

## MARCH 2023 PHILLIPSBURG



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	
©MARCH ☐ ="Madness		YOGA WITH	ZUMBA	Fall Prevention 11am with Rachel
		LIZ 11:15 AM	WIGH	Brain Injury Alliance
Count INII GANG AND SE		BRIDGE	SANDY	GONGO NEW JERSEY
		10am-3pm	11 AM	1PM
6	7	8	9	1
11am		YOGA WITH	crafts with	How Nutrition Changes as you Age
TAI CHI	alloga !	LIZ	María	with Ken Shattuck
WITH STAN	BAN 60	11:15 AM	11:15-noon	11:15-12 noon
BRIDGE		BRIDGE	\$20	BUNGO 1PM
BRIDGE 10am-3pm		10am-3pm		
13	14	15	16	-
11am		YOGA WITH	ZUMBA	Everyone's Irish On March 17th.
TAI CHI	allore	LIZ		John Joseph J. J.
WITH STAN	(BUN) G(O)	11:15 AM	WIGH	WEAR GREEN
BRIDGE		BRIDGE	SANDY	BUNGO 1PM
10am-3pm		10am-3pm	11 AM	No. 1
20	21	22	23	2
11am TAI CHI WITH STAN		YOGA WITH	Trivia/Games	
BRIDGE	BOOGA	LIZ		BUN GG
10am-3pm	WWN, VU	11:15 AM		Bell of
- MUSIUM OF-		BRIDGE	Puzzle Day	
SPARCH S		10am-3pm	Ham	1PM
27	28	29	30	
11am	Lucky	YOGA WITH	ZUMBA	Birthday Celebrations
TAI CHI	Leprechaun	LIZ		
WITH STAN	Give-away	11:15 AM	WICH	Bright &
BRIDGE	(BULLI GEN	BRIDGE	SANDY	Beautiful 11:15-12pr
10am-3pm		10am-3pm	11 AM	1pm



## MARCH 2023 WASHINGTON



** Please join us for lunch immediately after at 12pm!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	YOGA WITH	ZUMBA
		RUNGA	LIZ	WICH
MADNESS		COU SU	10:30 am	SANDY
				10:30am
6	7	8	9	10
Misuse of	TAI CHI			ZUMBA
Prescription Medicines		BUNGO	YOGA WITH	WIGH
with Jessica 11:15am	WITH STAN 10:30 AM		LIZ	SANDY
ir. 19am	10:50 AIVI		10:30 am	10:30am
13	14	15	16	17 Everyone's Irish
How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon	TAI CHI WITH STAN  10:30 AM Markyn Blood Pressure	Crafts with María 16 11:15-nóon	YOGA WITH LIZ 10:30 am	WEAR GREEN ZUMBA WIGH SAMDY 10:30am
20	21	22	23	24
Fall Prevention  11am with Rachel  Brain Injury Alliance  NEW JESSEY	TAI CHI WITH STAN 10:30 AM	BUNGO	YOGA WITH LIZ 10:30 am	Zumba Wigh Sandy 10:30am
27	28	29	30	31
Trivia/Games  Puzzle Day  Tlam	Lucky Leprechaun Give-away TAI CHI WITH STAN 10:30 AM	BUNGO	YOGA WITH LIZ 10:30 am	Birthday Celebrations ZUMBA WIGH SANDY 10:30am



## MARCH 2023 LACKETTSTOWN



** Please join us for functi infinediately after at 12pm:				
MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
MARCH MADNESS		2UMBA WIGH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am
6	7	8	9	10
How Nutrition		ZUMBA	Fall Prevention 11am with Rachel	YOGA
Changes as you Age with Ken Shattuck 11:15-12 noon	BUNGO	wich Sandy	Brain Injury Alliance NEW JERSEY	WITH
		11am	TAI CHI WITH STAN 11am	11am
13	14	15	16	17
Misuse of Prescription Medicines with Jessica 11:15am	BUNGO	ZUMBA WIGH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ, 11am WEAR GREEN Everyone's Irish On March 17th.
20	21	22	23	24
Crafts with Maria 11:15-noon	BUNGO	ZUMBA WICH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am
27	28	29	30	31
Cieature comission PET THERAPY cold noses warming hearts	Lucky Leprechaun Give-away	ZUMBA WIGH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ.  11am  Birthday  Celebrations



11am

## MARCH 2023 NORTH WARREN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH MADNESS		Crafts with María 11:15-noon	Trivia/Games Puzzle Day Tlam	ROSEMARY
6	7	8	9	1
YOGA WITH	BUNGO	MUSIC WITH MAXINE	ZUMBA WICH	Warren Count Garden Club
LIZ 11am	14	15	SANDY 11am	11-12
13 VOCA				ROSEMARY
YOGA WITH LIZ 11am	BUNGO	Gisela Singing	Trivia/Games Puzzle Day Ilam	WEAR GREEN Everyone's Irish on March 17th.
20	21	22	23	
YOGA WITH LIZ 11am	BUNGO	How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon	ZUMBA WICH SANDY 11am	Bright & Beautifu 11:15-12noon
27	28	29	30	
YOGA WITH LIZ	Lucky Leprechaun Give-away	Bring a friend or family member to lunch. Don't forget to order their meal	Fall Prevention 11am with Rachel Brain Injury Alliance	Birthday Celebrations