

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 2019					1 11:30 New Member Committee Mtg 1:00 Game Day	2
3	4 12:00 Supper Club Meeting 1:45 Headlines 6:00 Storytelling Workshop 1 (Now You're Talking) 7:00 Village Board Meeting	5 10:00 Men's Club Business Meeting 1:00 Shopping @ King Kullen & CVS 2:00 Talk it Out	6 Regular Schedule	7 11:15 Special Events Meeting 2:30 Yoga (New Time)	8 12:00 Birthday Brunch \$4..00 pp (\$5.00 charged day of event) Bruce Levine entertains with flute and singing	9
10	11 1:30 Brain Fitness 2:30 Sandel Circle @ Atria Tanglewood 6:00 Storytelling Workshop 2 (Now You're Talking)	12 10:00 Men's Club Billiards @ Atria Tanglewood 11:00 Lecture "Develop an Attitude of Gratitude" 1:00 Shopping @ Trader Joe's & CVS 2:00 Words of Wisdom	13 11:00 Trip Committee Meeting 2:00 Irish Soda Bread Making	14 12:00-2:00 Blood Pressure Screening & Health Assessment* <u>Intergenerational @ HS</u> 12:55 Leave Sandel 1:00 Leave Rec Center 2:30 Yoga (New Time)	15 12:00 St. Patrick's Day Party \$5.00pp (\$7.00 charged day of event)	16
17	18 1:45 Headlines 6:00 Storytelling Workshop 3 (Now You're Talking)	19 10:00 Men's Club Business Meeting 11:00 Artist Reception for South Side High School students 1:00 Shopping @ King Kullen & CVS 2:00 Talk it out	20 11:00 Senior Concerns Committee Meeting 11:30 SPA Committee Meeting	21 Regular Schedule 2:30 Yoga (New Time)	22 12:00 Women's History Luncheon "A Story of Forgiveness" \$5.00pp (\$7.00 charged day of event)	23
24	25 1:30 Brain Fitness 6:00 Storytelling Workshop 4 (Now You're Talking)	26 10:00 Men's Club Billiards @ Atria Tanglewood <u>Intergenerational @ HS</u> 10:00 Leave Sandel 10:05 Leave Rec Center 11:00 Lecture : "Healthy Foods Fast" 1:00 Shopping @ Trader Joe's & CVS 2:00 Words of Wisdom	27 11:00 Flea Market Committee Mtg 12:30 Landmark Theater trip 2:00 Book Club 6:00 Evening Dine Around at Radigans	28 Regular Schedule 2:30 Yoga (New Time)	29 10:45 Executive Committee Meeting 1:00 General Meeting 2:00 Conductorsize	30
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging.	9:45 Core* 11:00 Range of Motion* 12:45 Center Stage Chorus 1:00 Scrabble/Rummikub	9:00 Aerobics 10:00 Pilates 12:40 Yoga* 1:00 Cards 2:00 Talk It Out/Words of Wisdom 2:00 Scrabble/Rummikub **To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.	9:30 Stretch & Balance 10:30 Meditation 11:00 "The News" 12:45 Sit 'n' Dance 1:00 Cards & Dominoes 1:00 Line Dance*	10:00 Cardio Dance 10:30 Studio Art 10:30 Knitting & Crocheting 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub 2:30 Yoga (New Time)	9:45 Total Body Workout (Sponsored by Town of Hempstead)	Updated 2/21