

Blood Pressure check every Wed. 12pm

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



ASAP Meeting – 2nd
Wednesday – 1pm

PR = Pool Room; DR = Dining Room CR = Classroom

Note: on Birthday Wednesdays Beg.
Line Dance will move to the following
Friday at 2pm following Adv Line
Dance

ASTORIA SENIOR CENTER

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	3 10am Writing Class – CR 12:30pm – Bridge Club CR	4 9am – Exercise Class 9:45am – Yoga Class 1pm - Beg. Line Dance 1:15pm – Mah Jong – DR 2pm – Sr. Stitchery - PR 2:30pm – Adv. Line Dance	5 10am Crochet Class - PR 12:30pm Bridge Club - CR 1:15pm Pinochle - DR 6:30pm Jam Session - CR	6 9am – Exercise Class - CR 10am – Philosophy - CR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	7 OPENS 11am 9am AARP Tax Assist 11am Mexican Train BR 1pm Weekly Movie - CR 1pm Sewing with Judy - DR
8 CLOSED	9 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	10 10am Writing Class – CR 12:30pm – Bridge Club CR	11 9am – Exercise Class 9:45am – Yoga Class 1pm - Beg. Line Dance 1:15pm – Mah Jong – DR 2pm – Sr. Stitchery - PR 2:30pm – Adv. Line Dance	12 10am Crochet Class - PR 12:30pm Bridge Club - CR 1:15pm Pinochle - DR 6:30pm Jam Session - CR	13 9am – Exercise Class - CR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	14 OPENS 11am 9am AARP Tax Assist 11am Mexican Train BR 1pm Weekly Movie - CR
15 CLOSED	16 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	17 10am Writing Class – CR 12:30pm – Bridge Club CR 1:30PM – Card Making DR	18-9am – Exercise Class 9:45am – Yoga Class 10:30am – Science Exc - CR 1pm - Beg. Line Dance 1:15pm – Mah Jong – DR 2pm – Sr. Stitchery - PR 2:30pm – Adv. Line Dance	19 10am Crochet Class - PR 12:30pm Bridge Club - CR 1:15pm Pinochle - DR 6:30pm Jam Session - CR	20 9am – Exercise Class - CR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	21 OPENS 11am 9am AARP Tax Assist 11am Mexican Train BR 1pm Weekly Movie - CR 1pm Sewing with Judy - DR
22 CLOSED	23 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	24 10am Writing Class – CR 12:30pm – Bridge Club CR	25 9am – Exercise Class 9:45am – Yoga Class 10:30am – Science Exc - CR 1pm - Beg. Line Dance 1:15pm – Mah Jong – DR 2pm – Sr. Stitchery - PR 2:30pm – Adv. Line Dance	26 10am Crochet Class - PR 12:30pm Bridge Club - CR 1:15pm Pinochle - DR 6:30pm Jam Session - CR	27 9am – Exercise Class - CR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	28 OPENS 11am 9am AARP Tax Assist 11am Mexican Train BR 1pm Weekly Movie - CR
29 CLOSED	30 - 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	31 10am Writing Class – CR 12:30pm – Bridge Club CR 1:30pm – Exploring Languages - PR				