



# March 2023

RiverWalk Center  
Center for Healthy Aging  
(570) 601-9592

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for lunch! Served M-F at 11:30am Call to order a meal 48hrs in advance by 10am.</p>		<p>1 9:00 Cards 12:00 Bible Study 2:00 Line Dance</p>	<p>2 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 <b>GIFT CARD BINGO</b></p>	<p>3 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p>
<p>6 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 Tai Chi Lvl 2</p>	<p>7 9:00 iPhone Training— Day 5 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on</p>	<p>8 9:00 Cards 12:00 Bible Study 2:00 Line Dance</p>	<p>9 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p>	<p>10 9:00 Zumba Gold, 11:30 “25 Ways to Wellness” 1:00-2:00 Electronics Help (call ahead)</p>
<p>13 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 Tai Chi Lvl 2</p>	<p>14 9:00 iPhone Training—Day 6 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on Gardening</p>	<p>15 9:00 Cards 12:00 Bible Study 2:00 Line Dance</p>	<p>16 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p>	<p>17 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p>
<p>20 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 Tai Chi Lvl 2</p>	<p>21 10:30 Senior Yoga—Virtual 1:00 Get the Dirt on Gardening</p>	<p>22 9:00 Cards 10:00 <b>Ceramics</b> 12:00 Bible Study 2:00 Line Dance</p>	<p>23 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p>	<p>24 9:00 Zumba Gold, 11:30 “<b>COPD Lunch N’ Learn</b>” 1:00-2:00 Electronics Help (call ahead)</p>
<p>27 9:00 Wood Carving, 9:00 Zumba Gold, 12:30 <b>Meals Made Simple with Stacey</b></p>	<p>28 <b>CENTER CLOSED</b></p>	<p>29 <b>CENTER CLOSED</b></p>	<p>30 9:00 Koffee Klatch 10:30 Drawing w/George 1:00 Bingo</p>	<p>31 9:00 Zumba Gold, 1:00-2:00 Electronics Help (call ahead)</p>