

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
1 	2 EXERCISE - 9AM CHORUS 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	3 PRES. PRIMARY EXERCISE - 9:30 AM RELAX & COLOR 1PM	4 YOGA - 9:30 AM BINGO - 1:15 PM	5 EXERCISE - 9:30 AM	6 **FUEL ASSIST - 9AM PROJECT LINUS 10 AM 	7																																										
8 Daylight Saving 	9 EXERCISE - 9AM CHORUS 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	10 EXERCISE - 9:30 AM WATERCOLOR 1PM	11	12	13	14																																										
15	16	17 St. Patrick's Day	18	19	20	21																																										
22	23	24	25	26	27	28																																										
29	30	31 **SHINE COUNSELOR																																														
ALL PROGRAMS, ACTIVITIES AND EVENTS ARE CANCELLED DUE TO THE UPDATED GUIDANCE PROVIDED BY THE STATE. NEED TO MAKE EVERYONE'S HEALTH A PRIORITY! IF YOU NEED ASSISTANCE -CALL THE SENIOR CENTER AT 978-664-5600 Intown Van Transportation Limited for essentials only					April 2020 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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