

March 2023 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<p>CRAFT CLUB Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects. Learn to crochet, too</p>	<p>White Elephant B-I-N-G-O! Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!</p>	<p>1 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am</p>	<p>2 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>3 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket</p>
<p>6 Silver Strong 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am</p>	<p>7 Cardio Drums! 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am 🎮</p>	<p>8 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am</p>	<p>9 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>10 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Expressive Music with Madalyn 11:35am</p>
<p>13 Silver Strong 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am</p>	<p>14 Cardio Drums! 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am 🎮 Wier Family Fun 11:35am</p>	<p>15 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am</p>	<p>16 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>17 Silver Strong 7:15-7:45 BINGO! 10-11am st. patrick's day party! 🍀 11am Living a Cancer Preventative Lifestyle w/ Dr. Wilson 11:35am</p>
<p>20 13 Silver Strong 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am</p>	<p>21 Cardio Drums! 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am 🎮 DOMINOES(after lunch) 🎲</p>	<p>22 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am</p>	<p>23 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>24 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket</p>
<p>27 Silver Strong 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am</p>	<p>28 Cardio Drums! 7:15-7:45 (GroupEx Room) White Elephant B-I-N-G-O! 10-11am Bring a prize to put into the Community Chest!</p>	<p>29 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am</p>	<p>30 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>31 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Birthday Celebration! Health Express Clinic Who we are & what we do 11:35am</p>