



MARCH 2023

PHILLIPSBURG



**** Please join us for lunch immediately after at 12pm!**


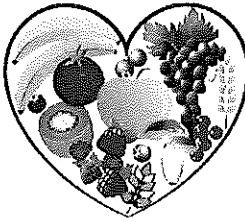










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		YOGA WITH LIZ 11:15 AM BRIDGE 10am-3pm	ZUMBA WITH SANDY 11 AM	Fall Prevention 11am with Rachel  Brain Injury Alliance – NEW JERSEY  1PM
6	7	8	9	10
11am TAI CHI WITH STAN BRIDGE 10am-3pm		YOGA WITH LIZ 11:15 AM BRIDGE 10am-3pm	Crafts with Maria 11:15-noon 	How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon  1PM
13	14	15	16	17
11am TAI CHI WITH STAN BRIDGE 10am-3pm		YOGA WITH LIZ 11:15 AM BRIDGE 10am-3pm	ZUMBA WITH SANDY 11 AM	Everyone's Irish On March 17th.  WEAR GREEN  1PM
20	21	22	23	24
11am TAI CHI WITH STAN BRIDGE 10am-3pm 		YOGA WITH LIZ 11:15 AM BRIDGE 10am-3pm	Trivia/Games  Puzzle Day 11am	 1PM
27	28	29	30	31
11am TAI CHI WITH STAN BRIDGE 10am-3pm	Lucky Leprechaun Give-away 	YOGA WITH LIZ 11:15 AM BRIDGE 10am-3pm	ZUMBA WITH SANDY 11 AM	Birthday Celebrations  Bright & Beautiful 11:15-12pm  1pm



MARCH 2023 WASHINGTON



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			YOGA WITH LIZ 10:30 am	ZUMBA WITH SANDY 10:30am
6	7	8	9	10
Misuse of Prescription Medicines with Jessica 11:15am	TAI CHI WITH STAN 10:30 AM		YOGA WITH LIZ 10:30 am	ZUMBA WITH SANDY 10:30am
13	14	15	16	17
How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon	TAI CHI WITH STAN 10:30 AM <i>marlyn - Blood Pressure -</i>	Crafts with Maria  11:15-noon 	YOGA WITH LIZ 10:30 am	 Everyone's Irish On March 17th. WEAR GREEN ZUMBA WITH SANDY 10:30am
20	21	22	23	24
Fall Prevention 11am with Rachel  Brain Injury Alliance NEW JERSEY First Day of Spring	TAI CHI WITH STAN 10:30 AM		YOGA WITH LIZ 10:30 am	ZUMBA WITH SANDY 10:30am
27	28	29	30	31
Trivia/Games  Puzzle Day 11am	Lucky Leprechaun Give-away TAI CHI WITH STAN 10:30 AM		YOGA WITH LIZ 10:30 am	 Birthday Celebrations ZUMBA WITH SANDY 10:30am



MARCH 2023

HACKETTSTOWN



**** Please join us for lunch immediately after at 12pm!**

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		ZUMBA WITH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am
6	7	8	9	10
How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon		ZUMBA WITH SANDY 11am	Fall Prevention 11am with Rachel Brain Injury Alliance - NEW JERSEY TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am
13	14	15	16	17
Misuse of Prescription Medicines with Jessica 11:15am		ZUMBA WITH 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 		ZUMBA WITH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am
27	28	29	30	31
	Lucky Leprechaun Give-away 	ZUMBA WITH SANDY 11am	TAI CHI WITH STAN 11am	YOGA WITH LIZ 11am Birthday Celebrations



MARCH 2023

NORTH WARREN



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Crafts with Maria 11:15-noon 	Trivia/Games   Puzzle Day 11am	ROSEMARY 
6	7	8	9	10
YOGA WITH LIZ 11am		MUSIC WITH MAXINE 	ZUMBA WITH SANDY 11am	Warren County Garden Club 11-12 
13	14	15	16	17
YOGA WITH LIZ 11am		Gisela Singing 	Trivia/Games   Puzzle Day 11am	ROSEMARY  WEAR GREEN Everyone's Irish On March 17th. 
20	21	22	23	24
YOGA WITH LIZ 11am 		How Nutrition Changes as you Age with Ken Shattuck 11:15-12 noon	ZUMBA WITH SANDY 11am	 Bright & Beautiful 11:15-12noon
27	28	29	30	31
YOGA WITH LIZ 11am	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 - NEW JERSEY	 Birthday Celebrations