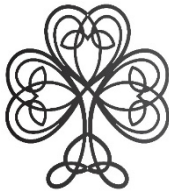







March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Ogden Senior Center 200 S UNION STREET SPENCERPORT, NY 14559 (585) 617-6126 M-W-F, 9-3	"A light exists in Spring, not present in the year At any other period when March is scarcely here." ~Emily Dickinson			1 10:00-12:00 Matter of Balance 12:00 <u>Special Dinner</u> <u>Menu:</u> Meat Lasagna, Tossed Salad w/Dressing, Italian Blend Vegetables, Dinner Roll & Butter, Sherbet, and Milk 12:45 Euchre Club
4 10:30 Coffee Hour 10:30 Chair Yoga 12:00 Lunch	5	6 10:00-12:00 Hollie from Eldersource 10:30 Chair Yoga 11:30 Michael from Flemming Point 12:00 Lunch 12:45 Rummikub	7  National Cereal Day!	8 9:00 Mahjong 10:00 Therapy Dog 10:00-12:00 Matter of Balance 12:00 Lunch 12:45 Euchre Club
11 10:30 Coffee Hour 10:30 Chair Yoga 12:00 Lunch	12	13 10:30 Chair Yoga 11:30 Dietitian Cindy presents "Our Sense of Taste." 12:00 Lunch 12:45 Rummikub	14 	15 9:00 Mahjong 11:00 St. Patrick's Day Party! 12:00 Lunch 12:45 Euchre Club
18 10:30 Coffee Hour  10:30 Chair Yoga 12:00 Lunch	19  Earth Day!	20 10:00-12:00 Hollie from Eldersource 10:30 Chair Yoga 11:15 Spring Craft - TBD 12:00 Lunch 12:45 Rummikub	21	22 9:00 Mahjong 10:00-12:00 Matter of Balance 12:00 Lunch 12:45 Euchre Club
25 10:30 Coffee Hour 10:30 Chair Yoga 12:00 Lunch	26 Lunch Trip Pura Vida Ville Pre-Registration Required!	27 10:30 Chair Yoga 12:00 Lunch 12:45 Rummikub	28  Weed Appreciation Day!	29 9:00 Mahjong 10:00-12:00 Matter of Balance 12:00 Lunch 12:45 Euchre Club