
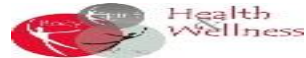





Tiverton Senior Center  
 207 Canonicus Street  
 Tiverton, RI 02878  
 Telephone 401-625-6790 Fax 401-625-6793



# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>9-11 Healthy Eating Series</b> 9:00 Exercise w/Deb 9-3 Quilting for Charity 1:00 Chair Yoga <b>2:30 Drums Alive!</b>	3 9:00 Zumba 9:00 SHIP <b>10:00 Brookdale Presents:</b> <b>Mediterranean Diet-Know the Facts</b> 12:30 Games/Scrabble 1:00 Watercolor with Madeleine	4 9:00 Exercise with Debbie 12:30 Chorus Rehearsal 12:30 Zumba with Jessica 1:00 Games	5 9:00 Drums Alive! 9:30 TOPS 1:00 Knitting for Charity	6 9:00 Exercise w/Deb 11:30 Mahjong 12:30 Cribbage 1:00 BINGO
9 <b>9-11 Healthy Eating Series</b> 9:00 Exercise w/Deb 9-3 Quilting for Charity 1:00 Chair Yoga 2:15 Caregivers Support Group <b>2:30 Drums Alive!</b>	10 9:00 Zumba 9:00 SHIP with Donna <b>10:15 BOOK CLUB</b> 12:30 Games/Scrabble 1:00 Watercolor with Madeleine <b>1:00 Computer Tutorial w/Mark</b>	11 9:00 Exercise w/Deb 12:30 Chorus with Starr 12:30 Zumba with Jessica 1:00 Games	12 9:00 Drums Alive! 9:30 TOPS 1:00 Knitting for Charity  SORRY-No URI Outreach Today	13 9:00 Exercise w/Deb <b>10:00 Meet the Chief</b> 11:30 Mahjong 12:30 Cribbage 1:00 BINGO
16 <b>9-11 Healthy Eating Series</b> 9:00 Exercise w/Deb 9-3 Quilting for Charity 1:00 Chair Yoga <b>1-2:30 Memory Café</b> <b>2:30 Drums Alive!</b>	17 9:00 Zumba 9:00 SHIP <b>12:30 Games/Scrabble</b> 1:00 Watercolor with Madeleine 	18 9:00 Exercise w/Deb 12:30 Chorus with Starr 12:30 Zumba with Jessica 1:00 Games <b>9:45 am:Legislative Forum</b> <b>Seniors:Show Our Strength *</b>	19 9:00 Drums Alive! 9:30 TOPS <b>10:30 Blood Pressure Check</b> <b>BIRTHDAY LUNCH</b> 1:00 Knitting for Charity	20 <b>Spring into Wellness</b> <b>Health Fair</b> <b>10 a.m. - 2 p.m.</b> 
23 <b>9-11 Healthy Eating Series</b> 9:00 Exercise w/Deb 9-3 Quilting for Charity 1:00 Chair Yoga 2:15 Caregivers Support Group <b>2:30 Drums Alive!</b>	24 9:00 Zumba 9:00 SHIP 12:30 Games/Scrabble 1:00 Watercolor with Madeleine <b>2:00 Tea Celebration @ Amicable</b>	25 9:00 Exercise with Debbie 12:30 Zumba with Jessica 12:30 Chorus with Starr 1:00 Games	26 9:00 Drums Alive! 9:30 TOPS <b>10:15 CENTER MEETING</b> 1:00 Knitting for Charity	27 9:00 Exercise w/Deb 11:30 Mahjong 12:30 Cribbage 1:00 BINGO
30 <b>9-11 Healthy Eating Series</b> 9:00 Exercise w/Deb 9-3 Quilting for Charity <b>1:00 Chair Yoga</b> <b>2:30 Drums Alive!</b>	31 9:00 Zumba 9:00 SHIP 12:30 Games/Scrabble 1:00 Watercolor with Madeleine	Check out our new website: <a href="http://tivertonseniors.org">http://tivertonseniors.org</a> 	<b>* SENIORS: Show Our Strength</b> Crowne Plaza Hotel, Warwick <b>Wednesday March 18th at 9:45</b> Free admission, call 351-6710 Register online: <a href="http://www.sacforum2020.eventbrite.com">www.sacforum2020.eventbrite.com</a>	<b>Looking Ahead:</b> <b>Our Next Craft Sale will be on</b> <b>Saturday, April 25th</b> <b>from 9 a.m. to 2 p.m.</b>