



Paw Senior Center Activities March 2024

Tuesday

Wednesday

Thursday

Events are Subject to Change...

5	6	7
8:30 am-12pm Pickleball 9am-3pm Cards 1pm-3pm Yack & Yarnies 11am Blood Pressure Checks 11:30am Compassion Fatigue	9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 10:00am Chair Exercises 9:30am Yoga	8:30 am-10:45am Pickleball/ Basketball 9am-2pm Indoor Walking 9am-3pm Cards 11am-12pm Cardio Drumming
9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 10:00am Chair Exercises	9am-3pm Mexican Train 12pm-1pm Lunch	8:30am-12pm Pickleball 9am-3pm Mexican Train 10am-1pm Cards 11am-12pm Line Dancing 9:30am Yoga
9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 10:00am Chair Exercises	9am-3pm Mexican Train 12pm-1pm Lunch	9am-2pm Indoor Walking 10am-2pm Euchre/Bridge 12pm-1pm Lunch 1pm-3pm Bingo 10:00am Chair Exercises
12	13	14
8:30 am-12pm Pickleball 9am-3pm Cards 1pm-3pm Yack & Yarnies 9:30am Yoga 11:30am Estate Planning	8:30 am-10:45am Pickleball/ Basketball 9am-2pm Indoor Walking 9am-3pm Cards 11am-12pm Cardio Drumming	8:30am-12pm Pickleball 9am-3pm Mexican Train 10am-1pm Cards 1pm-3pm Bingo 10:00am Chair Exercises
9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 10:00am Chair Exercises	9am-3pm Mexican Train 12pm-1pm Lunch	9am-2pm Indoor Walking 10am-2pm Euchre/Bridge 12pm-1pm Lunch 9:30am Yoga 11am-2pm Hearing life
19	20	21
St Patrick Day	8:30 am-10:45am Pickleball/ Basketball 9am-2pm Indoor Walking 9am-3pm Cards 11am-12pm Cardio Drumming 9am-12pm Arts & Crafts \$5.00	8:30am-12pm Pickleball 9am-3pm Mexican Train 10am-1pm Cards 12pm-1pm Lunch 9:30am Yoga 11am Blood Pressure Checks
8:30 am-12pm Pickleball 9am-3pm Cards 1pm-3pm Yack & Yarnies 10:00am Chair Exercises 12pm-2pm St Patrick Day Bingo	9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 9:30am Yoga	9am-2pm Indoor Walking 10am-2pm Euchre/Bridge 11am-12pm Line Dancing 1pm-3pm Bingo 10:00am Chair Exercises
26	27	28
8:30 am-12pm Pickleball 9am-3pm Cards 1pm-3pm Yack & Yarnies 10:00am Chair Exercises 11:30am Star Bus	8:30 am-10:45am Pickleball/ Basketball 9am-2pm Indoor Walking 9am-3pm Cards 11am-12pm Cardio Drumming	*Easter Day Celebration*
9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 9:30am Yoga	9am-3pm Mexican Train 12pm-1pm Lunch	8:30am-12pm Pickleball 9am-3pm Mexican Train 10am-1pm Cards 11am-12pm Line Dancing 9:30am Yoga 11:30am Jaqua Realtors
9am-2pm Indoor Walking 9am- 3pm Mexican Train 12pm-1pm Lunch 9:30am Yoga	9am-3pm Mexican Train 12pm-1pm Lunch	9am-2pm Indoor Walking 10am-2pm Euchre/Bridge 12pm-1pm Lunch 1pm-3pm Bingo 10:00am Chair Exercises

