

NEW CASTLE SENIOR CENTER
MARCH
WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 10:00 Pinochle 10:00 Wii Bowling 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 10:00 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch 12:30 Games (canasta, rummikub, etc)

MARCH MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Adult Coloring	9:00-12:00 AARP Tax Aide	9:30 Chair Yoga 10:00 Nutrition Ed	12:30 Shop Rite 5:00 Pot Luck Dinner	11:40 Aerobics for the Mind
9	10	11	12	13
9:30-12:00 Chronic Pain Self-Mgmt 9:30 Haircuts 10:00 Cornhole 10:30 Book Club 11:00 Reminisce	9:00-12:00 AARP Tax Aide 12:30 Pokeno	10:00 Presentation: "Reverse Mortgages" 11:15 Lunch out: Catherine Rooneys	9:00 Bank & PO 12:30 Food Lion 12:30 Paint with Colleen	12:00 Entertainment-Music in the Living
16	17	18	19	20
9:30-12:00 Chronic Pain Self-Mgmt 11:00 Dance Party	9:00 AARP Tax Aide 9:30 McAleer Irish Dancers 10:00 St. Patrick's Day bingo 12:30 Pokeno	9:15 Adventure Aquarium- Camden, NJ	10:00 Blood Pressure Screenings 12:30 Shop Rite 4:30 Old is not Easy	12:30 New Castle Farmer's Market
23	24	25	26	27
9:30-12:00 Chronic Pain Self-Mgmt 10:00 Mega Bingo	9:00-12:00 AARP Tax Aide 9:00 Soup Sale 12:30 Food Distribution	9:00-1:00 AARP Driver Safety Refresher Course 10:00 Presentation: "Senior Companion Program"	9:00 Bank & PO 9:00 Stand By Me 12:30 Food Lion 4:00 Movie Club	12:30 Dollar Store
30	31			
9:30-12:00 Chronic Pain Self-Mgmt 9:00 IGC Metals 11:00 Shuffleboard 12:15 Birthday Celeb 12:30 Aerobics for the Mind	9:00-12:00 AARP Tax Aide	Don't forget our St. Patrick's Day fundraiser on March 7th!		For snow closings WDEL 1150 am or www.wdel.com