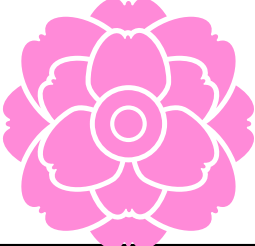


# March 2024

Activities marked \$\$ have a fee  
 Unmarked activities are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Every Monday free homemade hot lunch. Sign up by Thursday. Serving at 11:30!		Every Wednesday free homemade hot lunch. Sign up by Thursday. Serving at 11:30! Bingo at 1:00	Van Trip to Vermont Respite House, March 7, 1:00 pm. Sign-up at Front Desk	10:15 Peer Support Group: <b>to sign up call Jean at 802-497-0723</b>  AARP Tax Aide *Appointment Required
10:00 Tai Chi 1 <sup>4</sup> 10:00 Farm Share 11:00 Yoga with Jill \$\$ 11:30 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 12:30 Bingo <sup>5</sup>	10-11:30 Meal pick-up <sup>6</sup> 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Hot Lunch 1:00 Bingo 1:00 Line Dancing	10:00 Free Groceries <sup>7</sup> 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 NO Cribbage 1:00 Bridge 1:00 Bone Builders 1:00 VT Respite House Trip	10:15 Peer Support Group: <b>to sign up call Jean at 802-497-0723</b>  AARP Tax Aide *Appointment Required
10:00 Tai Chi 1 <sup>11</sup> 10:00 Farm Share 11:00 Yoga with Jill \$\$ 11:30 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 12:30 Bingo <sup>12</sup>	10-11:30 Meal pick-up <sup>13</sup> 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Hot Lunch 1:00 Bingo 1:00 Line Dancing	10:00 Free Groceries <sup>14</sup> 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 NO Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support Group: <b>to sign up call Jean at 802-497-0723</b>  AARP Tax Aide *Appointment Required
10:00 Tai Chi 1 <sup>18</sup> 10:00 Farm Share 11:00 Yoga with Jill \$\$ 11:30 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders <sup>19</sup> 11:30 Birthday Lunch 12:30-1:30 Kerry Restaurant Tickets 1:00 Bingo	10-11:30 Meal pick-up <sup>20</sup> 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Hot Lunch 1:00 Bingo 1:00 Line Dancing	10:00 Free Groceries <sup>21</sup> 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support Group: <b>to sign up call Jean at 802-497-0723</b>  AARP Tax Aide *Appointment Required
10:00 Tai Chi 1 <sup>25</sup> 10:00 Farm Share 11:00 Yoga with Jill \$\$ 11:30 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders <sup>26</sup> 12:30 Bingo	10-11:30 Meal pick-up <sup>27</sup> 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Hot Lunch 1:00 Bingo 1:00 Line Dancing 10:00 Coffee w/ City Councilor Sarah Carpenter	10:00 Free Groceries <sup>28</sup> 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support Group: <b>to sign up call Jean at 802-497-0723</b>  AARP Tax Aide *Appointment Required