

March 2023

Age 50+ Daily Calendar – Every Week

Hours: Mon – Fri 8 a.m. – 4:30 p.m.

DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$2
Circuit Training	8:00am-4:30pm	\$2
Cornhole	8:00 am-4:30 pm	\$2
Exercise Equipment	8:00 am-4:30 pm	\$2
Shuffleboard	8:00 am-4:30 pm	\$2



Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 150 volunteers and become involved in Community Center programs and operations. Please call 427-6441 for more information.

WEEKLY RECURRING EVENTS

MONDAY

Table Tennis	8:30am-11:30am	\$2
Indoor Circuit Class	10:00am-10:45am	\$2
Cardio Flex	10:45am-11:30am	\$2

TUESDAY

ABC Exercise	9:30am-10:15am	\$2
Cardio Flex	10:45am-11:30am	\$2
Scrapbooking	1:00pm-3:00pm	\$2

WEDNESDAY

Table Tennis	8:30am-11:30am	\$2
Crochet	10:00am-12:00pm	\$2
Euchre	12:00 pm-3pm	\$2
Crochet	1:00pm-3:00pm	\$2

THURSDAY

ABC Exercise	9:30am-10:15am	\$2
Cardio Flex	10:45am-11:30am	\$2
Quilting	1:00pm-4:00pm	\$2

FRIDAY

Indoor Circuit Class	10:00am-10:45am	\$2
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MONTHLY

	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>SHIP</u>	Th	Mar 2 Mar 16	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>Tuesday Movie</u>	T T	Mar 7 Mar 21	1:30 p.m. "Elvis" 1:30 p.m. "Where the Crawdads Sing" (Pre-register by the Monday prior)	Free
<u>How's Your Hearing?</u>	T	Mar 7	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Book Sale</u>	T-TH	Mar 7-9	8:00 a.m.-6:00 p.m. A great selection of used books at low prices	
<u>Bingo</u>	F	Mar 10 Mar 24	1:00 p.m. – 3:00 p.m. Sponsor: Coventry Meadows & Heritage Park	\$ 1.00/3 cards
<u>Monday Luncheon</u>	M	Mar 20	12:00 p.m. "Still a Little Chili" Sponsor: Canterbury Health and Rehabilitation	\$5
<u>Relaxation Station</u>	M	Mar 20	10:30-11:30 a.m. Spend an hour relaxing and coloring with friends.	\$2