



# March 2010



## Somers Senior Center Monthly Events Calendar March 2010

### Regular Happenings:

**Aerobics:**

M &amp; Th: 10-11am

**Bingo:**

Mon &amp; Thurs: 12-3:30

**Coffee Time:**

Tues: 7:30-9am

**Yoga:**

Tues: 9:45-10:45am

**Pinochle:**

Tues: 12:30-3pm

**Dominoes:**

Tues: 1:30pm

**TOPS:**

Tues: 1:30-2:30pm

**Luncheon:**

Wed: 12 - 1pm

**Bridge:**

Thurs: 7 - 9:30pm

**Artist Group:**

Fri: 9—12pm

**Quilters:**

Fri: 12:30-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330	2 <b>Coffee/ Donuts</b> Wii, Yoga Pinochle Dominoes	3 <b>Chicken Francais</b>  Heart Healthy talk	4 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330 <b>Bridge</b> 7PM	5 <b>Artist Group:</b> 9-12noon <b>Quilters</b> 1230-3:30	6
7	8 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330	9 <b>Coffee/ Donuts</b> Wii, Yoga Pinochle Dominoes	10 <b>Sloppy Jo es</b>  Artist Group	11 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330 <b>Bridge</b> 7PM	12 <b>Artist Group:</b> 9-12noon <b>Quilters</b>	13
14 <b>Spring Ahead!</b>	15 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330	16 <b>Coffee/ Donuts</b> Wii, Yoga Pinochle Dominoes	17 <b>Corned Beef</b>  	18 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330 <b>Bridge</b> 7PM	19 <b>Artist Group:</b> 9-12noon <b>Quilters</b>	20
21	22 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330	23 <b>Regular Activities &amp; Healthy Cooking Class</b> 1pm	24 <b>Stuffed Chicken</b>  "Myths of Aging"	25 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330 <b>Bridge</b> 7PM	26 <b>Artist Group:</b> 9-12noon <b>Quilters</b>	27 TVAA Meeting 8am—12
28	29 <b>Aerobics</b> 10-11am <b>Bingo</b> 12-330	30 <b>Coffee/ Donuts</b> Wii, Yoga Pinochle Dominoes	31 <b>Kielbasa</b> Social Security Seminar			

# April 2010



## Somers Senior Center Monthly Events Calendar April 2010

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**Aerobics:**

M & Th: 10-11am

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Tues: 7:30-9am

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Fri: 9—12pm

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Fri: 12:30-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Aerobics 10-11am Bingo 12-330 Bridge 7PM	2 Good Friday  Center CLOSED	3
4 	5 Aerobics 10-11am Bingo 12-330	6 Coffee/ Donuts Wii, Yoga Pinochle Dominoes	7 H a m  CL&P Deregulation Seminar	8 Aerobics 10-11am Bingo 12-330 Bridge 7PM	9 Artist Group: 9-12noon Quilters 1230-3:30	10
11	12 Aerobics 10-11am Bingo 12-330	13 Coffee/ Donuts Wii, Yoga Pinochle Dominoes	14 Pot Roast  Board Mtg.	15 Aerobics 10-11am Bingo 12-330 Bridge 7PM	16 Artist Group: 9-12noon Quilters 1230-3:30	17
18	19 Aerobics 10-11am Bingo 12-330	20 Coffee/ Donuts Wii, Yoga Pinochle Dominoes	21 P o t L u c k Membership Mtg.	22 Aerobics 10-11am Bingo 12-330 Bridge 7PM	23 Artist Group: 9-12noon Quilters	24
25	26 Aerobics 10-11am Bingo 12-330	27 Coffee/ Donuts Wii, Yoga Pinochle Dominoes	28 Stuffed Peppers  Kidney Foundation Talk	29 Aerobics 10-11am Bingo 12-330 Bridge 7PM	30 Artist Group: 9-12noon Quilters 1230-3:30	