

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2024

Colchester Senior Center

8:30-2 AARP Tax Aide, 1
by appt.
10:00 Sit & Be Fit
10:15 Across the Ages
@ WJJMS
10:30 Choral Group
11:00 Yoga
1:30 Bingo

2

3
9:00 Making Memories 4
9:00 Exercise w/ Anne
10:00 Sittersize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

9:00 Making Memories 5
9:45 Tai Chi
10:45 Healthy Brain
Series: Session 1
12:30 Pinochle
1:30 Bingo
1:30 AARP Chapter #4019
Meeting

9:00 Making Memories 6
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Life Review Writing
1:00 Backus Stroke
Survivors Program
1:30 Line Dancing

9:00 Exercise w/ Anne 7
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
12:30 Cookie Madness
1:00 Knit & Crochet

8:30-2 AARP Tax Aide 8
10:00 Sit & Be Fit
10:30 Choral Group
10:45 Blood Pressure
Clinic
11:00 Yoga
11:15 Chatham Health
Education Series
1:30 Bingo



9



Ramadan Begins
Daylight Saving Time Begins

10
9:00 COA Meeting (TH) 11
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittersize
10:30 Irish Potato Cake
Food Demo
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

9:00 Making Memories 12
9:45 Tai Chi
10:00 Regional LTC
Ombudsman Meeting
11:30 Food for Thought
Presentation
12:30 Pinochle
12:30 Choices Counseling
1:30 Bingo
7:00 SCBC Meeting (Z)

9:00 Making Memories 13
9:00 Walking Group
9:00-11:00 Tech Time w/
Harry, by appointment
10:00 Adult Coloring
10:00 Sit & Be Fit
11:30 - 3:30 AARP Driver
Safety Class
1:30 Cardio Drumming
2:30 CSC Staff Meeting

9:00 Exercise w/ Anne 14
10:00 Sittersize
10:00 Wii Bowling
10:00 Card Making
10:30 Shopping Trip
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

10:00 Sit & Be Fit 15
10:15 Across the Ages
@ WJJMS
10:30 Choral Group
11:00 Yoga
1:30 Bingo
2:00 Ham Radio Meeting

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St. Patrick's Day

17
9:00 Making Memories 18
9:00 Exercise w/ Anne
10:00 Sittersize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

9:00 Making Memories 19
9:45 Tai Chi
10:30 Book Club
10:30 Read Across
America @ Cragin
Library
12:30 Pinochle
1:30 Bingo
Spring Begins

9:00 Making Memories 20
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
11:00 Shamrock Social
Luncheon
1:00 Sewing Circle
1:30 Line Dancing

9:00 Exercise w/ Anne 21
9:30 Free Lucky Bingo
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

10:00 Sit & Be Fit 22
10:30 Senior Bus
Available
10:30 Choral Group
11:00 Yoga
11:30 Lunch Bunch to
Filomena's
1:30 Bingo



Purim Begins

23

Palm Sunday

24
9:00 Making Memories 25
9:00 Exercise w/ Anne
9:00 Waffle Day Breakfast
10:00 Pet Therapy
10:00 Stitch & Fix
10:00 Sittersize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Setback

9:00 Making Memories 26
9:45 Tai Chi
12:30 Pinochle
12:30 In the Know
1:30 Bingo
7:00 SCBC Meeting (Z)

9:00 Making Memories 27
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Brigid's Cross
Craft
1:30 Cardio Drumming
2:00 Sewing Circle

9:00 Exercise w/ Anne 28
10:00 Sittersize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12-3 Sr Benefits
Counseling
12:30 Dominoes
1:00 Knit & Crochet

Closed for
Good Friday

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Easter Sunday

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