

March 2019 Stephens County Senior Center 706-886-4740

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9 Shopping at WalMart and DollarTree 9:45 Seniorcise	2
3	4 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	5 10 Blood pressure Checks: SC Hospital 10:30 BINGO and Birthdays , Lunch \$3	6 9:45 Seniorcise 1:30 Dulcimer Club	7 9:30 Rummy Group 9:30 Senior Splash Trip: Hamrick's/Golden Corral, \$3, 10 am - 3pm 5 Gentle Yoga w/Jonda	8 9:45 Seniorcise	9
10	11 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group 12 Currahee Quilters	12 10 Blood pressure Checks: ResCare 10:30 Program: Thad Glenn, Ext. Agent , Lunch \$3	13 9:45 Seniorcise 10 Diabetic Clinic with Steve Spruill 11:45 THS Class of '56 1:30 Dulcimer Club	14 9:30 Rummy Group 9:30 Senior Splash St. Patrick's Day Party 1 pm until 3 pm, \$2 5 Gentle Yoga w/Jonda	15 9 Shopping at Ollie's and Quality Foods 9:45 Seniorcise	16 T * R * I * P *
17	18 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	19 10 Blood pressure checks: Encompass 10:30 Medicare Info w/Stephens Co. Hospital , Lunch \$3	20 9:45 Seniorcise 1:30 Dulcimer Club	21 9:30 Rummy Group 9:30 Senior Splash Painting with Nancy Ackerman, \$25, 2-4 pm 5 Gentle Yoga w/Jonda	22 9:45 Seniorcise	23
24	25 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	26 10 Blood pressure Checks: Tugaloo HH 10:30 Program: Price Is Right , Lunch \$3	27 Trip: Gibbs Gardens + lunch, 8 am-4 pm, \$18 9:45 Seniorcise 10 Quilt and Chat 1:30 Dulcimer Club	28 9:30 Rummy Group 9:30 Senior Splash 5 Gentle Yoga w/Jonda	29 9:45 Seniorcise	30
31		**A Matter of Balance Classes Tues. from 2-4 pm Mar.5-Apr.23**				