

SCWW Schedule for March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Yoga with Molly 11:00 to 12 Noon (New Time)	2 Fall Prevention Series Cont'd "Foot Care & Wear" 1:30 to 2:30PM *Mindfulness & Breathing 3:00 to 3:30PM	3 Card Bingo 11:00 to 11:45AM	4 Chair Yoga with Wendy 10:30-11:30AM Fall Prevention Cont'd "Vision & Hearing" 1:30 to 2:30PM	5 No programs
8 Chair Yoga with Molly 11:00 to 12 Noon (New Time) Family Feud 2:00 to 2:30PM	9 Fall Prevention Cont'd "Safety in Activities" 1:30 to 2:30PM Mindfulness & Breathing 3:00 to 3:30PM	10 IRISH Bingo 11:00-11:45AM Tales of the Irish 2:00 to 2:30PM	11 Chair Yoga with Wendy 10:30-11:30AM Live Your Best Life with Nutrition— Zeal presentation 2:00 to 3:00PM	12 No programs
15 Chair Yoga with Molly 11:00 to 12 Noon (New Time) Finish the Lyric 2:00 to 2:30PM	16 Fall Prevention Cont'd "Comm. Resource's" 1:30 to 2:30PM Mindfulness & Breathing 3:00 to 3:30PM	17 IRISH Bingo 11:00 to 11:45AM Name That Irish Tune 2:00 to 2:30PM	18 Chair Yoga with Wendy 10:30-11:30AM Healthy Nutrition Substitutes " - Zeal presentation 2:00 to 3:00PM	19 No programs
22 Chair Yoga with Molly 11:00 to 12 Noon (New Time) "Life Hacks" 2:00 to 2:30PM	23 Fall Prevention Cont'd "Graduation" 1:30 to 2:30PM Mindfulness & Breathing 3:00 to 3:30PM	24 Recipe Exchange St Patrick's Day Eats 11:00 to 11:30AM IRISH Bingo 2:00 to 2:45PM	25 Chair Yoga with Wendy 10:30-11:30AM Long Term Care with Legal Aid 2:00 to 3:00PM	26 No programs
29 Chair Yoga with Molly 11:00 to 12 Noon (New Time)	30 Mindfulness & Breathing 3:00 to 3:30PM	31 IRISH Bingo 2:00 to 2:45PM	1 Chair Yoga with Wendy 10:30-11:30AM	