



# Greendale

*4011 W. Isabella Road (West Midland Family Center)*

## March Activities

*Join us on Mondays, Wednesdays and Fridays for fun and great food!*

- |                     |  |
|---------------------|--|
| Friday, March 1     | Stronger Seniors Strength Chair Exercises at 9:00am  |
| Monday, March 4     | Celebrate Fat Tuesday with Paczkis; Chair Exercises at 9:00am, Snack Sharing at 10:00am, Bingo begins at 10:30am   |
| Wednesday, March 6  | Blood Pressure clinic starts at 10:30am  |
| Friday, March 8     | Candle Making Arts & Crafts at 9:30am, Bingo begins at 10:30am   |
| Monday, March 11    | National Potato Chip Day & snack sharing. Spring themed bingo 10:30  |
| Wednesday, March 13 | Birthday & Anniversary Party with a drawing for a meal ticket if you have a March birthday or anniversary, Bowling Tournament at 9:00am<br>Healthy Hints on Marijuana: Medical or Recreational? at 12:00pm |
| Friday, March 15    | St. Patrick's Day Celebration with a special meal, music by Wildfire will be starting at 10:30am   |
| Monday, March 18    | Easter Craft Day with West Midland Family Center kids, Bingo at 10:30  |
| Wednesday, March 20 | First Day of Spring! Euchre Tournament beginning at 9:30am, \$5 gift card for the winner   |
| Friday, March 22    | NEW Exercise Class with Alina at 10:30am, followed by a healthy lunch  |
| Wednesday, March 27 | Texas Hold 'em Tournament starts at 9:30, prizes for top three winners   |
| Friday, March 29    | Join us for exercise class with Alina at 10:30am<br>Bingo on Mondays at 10:30am  |

Zumba Fitness Mondays and Wednesdays from 10:00 - 11:00am

Walking in the Gym Daily at 7:30am - 8:00pm, Mon. - Sat.

Puzzles, Exercise, Cards, Games and Pool Available Daily

**Greendale Center...**  
***Better Living Starts Here***

**For Information and Reservations CALL 832-**