

March 2018 Calendar

Middlesex Active Lifestyle Center – Seniors 60+

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
				1	2 Welcome National Flag Day Coffee Break/Exercise Trivial Pursuit Lunch	3
4	5 Greeting Coffee Talk Walking Exercise Dominoes/Word Find Lunch	6	7 Welcome Social Time Nutrition Program Portion Distortion Lunch	8	9 Greeting Weekend Planner Crafts/Painting Word Puzzles Lunch	10
11 Daylight Savings Time Begins	12 Welcome Coffee Time Stretching Exercise Board Game Lunch	13	14 Welcome Coffee Break "Women's History Month" Bingo / Lunch	15	16 Welcome Fire Drill St. Patrick's Day Craft, Games Lunch	17 St Patrick's Day
18	19 Welcome Coffee Break Weekend Adventures Art Lunch	20	21 Greeting Coffee Break Music / Exercise Bingo Lunch	22	23 Welcome Arts and Crafts Exercise Word Search Lunch	24
25 Palm Sunday	26 Welcome What's New? Crafts Lunch	27	28 Greeting Coffee Break Inspirational Time Movie Lunch	29	30 Welcome Good Friday Inspirational Time Dominoes Lunch	31

(Activities are Subject to Change, Exercise offered Daily)