

March 2010
SOUTHEASTERN SENIOR SITE
 Mt. Vernon Rd., Keedysville, MD 21756
 Martha Drennen, Manager
 301-432-5624 OPEN 9 a.m-1 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 UNO 10:15 am	2 Community Resources & Exercise w/Helen House 10:15 am	3 HCC Exercise 10:00 am Bingo 10:15 am Win A Treat	4 Table Bowling 10:15 am	5 Bingo 10:15 am Play to Win
8 You Are What You Eat w/Ita Kavanaugh 10:00 am	9 Exercise w/Lucie 10:15 am	10 HCC Exercise 10:00 am Bingo 10:15 am Win A Treat	11 UNO 10:15 am	12 Bingo 10:15 am Win A Treat
15 UNO 10:15 am Did You Remember To Turn Your Clocks Ahead?	16 Nutritional Supplements & Exercise w/Helen House 10:15 am	17 HCC Exercise 10:00 am Bingo 10:15 am St. Patrick's Day Wear Your Green	18 Table Bowling 10:15 am	19 Bingo 10:15 am Play to Win
22 Blood Pressure w/Merry Gehr 10:00 am Spring Has Sprung!	23 Bookmobile 10:00 am Exercise w/Lucie 11:00 am Celebrate March Birthdays	24 HCC Exercise 10:00 am Bingo 10:15 am Win A Treat	25 UNO 10:15 am	26 Malnutrition w/Jackie Wilson 10:30 am
29 UNO 10:15 am	30 Exercise w/Lucie 10:15 am Let's Make An Easter Basket	31 HCC Exercise 10:00 am Bingo 10:15 am Win A Treat		Coffee, Newspaper & Conversation Everyday 9:00 am