

MARCH 2019
East Rockingham Senior Center
Operated by Valley Program for Aging Services, Inc.

MONDAY, March 4	WEDNESDAY, MARCH 6	THURSDAY, MARCH 7
<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Exercise 11:30 National Pound Cake Day – Receipt exchange or cake exchange</p>	<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Acoustics W/Woody 11:30 Nutrition Quiz</p>	<p>9:00 Announcements 9:30 Devotions W/ Dan Bassett or Puzzles & Games 10:00 What's in the Box 11:30 Shuffleboard</p> <p style="text-align: center;">Don't forget to set your clocks up on Sunday</p>
MONDAY, MARCH 11	WEDNESDAY, MARCH 13	THURSDAY, MARCH 14
<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Bingo W/ Ressa 11:30 Word Scramble</p>	<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Exercise 11:30 Make a Nutritional Snack</p>	<p>9:00 Announcements 9:30 Devotions W/The Drrescher's or Puzzles and Games 10:00 March For Meals 11:30 St Patrick's Games</p>
MONDAY, MARCH 18	WEDNESDAY, MARCH 20	THURSDAY, MARCH 21
<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Tai Chi 11:30 Lets Plant a Flower</p>	<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Beach Ball Volley 11:30 Social Outing(Surprise)</p>	<p>9:00 Announcements 9:30 Devotions W/Dan Bassett or Puzzles and Games 10:00 Exercise 11:30 Dominoes</p>
MONDAY, MARCH 25	WEDNESDAY, MARCH 27	THURSDAY, MARCH 28
<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Butterflies Story 11:30 bingo W/ Sherry</p>	<p>9:00 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Exercise 11:30 Red Cross Month</p>	<p>9:00 Announcements 9:30 Devotions W/ The Drescher's or Puzzles and Games 10:00 Nutrition Trivia 11:30 Short Stories W/Sharon Watson</p>
<p>Important notes for March: March for Meals National Nutrition Month St Patrick's Day Daylight Savings Time Change</p>		