



FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

MARCH 2025

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?
 If so, check out our FUNding Positive Recreation Program where you can receive up to \$200 a year towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 1:00- 3:00 pm KITCHEN BAND PRACTICE	4	5 9:30 - 10:30 am SENIOR WALKING CLUB	6 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens PM</i>	7 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	1 / 8
9 4:00- 6:30 pm DANCE	10 1:00- 3:00 pm KITCHEN BAND PRACTICE	11	12 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Walk the Line</i> <i>1 small drink & popcorn/person</i>	13 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 11:00 am- Noon SEMINAR & LUNCHEON* <i>Patient Safety & Awareness</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i> 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens PM</i>	14 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	15
16	17 1:00- 3:00 pm KITCHEN BAND PRACTICE	18	19 9:30 - 10:30 am SENIOR WALKING CLUB	20 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens PM</i>	21 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	22
23 / 30	24 / 31 1:00- 3:00 pm KITCHEN BAND PRACTICE	25	26 9:30 - 10:30 am SENIOR WALKING CLUB	27 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i> 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens PM</i>	28 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	29

ALL ACTIVITIES ARE **FREE**
 (UNLESS OTHERWISE NOTED)

THANKS TO >>

*Sponsored in part by **Hammond-Henry Hospital**



PROGRAM CANCELLATIONS: On days when the Geneseo School District releases early or cancels due to weather, our programs are also cancelled. If the Geneseo School District has a late start all Adult Programs will run as scheduled. All other programs scheduled after school would run as scheduled.