

El Mirage Senior Center Activities – March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Miranda Lambert Exercise 10:00 Diabetic Prevention Workshop 11:15 Two Mile Walk 11:30 Arts and Crafts 12:00 Commodities</p>	<p>3</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club/Crochet Project 11:00 Lunch 11:30 Games</p>	<p>4</p> <p>8:00 Breakfast 8:30 Guitar Lessons 9:00 Support Group with Linda 9:00 Woodcarving with John 10:00 Table Games 11:00 Lunch 11:30 Sit and be Fit</p>	<p>5</p> <p>Baseball Preseason Celebration 9:00 Bingo 10:00 Spring Training/Baseball Celebration (Music) 11:00 Baseball Themed Activities 11:30 Lunch (No Commodities)</p> 	<p>6</p> <p>8:00 Breakfast 8:30am Gardening 10:30 Bingo with Ginny 11:30 Arts and Crafts 12:00 Exercise Video Rummage Sale 8:00am to 11:00am</p>
<p>9</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Miranda Lambert Exercise 10:00 Diabetic Prevention Workshop 11:15 Two Mile Walk 11:30 Arts and Crafts 12:00 Commodities</p>	<p>10</p> <p style="text-align: center;">Senior Center Closed for Outing</p> <p>Depart at 9:00am to Casino Arizona, return time is 2:00pm</p> 	<p>11</p> <p>8:30 Guitar Lessons 9:00 Support Group with Linda 9:00 Woodcarving with John 12:00 Committee Meeting-Everyone Welcome</p>	<p>12</p> <p>8:00 Breakfast 8:30 Gardening 9:00 United Healthcare Bingo 10:00 Fall Prevention Seminar 12:00 Commodities (No Line Dancing)</p>	<p>13</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:00 Exercise 11:30 Arts and Crafts 12:00 Exercise Video</p>
<p>16</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Miranda Lambert Exercise 10:00 Diabetic Prevention Workshop 11:15 Two Mile Walk 11:30 Arts and Crafts 12:00 Commodities</p>	<p>17</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club/Crochet Project 11:00 St. Patrick's Potluck</p> 	<p>18</p> <p>8:00 Breakfast 8:30 Guitar Lessons 9:00 Support Group with Linda 9:00 Woodcarving with John 10:00 Table Games 11:00 Lunch 11:30 Sit and be Fit</p>	<p>19</p> <p>9:00 Medicare Bingo 10:00 Line Dancing 11:00 Lunch 12:00 Commodities</p> 	<p style="text-align: center; font-size: 2em;">Senior Center Closed</p>
<p>23</p> <p>8:00 Breakfast 8:00 Gardening 9:00 Miranda Lambert Exercise 10:00 Diabetic Prevention Workshop 11:15 Two Mile Walk 11:30 Arts and Crafts</p>	<p>24</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club/Crochet Project 11:00 Lunch 11:30 Cerreta Candy Factory and Downtown Glendale</p>	<p>25</p> <p>8:00 Breakfast 8:30 Guitar Lessons 9:00 Support Group with Linda 9:00 Sewing Club 9:00 Woodcarving Class 11:00 Lunch 11:30 Sit and be Fit</p>	<p>26</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line Dancing 11:00 Picnic at Gateway Park (No Commodities)</p> 	<p>27</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:00 Exercise Video 11:30 Arts and Crafts 12:00 Exercise Video</p>
<p>30</p> <p>8:00 Breakfast 8:00 Gardening 9:00 Nutrition Class 10:00 Diabetic Prevention Workshop 11:15 Two Mile Walk 11:30 Arts and Crafts</p>	<p>31</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club/Crochet Project 11:00 Lunch</p>			<p>El Mirage Senior Center 14010 N. El Mirage Rd. El Mirage, AZ 85335 623-876-4232 rarvizu@elmirageaz.gov Hours: 8:00am to 1:00pm</p>