

# March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESS. 11:00 CRAFT WORK. 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 12:00 MEN'S HAIRCUTS\$/MANICURES\$ <b>12:15 SPEAKER: RITA HARRIS</b> 1:30 EXERCISE WITH LENORES\$ <b>7:00 CAREGIVERS SUPPORT GROUP</b></p>	<p><b>2</b> <u>10:45-11:15 LOTTERY</u> <b>11:30 REGISTRATION***</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 9:30 EXECUTIVE BOARD 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISES</p>	<p><b>3</b> <u>9:00 TAX PREPARATION</u> 9:00 ESL 9:00 MESSAGES 10:00 SQUARE DANCE/MAH JONG <b>11:00 LUNCH BUN./OMEGA DINER \$3</b> 12:00 SIT &amp; BE FIT 12:15 <u>NO</u> COMPUTER 1:30 EXERCISE WITH LENORES\$ <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>4</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHIS 10:45 ART STUDIO <b>11:00 COLLETTE TOURS</b> 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAININGS\$</p>	<p><b>5</b> <u>9:00 TAX PREPARATION</u> 9:00 MESSAGES 9:30 YOGA#\$ <b>10:00 PHOTO ID'S</b> <b>12:15 BANKING</b> <b>12:15 SING ALONG</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORES\$</p>
<p><b>8</b> 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 11:00 CRAFT WORKSHOP 12:00 MEN'S HAIRCUTS\$/MANICURES\$ <b>12:15 SPEAKER: DR. ALAN NASAR</b> 1:30 EXERCISE WITH LENORES\$</p>	<p><b>9</b> <u>GROCERY SHOP/PATHMARK/KMART</u> 9:00 ESL 10:30 SIT &amp; BE FIT <b>11:00 SENATOR BONO MEET &amp; GREET</b> 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISES</p>	<p><b>10</b> <u>9:00 TAX PREPARATION</u> 9:00 ESL 9:00 MESSAGES\$ <b>9:45 DOOLAN'S /ST. PATRICK SHOW#</b> 10:00 SQUARE DANCE/MAH JONG 11:00 WOMEN'S HAIRCUTS 12:15 COMPUTER 1:30 EXERCISE WITH LENORES\$ 3:15 REACHING OUT <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>11</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHIS 10:45 ART STUDIO <b>1:00 MEMORY MATTERS</b> 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAININGS\$</p>	<p><b>12</b> <u>9:00 TAX PREPARATION</u> 9:00 MESSAGES\$ 9:30 YOGA\$ <b>12:00 GENERAL MEETING</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORES\$</p>
<p><b>15</b> 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 11:00 CRAFT WORKSHOP 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 1:30 EXERCISE WITH LENORES\$</p>	<p><b>16</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT &amp; BE FIT <b>10:30 SOCIOLOGY CLASS VISIT</b> 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 <u>NO</u> BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISES\$</p>	<p><b>17</b> <u>9:00 TAX PREPARATION</u> 9:00 ESL/MESSAGES\$ 10:00 MAH JONG <b>11:30 ST. PATRICK'S DAY PARTY &amp; ENTERTAINMENT</b>  <b>ALL CLASSES CANCELLED</b>  <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>18</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL <b>10:30 SOCIOLOGY CLASS VISIT</b> 10:30 TAI CHIS 10:45 ART STUDIO 1:00 <u>NO</u> BRIDGE INSTRUCTION 1:30 STRENGTH TRAININGS\$</p>	<p><b>19</b> <u>9:00 TAX PREPARATION</u> 9:00 MESSAGES\$ 9:30 YOGA \$ <b>12:15 SING ALONG</b> <b>12:30 HERITAGE DAY MEETING</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORES\$</p>
<p><b>22</b> 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESS. 11:00 CRAFT WORK. 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# <b>11:00 LUNCH BUNCH/ALFONSO'S \$3</b> 12:00 MEN'S HAIRCUTS \$/MANICURES\$ 1:30 EXERCISE WITH LENORES\$</p>	<p><b>23</b> <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT &amp; BE FIT <b>11:30 BIRTHDAY CELEBRATION</b> 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISES\$</p>	<p><b>24</b> <u>9:00 TAX PREPARATION</u> 9:00 ESL/MESSAGES\$ <b>9:30 PODIATRIST</b> 10:00 SQUARE DANCE/MAH JONG <b>10:30 WEGMAN'S \$3</b> 12:00 SIT &amp; BE FIT 12:15 COMPUTER 1:30 EXERCISE WITH LENORES\$ 3:15 REACHING OUT <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>25</b> <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 HOPE &amp; HEALING 10:30 TAI CHIS 10:45 ART STUDIO <b>1:00 MEMORY MATTERS</b> 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAININGS\$</p>	<p><b>26</b> <u>8:45 PRE-REG. ATLANTIC CITY#</u> <b>9:00 TAX PREPARATION</b> 9:00 MESSAGES\$ 9:30 YOGA\$ <b>11:00 LUNCH BUNCH/EAST GRAND BUFFET\$3</b> 1:00 STITCH &amp; SEW 1:15 EXERCISE WITH LENORES\$</p>
<p><b>29</b> 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 11:00 CRAFT WORKSHOP 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 1:00 EXERCISE WITH LENORES\$</p>	<p><b>30</b> <u>GROCERY SHOP/PATHMARK</u> 10:30 SIT &amp; BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISES\$</p>	<p><b>31</b> <u>9:00 TAX PREPARATION</u> 9:00 MESSAGES\$ 10:00 SQUARE DANCE/MAH JONG 11:00 WOMEN'S HAIRCUTS 12:00 SIT &amp; BE FIT 12:15 COMPUTER <b>12:00 AC MOORE \$3</b> 1:30 EXERCISE WITH LENORES\$ <b>6:30 WEDNESDAY NIGHT BINGO</b></p>	<p><b>UNDERLINED - SIGN UP</b> <b># PRE-REGISTRATION REQUIRED</b> <b>\$ FEE REQUIRED</b> <b>*** REGISTER REGISTRATION DAY</b>  <b>EXACT CHANGE PLEASE FOR</b> <b>LUNCH BUNCH - \$3.00 CASH</b></p>	<p><b>WEDNESDAY NIGHT BINGO</b> <b>EVERY WEDNESDAY</b> <b>AT 6:30 P.M.</b> <b>CALL FOR</b> <b>TRANSPORTATION</b></p>