

Senior Center March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 Senior Meals Bingo	3 Aerobics 9am-10am	4	5 Aerobics 9am-10am	6	7	8
9 Senior Meals Blood Pressure Screening	10 Aerobics 9am-10am	11 Mohegan Sun Casino	12 Aerobics 9am-10am	13	14	15
16 Senior Meals Bingo	17 Aerobics 9am-10am	18 Trivia Night 6-8pm(pending)	19 Aerobics 9am-10am	20	21	22
23 Senior Meals	24 Aerobics 9am-10am	25 Mohegan Sun Casino	26 Aerobics 9am-10am	27	28	29
30 Senior Meals Bingo						

EVENTS

Senior Meals

- Starts 12pm
- Bingo starts at 1pm
- *limited seating please call prior to the Thursday before the meal

Aerobics

- Light weight low resistance
- Aerobics. Free- to anyone signed up in co pilot

Mohegan Sun

- Bus leaves at 10:30 from the civic center returns at 4:30pm.
- \$20 for non-center guests/non co pilot
- \$15 from non-center co pilot registries
- \$10 center co pilot registries