

# Newburgh Senior Center Activities

## March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 *11:00 Exercise *Noon-Clabber Club	4 *10:00 Knitting *11:00 Arthritis Stretch *Noon-Bingo- Sterling House-Leslye	5 *11:00 Arthritis Stretch *Noon-Bingo-Cypress Grove-Maryann	6 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	7 *11:00 Arthritis Stretch *Noon-Speaker- International Women's Day	8
9 Daylight Savings	10 *11:00 Exercise *Noon-Clabber Club	11 *10:00 Knitting *11:00 Arthritis Stretch *Noon- Exercise & Balance-Woodlands- Lisa Messel	12 *11:00 Arthritis Stretch *Noon- Card-making class with Jane	13 *9:30, 10:00 Tai Chi *12:00 Piano-Suzette Ewer *12:30 SWIRCA Exercise	14 *11:00 Arthritis Stretch *Noon-Flo's Birthday Bingo	15
16	17 *11:00 Exercise *Noon-Clabber Club	18 *10:00 Knitting *11:00 Arthritis Stretch *Noon- Bingo – Barbara- Price Le\$\$ Foods	19 *USI Students today *11:00 Arthritis Stretch *11:30 Karen Fleck, RN, Diabetes Education *Noon-Bingo-Woodlands *1:00 Sjogren's Group	20 *9:30, 10:00 Tai Chi *12:00 BBB-Jackie *12:30 SWIRCA Exercise	21 *11:00 Arthritis Stretch *Noon-Bingo- American Legion Ladies Auxiliary Post 44-Jayne Christian	22
23	24 *11:00 Exercise *Noon-Clabber Club	25 *10:00 Knitting *11:00 Arthritis Stretch *Noon- Bingo-Chloe-Reliable Adult Day Care	26 *USI Teaching Project *11:00 Arthritis Stretch *Noon-Bingo-River Pointe-Brittany	27 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	28 *11:00 Arthritis Stretch *Noon-Bingo-Freedom Medical-Gary	29
30	31 *11:00 Exercise *Noon-Clabber Club					
