

March Month- At Glance

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
4 9:45 am Seniordisc Chair Exercise w/t Otis Option: 10:30 am Bingo Quilting	5 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean ** Food & Nutrition Class w/t Erica Chaney @10am	6 9:45 am Seniordisc Chair Exercise w/t Otis ** Scam Presentation w/t Emily Rogers and Joe Gavalis @ 10am	7 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board Games Yoga w/t Marlean	8 ** Day Trip
11 9:45 am Seniordisc Chair Exercise w/t Otis Option: Quilting	12 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean ** Food & Nutrition Class w/t Erica Chaney @10am	13 9:45 am Seniordisc Chair Exercise w/t Otis Option: Quilting ** Bingo w/t Aetna Medicare Rep. Lake McGuffie @ 1pm	14 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board Games Yoga w/t Marlean	15 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
18 9:45 am Seniordisc Chair Exercise w/t Otis Option: 10:30 am Bingo Quilting	19 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean ** Food & Nutrition Class w/t Erica Chaney @10am	20 9:45 am Seniordisc Chair Exercise w/t Otis Option: Quilting	21 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board Games Yoga w/t Marlean	22 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
25 9:45 am Seniordisc Chair Exercise w/t Otis Option: 10:30 am Bingo Quilting	26 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board Games Yoga w/t Marlean	27 9:45 am Seniordisc Chair Exercise w/t Otis Option: Bingo Quilting	28 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board Games Yoga w/t Marlean	29 ** Good Friday Holiday (Center Closed)

121 Perry Street * Manchester Ga 31816
706-846-8086
*manchester-ga.gov/senior
Office Hours Monday-Friday (8am-4pm)

Manchester Senior Center

**Recreation For
Manchester Senior
Participants 55+**

**Arts and Crafts
Bingo
Board Games
Card Games
Chair Exercise
Cornhole Toss
Line Dancing
Socializing
Quilting**

**Lunch is provided daily at
11:15 am
\$3.00 contribution is greatly
appreciated.**

**The use of an indoor gym is
provided from
8:00am until 12:00pm
for you to enjoy your daily
walk.**

**Fitness room open daily from
8:00 am-4:00 pm**