





# Activities for March 2019-Morning Activities

## March is National Nutrition Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<p><b>*Free rides for local shopping trips 1st &amp; 4th Thurs at 10:30</b></p>	<p>Activities, Menu, Newsletter, &amp; volunteer opportunities online at <a href="http://greencountync.gov">greencountync.gov</a>. Click on Departments, then Senior Services. <b>Suggestion Box</b> outside Office door- Suggestions reviewed by Senior Center Advisory Board</p>	<p><b>Walk In Activities:</b> Puzzles, Cards, Board Games, Pool Table, Books, Exercise Equipment, Horseshoes, Lap Top Computer/ Tablet, Shuffleboard, free word search, adult coloring book, crossword</p>	<p>Copy of latest Financial Report &amp; Audit available upon request in Office or online at <a href="http://www.greencountync.gov">www.greencountync.gov</a> Copy of current Senior Budget available in office *Activity schedule may change</p>	<p><b>MED instead of Meds for Better Health NC Coop.</b> Extension-Classes begin Thurs March 7th-eating like those who live in the Mediterranean region has show to promote health and decrease risk of many chronic diseases!</p>	<p>10:00-Coloring Club-new 1 10:00-Slim/Fit Weight Loss Support Group-Living Healthy With Diabetes during Slim fit-CDSMP #3 10:00-Horseshoes 11:00-BINGO</p>	<p>2 </p>
<p>3 </p>	<p>4 10:00-Arthritis Exercise <b>11:00-Cards to NC Legislators Advocacy Event with Senior Tar Heel Legislator</b></p>	<p>5 7:30-Walking Club 9:30-Walking Aerobics 10:00-Spades 11:00-Educational Jingo</p>	<p>6 9:00-Medicine Ball Exer. 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole <b>11:30-Presentation: Employment Opportunities through Title V-Ages 55+</b></p>	<p>7 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard <b>10:30-Local Shopping opportunity-GC Trans Van leaving from Senior Center</b> <b>10:30-MED instead of Meds</b> 11:00-Pool Match</p>	<p>8 10:00-Coloring Club-new 10:00-Slim/Fit Weight Loss Support Group-Living Healthy With Diabetes during Slim fit-CDSMP #4 10:00-Horseshoes 11:00-BINGO</p>	<p>9</p>
<p>10 Daylight Savings Time Spring Forward!</p>	<p>11 10:00-Arthritis Exercise <b>11:00-Medicare Cards &amp; SCAMS Workshop- Stephanie Bias, NC Dept. of Insurance</b></p>	<p>12 7:30-Walking Club 9:30-Walking Aerobics <b>11:00-Vidant Cancer Care Presentation on Lung Cancer</b></p>	<p>13 9:00-Medicine Ball Exer. 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole</p>	<p>14 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match <b>10:30-MED instead of Meds</b> 11:00-Pool Match</p>	<p>15 10:00-Coloring Club 10:00-Slim/Fit Living Healthy With Diabetes during Slim fit-CDSMP #5 10:00-Horseshoes 11:00-BINGO</p>	<p>16</p>
<p>17 Saint Patrick's Day </p>	<p>18 10:00-Arthritis Exercise 11:00-Jewelry Making 11:00-Jeopardy!</p>	<p>19 7:30-Walking Club 9:30-Walking Aerobics <b>10:00-Aging Planning Committee Meeting</b> 10:00-Spades 11:00-Educational Jingo</p>	<p>20 <b>1st Day of Spring</b> 9:00-Medicine Ball Exer 10:00-Arthritis Exercise 11:00-Devotional <b>11:00-Social Security Jam Session-individual assistance afterwards with Social Security</b></p>	<p>21 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard <b>10:30-MED instead of Meds</b> 11:00-Pool Match</p>	<p>22 <b>9:00-Free Tax Help</b> 10:00-Coloring Club 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-BINGO <b>11:00-Family Caregiver Support Group Luncheon</b></p>	<p>23</p>
<p>24</p>	<p>25 10:00-Arthritis Exercise 11:00-Jewelry Making 11:00-Jeopardy!</p>	<p>26 7:30-Walking Club 9:30-Walking Aerobics 10:00-Spades 11:00-Educational Jingo</p>	<p>27 9:00-Medicine Ball Exer. 10:00-Arthritis Exercise <b>10:30-GCHC Blood Sugar &amp; Pressure Checks</b> 11:00-Devotional 11:00-Corn Hole</p>	<p>28 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard <b>10:30-Local Shopping opportunity-GC Trans Van leaving from Senior</b> <b>10:30-MED instead of Meds</b></p>	<p>29 10:00-Coloring Club 10:00-Slim/Fit Living Health with Diabetes-CDSMP #6 10:00-Horseshoes 11:00-BINGO <b>Birthday Celebration!</b></p>	<p>30 </p>
<p>31</p>						

# Activities for March 2019-Afternoon Activities

## Promoting the Health, Well-Being, and Quality of Life for ALL Senior Citizens!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<b>Information</b>   Help starts here.		 Find us on: <b>facebook.</b>  Greene County Senior Center & Services		*The Regional Senior Games Registration begins Feb. 1st and ends March 13th Senior Center will sponsor \$12 Registration fee if in by the March 13th by 5pm	1  1:00-3:00- <b>Senior Games Practice</b> *Recreation room closes at 3:00	2  
3  	4  1:00-Taking Care of You-Classes for Women-NEW 5:00-Beginner's Line Dancing Class 6:30-Advanced Line	5  1:00-Crochet Class 2:00-Exercise Orientation-New Members	6  1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	7  1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	8  1:00-3:00- <b>Senior Games Practice</b> *Recreation room closes at 3:00	9
10  1:00-Taking Care of You-Classes for Women 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	11  1:00-Crochet Class 2:00-Exercise Orientation-New Members	12  1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	13  1:00- Community Outreach Crochet 3:30-Advanced Tai Chi	14  1:00-3:00- <b>Senior Games Practice</b> *Recreation room closes at 3:00	16  	
17  	18  1:00-Taking Care of You-Classes for Women 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	19  1:00-Crochet Class 2:00-Exercise Orientation-New Members	20  1st Day of Spring 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild 3:30-Senior Center Advisory Board Meeting  	21  1:00-Vision Loss Support Group 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	22  1:00-3:00- <b>Senior Games Practice</b> *Recreation room closes at 3:00	23
24  1:00-Taking Care of You-Classes for Women 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	25  1:00-Crochet Class 2:00-Exercise Orientation-New Members 5:30- <b>Single Mingle-Singles Club Meeting</b>	26  1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	27  1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	28  1:00-3:00- <b>Senior Games Practice</b> *Recreation room closes at 3:00	30  	
31						