



Dunmore Senior Center		Daily Activities			March 2020
Monday	Tuesday	Wednesday	Thursday	Friday	
Bingo 9:30AM Knitting 10AM <b>Social Dancing-12:00</b> <b>On Break</b> Sketching/ Oil Painting Noon	<b>Cards 9:30AM</b>  <b>Crochet/Fiber Art-10:00AM</b>	Bingo 9:30  Tai Chi Noon  Kandalini Yoga 11:00AM	Knitting Skill Building <b>10:00AM</b>  Silver Flow Yoga 4:30PM	Bingo 9:30  Kandalini Yoga and Stretching with Gretchen 11:00AM  <b>Mahjong 1:00PM</b>	
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2 Stitch Meditation- Noon</b>	<b>3 Nutrition Month 20 Health Tips for 2020 11:00AM</b>	<b>4 Nutrition Program-Part1 10:30AM BLOOD PRESSURE 10:30AM</b>	<b>5 NEW-Yoga with Theresa Novak-10AM</b>	6 Lackawanna REHAB CHF- Regional Hospital 11:00AM	
<b>9</b>	10 BUS TRIP Tioga Casino	<b>11 Nutrition Program-Part 2 10:30AM</b>	<b>12 Mock Faberge Egg Easter Egg Craft 10:00AM</b>	<b>13 Honor our Vets</b>	
<b>16 65 Forward Presentation 11:00AM PARTY!!</b> 	<b>17 Dr. Baldassari-Love Your Feet- 11:00AM</b>	<b>18 Nutrition Program-Part 3 10:30AM BLOOD PRESSURE 10:30AM</b>	<b>19 Mock Faberge Egg Easter Egg Craft 10:00AM</b>	20 NEPA Memory-Screening and Presentation 10:45AM	
 <b>23</b>	24 Garden Planning 10:30AM	<b>25 Nutrition Program-Part 4 10:30AM Commonwealth College-BP Series</b>	26 CENTER IS CLOSED	<b>27 Design Hearing-Screening and Presentation 10:00AM-Noon</b>	
<b>30 Commonwealth College BP Series 10:30AM</b>	31 Garden Planning 10:30AM	<b>Walking Club Mon-Fri 9AM</b>			