



Colonial Heights Senior Activities Center

157 Roanoke Ave

Senior Center 520-9220

Transportation 520-9219

March 2019 Ongoing Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30 Muscles in Motion 9:30 Bowling (offsite) 9:30 Tai Chi at Library 9:30 Cardio Blast 10:00 Strength & Stretch 11:00 Pickleball at SCB 1:00 Adult Coloring 3:00 Tech Savy (sign up)	9:00 Yoga 9:15 Tap Dancing Grannies 10:00 & 11:00 Sit & Let's Get Fit 11:00 Meditation 11:00 BUNCO 12:00 Lunch (CDAAA provides) 1:30 Water Ex. at HCC(\$) 1:00 Bingo 3:00 Open Sewing	8:30 Muscles in Motion 9:30 Cardio Blast 10:00 Strength & Stretch 10:00 Crochet & Knit from the ♥ 11:00 Line Dancing 11:00 Pickleball at SCB 12:00 Party Bridge	9:00 Yoga 9:30 Sing A Long 10:00 & 11:00 Sit & Let's Get Fit 11:00 Game Central 12:00 Lunch (Center provides) 1:15 Senior Citizens Club Mtg 2:00 Watercolor Class (\$)	8:30 Muscles in Motion 9:30 Cardio Blast 10:00 Strength & Stretch 11:00 Pickleball at SCB 1:00 Scrabble 3:30 Colorful Creations Open Paint	

March 2019 Special Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
April 9-12 Savannah, GA trip April 10 Riverside Trip April 10 CDBG Home Repair Lunch & Learn at 12noon April 12 Senior Dance April 15 Senior Advisory Board Meeting at 4pm April 17 Lunch Bunch at the Boat House April 17 Closed- Good Friday April 24 Antique Car Show April 29 MGM Casino					<i>1</i> 8:30-5p Lifeline Screening NO EXERCISE CLASSES 8:30a Depart for Mid-Atlantic Quilt Festival 8:30a Depart for Yorktown	<i>2</i>
<i>3</i>	<i>4</i> 11:30 CDBG Home Repair Lunch & Learn	<i>5</i>	<i>6</i> 12 Potluck "Soup" Party—sign up 1-3p Basic Sewing (\$)	<i>7</i> 12:45-1:15p BP screening 1:30p Tri-cities Golf Board Meeting	<i>8</i> 7p Senior Dance	<i>9</i>
<i>10</i>	<i>11</i> 10a Bob Ross "Ocean Sunrise" - register 11a Ballroom Dancing Demo Class	<i>12</i>	<i>13</i> 11:30a Lunch Bunch depart for Bottom's Up Pizza in Richmond 1-3p Basic Sewing (\$)	<i>14</i> 1:30 Tri-cities Golf Meeting	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i> 9:30 – 10:00a BP screening	<i>20</i> 1-3p Basic Sewing (\$) 2p Spring Wreath Making Class -register	<i>21</i>	<i>22</i> 11a Depart for Southern Women's Show	<i>23</i>
<i>24</i>	<i>25</i>	<i>26</i> 3p Quilts for Vets	<i>27</i> 1-3p Basic Sewing (\$) 1p Easter Sugar Eggs – register	<i>28</i> 11a Depart for Genealogy Trip - bring lunch/snacks	<i>29</i> 12-4p Blood Drive	<i>28</i>

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