

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Tax Preparation Assistance every Friday by appointment only. Call 358-7856 for more info.</p>		<p>1 9:00 Chair Exercises 9:30 Bingo! (A&M) 9:30 Line Dancing (M) 9:00 Chair Exercises (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)</p>	<p>2 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)</p>	<p>3 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30</p>	<p>4 Senior Breakfast Club 9-10 am Ahoskie UMC 9 am Quilting Tax Preparation Assistance 9:30 Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting Computer Lab 1-5 Dress in Blue Day for Cancer Awareness</p>	5
6	<p>7 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) 9:30-12 Drop-in Games All Sites, 8:30-5 Computer Lab (W) Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W)</p>	<p>8 9:00 Chair Exercises (M) 9:30 Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)</p>	<p>9 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)</p>	<p>10 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M) SOUP & SANDWICH @ 5:00 PM</p>	<p>11 9 am Quilting, Tax Preparation Assistance 9:30 Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting Computer Lab 1-5</p>	12
13	<p>14 9:00 Chair Exercises (W) 9:30 Bingo! (A&M), Drop in Games all sites 9:30-12 Movie Day @ 1:30 Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W),</p>	<p>15 9 Chair Exercises (M) 9:30 Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6 p (W) Total Body & Cardio (M)</p>	<p>16 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) Drop-in Games 9:30-12, 10:30 Chair Exercises (A) Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)</p>	<p>17 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)</p>	<p>18 9 am Quilting, Drop-in Games 9:30-12 all sites, Tax Preparation Assistance, 10:30 Chair Exercises (A) 9:30 Bingo! (A&M) 1 pm Quilting Computer Lab 1-5</p>	19
20	<p>21 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) Caregivers' Support Group @11:00 am RCC Health Center Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W) BIGGEST LOSER KICK OFF @ 5:30 PM</p>	<p>22 9:30 Bingo! (A&M) 9:00 Chair Exercises (M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6 p (W) Total Body & Cardio 5:30 (M)</p>	<p>23 9:30 Bingo! (A&M) Drop-in Games 9:30-12, 10:30 Chair Exercises (A) Wii Games (W) Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)</p>	<p>24 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)</p>	<p>25 OFFICE OF AGING AND ALL NUTRITION SITES CLOSED FOR GOOD FRIDAY</p>	26
27	<p>28 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) Caregivers' Support Group @11:00 am RCC Health Center Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W) BIGGEST LOSER @ 5:30 PM</p>	<p>29 9 am Chair Exercises (M) 9:30 Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Total Body & Cardio 5:30 (M) Line Dancing 5:15-6 p (W)</p>	<p>30 9:30 Bingo! (A&M) Drop-in Games 9:30-12 Wii Games (W) Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)</p>	<p>31 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)</p>	<p>Fitness Center Hours: Winton- Mon 8:30-9pm, Tues-Fri 8:30 to 6:00, Ahoskie & M'boro Mon-Fri 9:30-1:00 Computer Lab Mon-Thurs 8:30-5:30 Fri 1:00 – 5:00</p>	

HERTFORD COUNTY OFFICE OF AGING MARCH 2016 CALENDAR