



stay active, stay social, stay independent

Mondays 11:30am - 3:00pm
Wednesdays 10:30am - 3:00pm
Fridays 11:00am - 2:00pm

NMAC Anniversary March 25th
 Irish History Month



Women's History Month
SPECIAL EVENTS

Free Lunch Wednesdays at 12:00pm

4th  Birthday Cake provided by Resi Hind at Mc Cully Realty

11th  **ST. PATRICK'S DAY**
 Hot Delicious Soup de jour by Chef Andrew
 Served with Irish Soda Bread & Dessert
Join us for an exciting day at the center!!
Celebration

18th **Lunch & Learn** 
 Join us for an informative session with Ligaya Humbert, a Certified Tax Preparer through AARP Tax-Aide, a free community service.

Ligaya will explain what Tax-Aide is, how the program works, and what documents you'll need to gather before meeting with a tax preparer. It's a great opportunity to understand the process and feel prepared for tax season.

Please note: This presentation is for **information only** and is *not* a tax preparation appointment. To have your taxes prepared, you will need to **schedule a separate session with a certified Tax Preparer**

Make a Difference! Volunteer with us!

Notes

Please visit our website frequently for Updates in scheduling and more information.



The Sewing Corner:

Long Arm Quilting
 Wednesday, **March 4th** & Thursday, **March 5th**
 Time: **12:00pm to 6:00pm**
 Free "Watch & Learn"



MON 2nd	11:30-12:30 Activity Hour 1:00-3:00 Card Bingo - Bring your quarters & \$1 bills 3:00 - 8:00 Charity Sit & Sew - Free - All Skills
WED 4th	10:30 - 11:15 Chair Exercises with Ann 11:15 - 11:45 Movement Exercises with Ann 12:00 Lunch by Phil, Chef -Community Meal 12:00 2 Days of Quilting Begins  Birthday Cake provided by Resi Hind@McCully Realty
FRI 6th	11:00 - 12:00 Chair Yoga with Tami 12:15 - 2:00 NEW - Book Club  Book Club See what it's all about
MON 9th	11:30-12:30 Activity Hour 1:00-3:00 Prize Bingo - \$2 cards & great prizes! 
WED 11th	10:30-11:15 Chair Exercises with Ann 11:15 - 11:45 Movement Exercises with Ann 12:00 Lunch by Chef Andrew Nordby, Viking Properties 1:00 Hat/Wreath decorating Hosted by Pat Peterson *Bring hat 1:00 - 4:00 BOM Star Quilt-FPP - \$5 Kit - Confident Skills
FRI 13th	11:00 - 12:00 Chair Yoga with Tami 12:00 - 2:00 Scrapbooking or card making with Irma 
MON 16th	11:00 - 12:00 Chair Yoga with Tami 11:30-12:30 Activity Hour 1:00-3:00 Card Bingo - Bring your quarters & \$1 bills
WED 18th	10:30 - 11:15 Chair Exercises with Ann 11:15 - 11:45 Movement Exercises with Ann 12:00 Lunch & Learn with Ligaya Humbert, Tax Preparer Lunch provided by Country Meadows  Tax Season
FRI 20th	11:00 - 2:00 Bunco
MON 23rd	11:00 - 12:00 Chair Yoga with Tami 1:00-3:00 Prize Bingo - \$2 cards & great prizes!
WED 25th	10:30 - 11:15 Chair Exercises with Ann 11:15 - 11:45 Movement Exercises with Ann 12:00 Lunch provided by Emerald Gardens 1:00 - 4:00 L's Sew Ditty Class - \$5 Kit - All Skills
FRI 27th	11:00 - 2:00 Baking and decorating cupcakes for Easter with Nancy
MON 30th	11:30-12:30 Activity Hour 1:00-3:00 Card Bingo - Bring your quarters & \$1 bills 3:00 - 7:00 Sew & Glow 10 Year Anniversary