


Guideway/Bug Hill Senior Center MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	4 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Cardio Drumming	5 Exercise Room 9-5 9:00 Puzzles/Games 10:15 Geri Fit 11:00 BINGO w/Sabrina from Liberty Hospice 11:45 Lunch/Social	6 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	7 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
10 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	11 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social	12 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	13 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	14 Exercise Room 9-5 9:00 Word Games 11:45 Lunch/Social
17 Exercise Room 9-5 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit <u>St. Patrick's Day</u> WEAR SOMETHING GREEN	18 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Crafts	19 Exercise Room 9-5 9:00 Puzzles/Games 10:30 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	20 Exercise Room 9-5 9:00 Puzzles/Games 9:00 Cards 11:45 Lunch/Social	21 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
24 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	25 Exercise Room 9-5 9:00 Puzzles/Games 10:00 Craft Class (Easter) 11:45 Lunch/Social 1:00 Crafts	26 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	27 Exercise Room 9-1 9:00 Cards 11:45 Lunch/Social <u>SENIORS OUT DAY TRIP</u> Leave BHSC @ 9:00 Return by 4:30 (Times are estimates)	28 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
31 Exercise Room 9-5 10 Crosswords/Puzzles 10:00 Craft Class (Easter) 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit			Legal aid of NC 800.672.9304 Reverse Mortgage info 919-877-5700 Medication Assistance Program INFO 910-640-6602 ext. 250 Medicare Info: 910-640-6602 ext. 241	*Disclaimer: This calendar is subject to change at any time.

FOR MORE INFORMATION: Contact Jenny Godwin @ 788-1614 jgodwin@columbusco.org