

Blood Pressure check every Wed. 12pm

ASAP Meeting – 2nd  
Thursday – 4pm

PR = Pool Room; DR = Dining Room

Pr. = Practice

A gathering of older men mtg – 1<sup>st</sup>  
Wednesday 11:30am (lunch provided)



**ASTORIA SENIOR CENTER**

**MARCH 2019**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

					1 9am – Exercise Class 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	2 OPENS 11am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
3 <b>CLOSED</b>	4 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	5 10am – Writing Exchange 12:30p – Bridge Club	6 8:45am – Exercise Class 9:45am – Yoga Class 10:30am Science Exch 1pm - Beg. Line Dance 1:15pm – Mah Jong - DR 2pm Sr. Stitchery 2:30pm – Pr. Adv. Line Dance	7 10am – Drawing on the right side of the Brain 10am Crochet Class (PR) 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	8 9am – Exercise Class 10am – Promise of Pragmatism - PR 1pm Adv. Line Dance Practice 1:30pm Bingo DR	9 OPENS 11am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
10 <b>CLOSED</b>	11 8am Lucky Eagle Casino Trip 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	12 12:30p – Bridge Club	13 8:45am – Exercise Class 9:45am – Yoga Class 12:45pm Birth Day & St. Patrick’s Day Celebration - Beg. Line Dance following 1:15pm – Mah Jong - DR 2:30pm – Pr. Adv. Line Dance	14 10am – Drawing on the right side of the Brain 10am Crochet Class (PR) 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	15 9am – Exercise Class 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	16 OPENS 11am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
17 <b>CLOSED</b>	18 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	19 12:30p – Bridge Club 1:30PM – Card Making DR	20 8:45am – Exercise Class 9:45am – Yoga Class 1:00pm - Beg. Line Dance 1:15pm – Mah Jong - DR 2:30pm – Pr. Adv. Line Dance	21 8:30am Board Meeting 10am MbrShp Meeting 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	22 9am – Exercise Class 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	23 OPENS 11am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
24/31 <b>CLOSED</b>	25 See Schedule above	26 12:30p – Bridge Club	27 See Schedule above	28 See Schedule for the 14 <sup>th</sup> above	29 9am – Exercise Class 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	30 OPENS 11am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)