

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

El Mirage Senior Center, 14010 N. El Mirage Rd., El Mirage AZ

8:00am Breakfast 1 8:30am Walking Club 9:30am Loteria 10:30-12:00 Sewing Club 12:00 Meeting: Discuss Dolly Steam Boat trip on 3/26				
8:00am Breakfast 4 8:30 Walking Club 9:00am Nutrition Class 10:00 Exercise Class 11:00am Mardi Gras Celebration (snacks)	8:00am Breakfast 5 8:30 Walking Club 9:00 Bingo 10:00 Trip – Casino Arizona Center closes at 10am today	8:00am Breakfast 6 8:30 Walking Club 9:00 Happiness is a state of mind Session 9:00 English Class 9:00-11am Woodcarving 10:00 Exercise Class	8:00am Breakfast 7 9:00 Bingo with United Healthcare 10:00am Line Dancing 11:00 Lunch 12:00pm Dial-a-Ride Presentation	8:00am Breakfast 8 8:30am Walking Club 9:30am Loteria 10:30-12:00 Sewing Club
8:00am Breakfast 11 8:30 Walking Club 9:00am Nutrition Class 10:00 Exercise Class 10:00 Sewing Club 12:00 Commodities	8:00am Breakfast 12 8:30 Bingo 9:30-10:30 Brain Health Workshops 10:30 – 11:30 Brain Health Workshop (Sign up for one only)	8:30 Walking Club 13 9:30 Special Bingo 10:30 Games 11:00am Lunch Corn Beef and Cabbage \$3 St. Patrick's Celebration 12:00 Committee Meeting	8:00am Breakfast 14 9:00 Bingo with United Healthcare 10:00am Line Dancing 11:00 Lunch 12:00pm Commodities	8:00am Breakfast 15 8:30am Walking Club 9:00am Loteria 10:00am Exercise with Waynette 10:30-12:30 Scrapbooking
8:30 Walking Club 18 9:00 United Health Care free snacks, question and answer session 10:00 Exercise Class 10:00 Sewing Club 12:00pm Commodities	8:00am Breakfast 19 8:30 Walking Club 9:00 Bingo 10:00 Scrapbooking 11:30 Italian Bakery Trip	8:00am Breakfast 20 8:30 Walking Club 9:00 Happiness is a state of mind Session 9:00 English Class 9:00-11am Woodcarving 10:00 Exercise Class	8:00am Breakfast 21 9:00 Bingo with United Healthcare 10:00am Line Dancing 11:00 Lunch 12:00pm Commodities	8:00 Breakfast 22 9:00-9:45 Loteria 10:00 Exercise (Waynette) 10:00am Presentation: Enjoy Fitness at Any Age 11:15 Scrapbooking
8:00am Breakfast 25 8:30 Walking Club 9:00am Nutrition with Gloria 10:00 Exercise Class 10:00 Sewing Club 12:00 Commodities	8:00am Breakfast 26 8:30 Bingo 10:00 Dolly Steamboat Trip Senior Center Closed at 10:00am	8:00am Breakfast 27 8:30 Walking Club 9:00 English Class 10:00 Spring Training Baseball Party –Games 11:00 Pretzels/Nachos \$1	8:00am Breakfast 28 9:00 Loteria 10:00am Line Dancing 11:00 Lunch 12:00pm Commodities	8:00am Breakfast 29 8:30am Walking Club 9:30am Bingo 11:15 – 1pm Scrapbooking

Hours: 8:00am to 1:00pm Monday through Friday Phone Number: 623-876-4232