

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	5 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	6 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County 12:00 pm - 1:00 pm Dementia Family Support Group - Albany	7 10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:30 pm Game Day Trivia-VIRTUAL	8	9	10
11 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	12 9:00 am - 12:00 pm AARP Smart Driver Course 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for	13 9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Dougherty/Lee County	14 9:00 am - 2:00 pm CareCON24 10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:30 pm Game Day BINGO-Virtual	15	16	17
18 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	19 8:00 am - 5:00 pm Game Day 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	20 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session	21 9:00 am - 10:00 am Dementia Friends Online Sessions 10:00 am - 11:00 am Chair Fitness	22	23	24
25 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	26 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP)- Colquitt 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for	27 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 11:00 am - 1:00 pm Empty Bowls	28 10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck	29	30	31