

MARCH SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	
3 9:00-9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:30 Open Art 2:00-3:30 Readers' Theatre	4 9:00-9:45 Dance Fit 9:30-12 :00 Lunch Plus 11:15- 12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 1:00-3:30 Pumpkin Fest Meeting 7:00-9:00 Music Circle at Silvermont	5 9:00-9:45. Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch HCA: "Homecare: 11:00-11:50 Ageless Grace 12:45-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg	6 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10:00-10:45 Talk: Devoted Health "Scam Prevention" 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 2:00-4:00 Wood Carvers	7 9:30-12:00 Lunch Plus 10-10:45 Pace Presentation: "Power of Connections" 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch 12-12:30 Stride for Health 1:00-3:00 Matter of Balance (must preregister)	
10 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah Jongg 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre 3:00-4:30 Council on Aging	11 9:00-9:45 Dance Fit 9:30-12 :00 Lunch Plus 10:30-11:45 Senior Games Board Meeting 11:15- 12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	12 9:00-9:45. Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	13 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10-10:45 Tom Ensley: Social Services for the Blind 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	14 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment 1:00-3:00 Matter of Balance (must preregister)	
17 9:00-9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15 -11:00 Range of Motion 1:00 - 3:45 Mah Jongg 1:00 -3:30 Open Art 1:00 -2:30 Readers' Theatre	18 9:00-9:45 Dance Fit 9:30-12 :00 Lunch Plus 11:15- 12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	19 9:00-9:45. Line Dancing 9:30 -12:00 Lunch Plus 10-10:45 Medicare 101 Talk: Alignment Health 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 12:45-3:45 Glen Cannon Bridge. 1:00-3:45 Mah-Jongg	20 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	21 9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop 10-10:30 Stride for Health 11:00-11:30 Strength & Stretch 1:00-3:00 Matter of Balance (must preregister)	
24 9:00-9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15 -11:00 Range of Motion 1:00 -3:45 Mah Jongg 1:00-2:30 Readers' Theatre 1:00-3:30 Open Art	25 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:15- 12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	26 9:00-9:45. Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	27 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	28 9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop 11:00-11:30 Strength & Stretch 1:00-3:00 Matter of Balance (must preregister)	
31 9:00-9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15 -11:00 Range of Motion 1:00 -3:45 Mah Jongg 1:00-2:30 Readers' Theatre 1:00-3:30 Open Art					