

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>MARCH</div> <div>2020</div>	<div>2</div> <div>1:30 Woodcarving #6</div> <div>1:45 Headlines</div>	<div>3</div> <div>10:00 Men’s Club Meeting with guest speaker Frank Seipp, President RVC Historical Society</div> <div>11:00 Lecture: “Colon Cancer Awareness”</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div>	<div>4</div> <div>Regular Schedule</div>	<div>5</div> <div>Regular Schedule</div>	<div>6</div> <div>9:45 Total Body Workout</div> <div>CANCELLED</div> <div>1:00 The Rat Pack Show</div>	<div>7</div>
	<div>8</div> <div>Daylight Savings Time begins</div> <div>Turn clock ahead 1 hour</div>	<div>9</div> <div>2:30 Sandel Circle @ Atria Tanglewood</div>	<div>11</div> <div>Rockville Skilled Nursing &amp; Rehab</div> <div><u>Irish Celebration</u></div> <div>11:00 Leave Sandel</div> <div>11:00 Leave Rec Center</div>	<div>12</div> <div>10:30 SPA Committee Meeting</div>	<div>13</div> <div>9:30 Committee for Student Literacy Meeting</div> <div>12:00 St. Patrick’s Day Party \$5.00pp (\$7.00 charged day of event)</div>	<div>14</div>
	<div>15</div>	<div>16</div> <div>1:30 Brain Fitness</div>	<div>17</div> <div>10:00 Men’s Club Meeting with guest speaker Dennis Houbek, RVC St. Patrick’s Day Parade Leader</div> <div>1:00 Artist Reception for Paul Oresky</div> <div>1:00 Calligraphy Workshop #1</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div>	<div>18</div> <div><u>Intergenerational Committee Meeting</u></div> <div>10:00 Leave Sandel</div> <div>10:10 Leave Rec Center</div> <div>11:00 Flea Market Committee Meeting</div>	<div>19</div> <div>10:30 Supper Club Committee Mtg.</div>	<div>20</div> <div>12:00 Birthday Brunch Celebrating March Member Birthdays &amp; Esther Alatsitis 100th Birthday \$4.00pp (\$5.00 charged day of event)</div>
	<div>22</div>	<div>23</div> <div>1:45 Headlines</div>	<div>24</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>11:00 Lecture: “RVC Lions Club”</div> <div>1:00 Calligraphy Workshop #2</div> <div>1:00 Shopping @ King Kullen &amp; CVS</div> <div>2:00 Special Events Committee Mtg.</div>	<div>25</div> <div><u>Exploring Long Island 101—Garden City</u></div> <div>10:15 Leave Sandel</div> <div>10:30 Leave Rec Center</div> <div>11:15 Senior Concerns Committee Mtg.</div> <div>2:00 Book Club</div>	<div>26</div> <div>10:45 Executive Board Meeting</div>	<div>27</div> <div>12:00 Mayor’s Luncheon \$5.00pp (\$7.00 charged day of event)</div> <div>1:30 General Meeting</div>
	<div>29</div>	<div>30</div> <div>1:30 Brain Fitness</div> <div>Start bringing in Flea Market donations</div>	<div>31</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>11:00 Lecture: “Power up with Breakfast”</div> <div>1:00 Calligraphy Workshop #3</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div>			
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<div>Key:</div> <div>* This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging &amp; Administration on Aging.</div>	<div>9:45 Core*</div> <div>11:00 Range of Motion*</div> <div>12:45 Center Stage Chorus</div> <div>1:00 Scrabble/Rummikub</div>	<div>9:00 Cardio Fit</div> <div>10:00 Pilates</div> <div>12:40 Yoga*</div> <div>1:00 Cards</div> <div>1:00 Canasta Free Play</div> <div>2:00 Scrabble/Rummikub</div> <div>**To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.</div>	<div>9:30 Stretch &amp; Balance</div> <div>10:30 Meditation</div> <div>11:00 “The News”</div> <div>12:45 Sit ‘n’ Dance</div> <div>1:00 Cards &amp; Dominoes</div> <div>2:00 Line Dance*</div>	<div>9:30 Cardio Dance</div> <div>10:30 Studio Art</div> <div>10:30 Knitting &amp; Crocheting</div> <div>11:00 Card Making</div> <div>1:00 Sing-a-long</div> <div>1:00 MahJongg</div> <div>1:00 Cards</div> <div>1:00 Rummikub</div>	<div>9:45 Total Body Workout (Sponsored by Town of Hempstead)</div>	Updated 2/25