

March 2010

55 and ABOVE - SENIOR CENTER EVENT CALENDAR

626 Washington Ave., Hagerstown, MD 21740 Sr. Ctr. Mgr. Kathy Fisher, & Linda Rojahn, Ass't Sr. Ctr. Mgr. 301-671-2368

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Cards/Dominos 1 – 2:00 Strength Training</p>	<p>2</p> <p>9 – 10 Walk Away Pounds 9-12:00 Computer Instr. 10 Breakfast For The Brain Understanding Blood Pressure Ranges w/ Towson Univ. Nurses 10 – 2:00 Cards/Dominos 1:00 - 2:30 Volleyball (NEW)</p>	<p>3</p> <p>8:30 Nutrition Staff Meeting 9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Art Class \$5 pp 10-12:00 Group Piano \$\$\$ 11 – 12 Spanish Conversation 12:30 – 2:30 Bead Class \$5 pp 1 – 2:00 Chair Yoga</p>	<p>4</p> <p>GYM CLOSSES @ 11:00 A.M</p> <p>9 – 10:00 Walk Away Pounds 9 – 11:00 Volleyball (NEW) 9 – 12:00 Computer Instr. 10:00 – 2:30 Cards/Dominos 10 – 2:00 Share a craft</p>	<p>5</p> <p style="text-align: center;">Close @ Noon No lunch is served</p>
<p>8</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Cards/Dominos 1 – 2:00 Strength Training</p>	<p>9</p> <p>9 – 10 Walk Away Pounds 9-12:00 Computer Instr. 10 – Breakfast For The Brain Gardening for Humming Birds w/Annette Ipan 10 – 2:00 Cards/Dominos 1:00 - 2:30 Volleyball (NEW)</p>	<p>10</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Art Class \$5 pp 11 – 12 Spanish Conversation 12:30 – 2:30 Bead Class \$5 pp 1 – 2:00 Chair Yoga No Group Piano Lessons</p>	<p>11</p> <p>GYM CLOSSES @ 11:00 A.M</p> <p>9 – 10:00 Walk Away Pounds 9 – 11:00 Volleyball (NEW) 9 – 12:00 Computer Instr. 10:00 – 2:30 Cards/Dominos 10 – 2:00 Share a craft</p>	<p>12</p> <p>9 – 10 Walk Away Pounds 10 – 2:30 Cards/Dominos 11:30 – 12:30 Strength Training 1 – 2:00 Chair Yoga</p>
<p>15</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Cards/Dominos 1 – 2:00 Strength Training</p>	<p>16</p> <p>9 – 10 Walk Away Pounds 9-12:00 Computer Instr. 10 – Breakfast For The Brain w/Lisa McCoy Health Dept. “Wired for Joy” Stress Tools and Overeating 10 – 2:00 Cards/Dominos 1:00 - 2:30 Volleyball (NEW)</p>	<p>17</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10-11:00 BP Screening w/Merry Gehr 10 – 12:00 Art Class \$5 pp 11 – 12 Spanish Conversation 12:30 – 2:30 Bead Class \$5 pp 1 – 2:00 Chair Yoga No Group Piano Lessons</p>	<p>18</p> <p>GYM CLOSSES @ 11:00 A.M</p> <p>9 – 10:00 Walk Away Pounds 9 – 11:00 Volleyball (NEW) 9 – 12:00 Computer Instr. 10:00 – 2:30 Cards/Dominos 10 – 2:00 Share a craft</p>	<p>19</p> <p>9 – 10 Walk Away Pounds 10 – 2:30 Cards/Dominos 11:30 – 12:30 Strength Training 1 – 2:00 Chair Yoga</p>
<p>22</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Cards/Dominos 1 – 2:00 Strength Training</p>	<p>23</p> <p>9 – 10 Walk Away Pounds 9-12:00 Computer Instr. 10 – Breakfast For The Brain Medicaid Fraud w/B. Elgin 10:00 Diabetes Education “How Sweet are You?” 10:- 2:00Cards/Dominos 1:00 - 2:30 Volleyball (NEW)</p>	<p>24</p> <p>9-10:00 Walk Away Pounds 10- 11:00 Line Dancing 10 – 12:00 Art Class \$5 pp 10-12:00 New Group Piano \$\$ 11 – 12 Spanish Conversation 12:30 – 2:30 Bead Class \$5 pp 1 – 2:00 Chair Yoga</p>	<p>25</p> <p>GYM CLOSSES @ 11:00 A.M</p> <p>9 – 10:00 Walk Away Pounds 9 – 11:00 Volleyball (NEW) 9 – 12:00 Computer Instr. 10:00 – 2:30 Cards/Dominos 10 – 2:00 Share a craft</p>	<p>26</p> <p style="text-align: center;">Celebrate March Birthdays</p> <p>9 – 10 Walk Away Pounds 10 – 2:30 Cards/Dominos 11:30 – 12:30 Strength Training 1 – 2:00 Chair Yoga</p>

<p>29</p> <p>9-10:00 Walk Away Pounds 10– 11:00 Line Dancing 10 – 12:00 Cards/Dominoes 1 – 2:00 Strength Training</p>	<p>30</p> <p>9 – 10 Walk Away Pounds 9-12:00 Computer Instr. 10 – 2:00 Cards/Dominoes 1:00 - 2:30 Volleyball (NEW)</p> <p>No Breakfast For The Brain</p>	<p>31</p> <p>9-10:00 Walk Away Pounds 10– 11:00 Line Dancing 10 – 12:00 Art Class \$5 pp 10-12:00 Group Piano \$\$\$ 11 – 12 Spanish Conversation 12:30 – 2:30 Bead Class \$5 pp 1 – 2:00 Chair Yoga</p>	<p>**Lunch Served** Monday – Friday 12:00 – 12:30 <u>To receive lunch,</u> <u>please sign up 2 days</u> <u>in advance!</u></p>	<p>Tuesdays @ 10:00 Breakfast for the Brain Senior Center follows Washington County Public Schools' schedule for delayed openings/closures due to inclement weather.</p>
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