

MARCH SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
9:00-9:45	Chi-Gong	9:00-9:45	Dance Fit	9:30 -12:00	Lunch Plus	9:00-9:45	Dance Fit	9:30-12:00	Lunch Plus
9:30-12:00	Lunch Plus	9:30-12 :00	Lunch Plus	10:00-12:00	Sit & Stitch	9:30 -12:00	Lunch Plus	11-11:30	Strength & Stretch
10:15-11:00	Range of Motion	11:15-12:00	Chair Yoga	11:00-11:50	Ageless Grace	10-10:45	Vaya Health Talk	12-12:30	Stride for Health
1:00-3:45	Mah Jongg	1:00-2:00	Tai Chi	12:45-3:45	Glen Cannon	11:00-11:45	Chair Yoga	and Step-tember	
1:00-3:30	Open Art	1:00-3:00	Card Club	Bridge		12:30-3:00	Super Scrabble		
1:00-2:30	Readers' Theatre	1:00-2:30	Pumpkin Fest Meeting	1:00-3:45	Mah-Jongg	1:00-3:00	Mountain Memoirs		
		7:00-9:00	Music Circle at Silvermont			1:00-3:00	Joys of Connecting		
						2:00-4:00	Wood Carvers		
9		10		11		12		13	
9:00-9:45	Chi-Gong	9:00-9:45	Dance Fit	9:30 -12:00	Lunch Plus	9:00-9:45	Dance Fit	9:30-12:00	Lunch Plus
9:30-12:00	Lunch Plus	9:30-12 :00	Lunch Plus	10:00-10:45	Talk: Senior	9:30 -12:00	Lunch Plus	11-11:30	Strength & Stretch
10:15-11:00	Range of Motion	10:30-11:30	LWSG Board Meeting	10:00-12:00	Companions	11:00-11:45	Chair Yoga	1:30-3:45	Mtn. Laurel
1:00-3:45	Mah Jongg	11:15-12:00	Chair Yoga	11:00-12:00	Sit & Stitch	12:30-3:00	Super Scrabble	Investment	
1:00-3:30	Open Art	1:00-2:00	Tai Chi	11:00-11:50	Ageless Grace	1:00-3:00	Mountain Memoirs		
1:00-2:30	Readers' Theatre	1:00-3:00	Card Club	1:00-3:45	Mah-Jongg	1:00-3:00	Joys of Connecting		
3:00-4:30	Council on Aging	1:00-3:00	Friends' Meeting						
		7:00-9:00	Music Circle at Silvermont						
16		17		18		19		20	
9:00-9:45	Chi-Gong	9:00-9:45	Dance Fit	9:30 -12:00	Lunch Plus	9:30 -12:00	Lunch Plus	9:30-12:00	Lunch Plus
9:30-12:00	Lunch Plus	9:30-12 :00	Lunch Plus	10:00-12:00	Sit & Stitch	11:00-11:45	Chair Yoga	10-10:30	Stride for your
10:15-11:00	Range of Motion	11:15-12:00	Chair Yoga	11:00-11:50	Ageless Grace	12:30-3:00	Super Scrabble	Health	
1:00-3:45	Mah Jongg	1:00-2:00	Tai Chi	1:00-3:45	Mah-Jongg	1:00-3:00	Mountain Memoirs	11-11:30	Strength & Stretch
1:00-3:30	Open Art	1:00-3:00	Card Club	12:45-3:45	Glen Cannon	1:00-3:00	Joys of Connecting		
1:00-2:30	Readers' Theatre	7:00-9:00	Music Circle at Silvermont	Bridge		2:00-3:45	Wood Carvers		
23		24		25		26		27	
9:00-9:45	Chi-Gong	9:00-9:45	Dance Fit	9:30 -12:00	Lunch Plus	9:00-9:45	Dance Fit	9:30-12:00	Lunch Plus
9:30-12:00	Lunch Plus	9:30-12 :00	Lunch Plus	10:00-12:00	Sit & Stitch	9:30 -12:00	Lunch Plus	11-11:30	Strength & Stretch
10:15-11:00	Range of Motion	11:15-12:00	Chair Yoga	11:00-11:50	Ageless Grace	10:00-10:45	Opus Therapy:		
1:00-3:45	Mah Jongg	1:00-2:00	Tai Chi	1:00-3:45	Mah-Jongg	Aging in Place			
1:00-3:30	Open Art	1:00-3:00	Card Club	2:30-3:30	Mindfulness	11:00-11:45	Chair Yoga		
1:00-2:30	Readers' Theatre	7:00-9:00	Music Circle at Silvermont	Meditation		12:30-3:00	Super Scrabble		
30		31				1:00-3:00	Mountain Memoirs		
9:00-9:45	Chi-Gong	9:00-9:45	Dance Fit			1:00-3:00	Joys of Connecting		
9:30 -12:00	Lunch Plus	9:30 -12:00	Lunch Plus						
10:15 -11:00	Range of Motion	11:15- 12:00	Chair Yoga						
1:00 -3:45	Mah Jongg	1:00-2:00	Tai Chi						
1:00-2:30	Readers' Theatre	1:00-3:00	Card Club						
		7:00-9:00	Music Circle at Silvermont						