<u>25</u> CHAIR EXERCISES 9AM CRAFTS W/HEAVEN 12:30	<u>26</u> ARTHRITIS CLASS 9 AM	<u>27</u> CHAIR EXERCISES 9AM ARTHRITIS YOGA 9:45 AM BINGO 12:30-2 PM	<u>28</u> SAIL CLASS 9-10 AM MOVIE 12:30-2 PM
<u>31</u> SAIL CLASS 9-10 AM OPEN SEW 1:30 PM				