

MARCH 2020	VILONIA SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 8:30 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	3 8:30 Dominoes and Cards 11:00 Music 11:30 Announcements/Lunch	4 8:30 Dominoes and Cards 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	5 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	6 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
9 8:30 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	10 8:30 Dominoes and Cards 11:00 Music 11:30 Announcements/Lunch	11 8:30 Dominoes and Cards 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	12 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	13 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
16 8:30 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	17 8:30 Dominoes and Cards 11:00 Music 11:30 Announcements/Lunch	18 8:30 Dominoes and Cards 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	19 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	20 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
23 8:30 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	24 8:30 Dominoes and Cards 11:00 Music 11:30 Announcements/Lunch	25 8:30 Dominoes and Cards 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	26 8:30 Leisure Activities 11:20 Ways to Prevent Opioid Addiction with Donna Moses, UAMS 11:30 Lunch	27 8:30 Leisure Activities 10:00 Exercise 10:30 Singing Performance by Wade Lentz 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
30 Tournament 8:30 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	31 Tournament 8:30 Dominoes and Cards 9:45 BRUNCH		TOURNAMENT Rook, Dominoes & Skip Bo March 30th—April 3 rd 5:00 pm Meal served each night except Wednesday Night 6:00 Games Start		